

# **Cookbook for Westville**

**Created by HPS Menu Planner**

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# Ham Chef Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14702
<b>School:</b>	Westville		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	2 Cup		206504
Ham, Cubed Frozen	2 Ounce	Weigh.	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight cheese= 1/4 cup	150250
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	751701
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	2 packages croutons= 1 oz. eq. grain	661022

## Preparation Instructions

Place everything together in container.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	451.85
<b>Fat</b>	15.64g
<b>SaturatedFat</b>	7.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.51mg
<b>Sodium</b>	1046.52mg
<b>Carbohydrates</b>	53.02g
<b>Fiber</b>	9.62g
<b>Sugar</b>	15.76g
<b>Protein</b>	30.82g
<b>Vitamin A</b> 749.70IU	<b>Vitamin C</b> 12.33mg
<b>Calcium</b> 331.43mg	<b>Iron</b> 3.25mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Lunchable

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14705
<b>School:</b>	South Central		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	Or GFS 551770	551760
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

## Preparation Instructions

Package all things together.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	340.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	615.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 468.00mg	<b>Iron</b> 1.52mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans

NO IMAGE

<b>Servings:</b>	160.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14711
<b>School:</b>	South Central		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	7 #10 CAN		100362
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound		150250

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.508
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.566
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	180.40
<b>Fat</b>	4.58g
<b>SaturatedFat</b>	3.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.25mg
<b>Sodium</b>	255.02mg
<b>Carbohydrates</b>	23.14g
<b>Fiber</b>	5.66g
<b>Sugar</b>	1.13g
<b>Protein</b>	11.48g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 101.16mg	<b>Iron</b> 0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Bacon Cheeseburger

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20487
<b>School:</b>	South Central		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	460.00
<b>Fat</b>	23.50g
<b>SaturatedFat</b>	8.05g
<b>Trans Fat</b>	0.80g
<b>Cholesterol</b>	91.50mg
<b>Sodium</b>	1196.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	31.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 147.00mg	<b>Iron</b> 2.36mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe Sandwich

NO IMAGE

<b>Servings:</b>	52.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20552

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	9 Pound	Approximately 7 lbs. cooked hamburger	100158
SAUCE SLOPPY JOE 4-10 MANWICH	1 #10 CAN		860166
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	52 Each		517810

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 52.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	344.28
<b>Fat</b>	13.90g
<b>SaturatedFat</b>	4.13g
<b>Trans Fat</b>	2.07g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	540.07mg
<b>Carbohydrates</b>	32.96g
<b>Fiber</b>	4.99g
<b>Sugar</b>	9.97g
<b>Protein</b>	21.46g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 1.36mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Bar

NO IMAGE

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32555
<b>School:</b>	Westville		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Appleways Whole Grain 2.4 oz Soft Oatmeal Apple Bars, Individually Wrapped - 160ct	1 Each		122646
Appleways Whole Grain 2.4 oz Soft Oatmeal Chocolate Chip Bars, Individually Wrapped - 160ct	1 Each		122647

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	280.11		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	155.06mg		
<b>Carbohydrates</b>	46.02g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	19.01g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.50IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	21.01mg	<b>Iron</b>	2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Frudel

NO IMAGE

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32556
<b>School:</b>	Westville		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	<b>BAKE</b> Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838350
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	<b>BAKE</b> Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838340

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	255.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.50g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.50mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Pop-Tarts- 2 count



<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32558
<b>School:</b>	Westville		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

### Amount Per Serving

<b>Calories</b>	353.33
<b>Fat</b>	5.67g
<b>SaturatedFat</b>	1.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	76.67mg
<b>Sodium</b>	286.67mg
<b>Carbohydrates</b>	74.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	29.67g
<b>Protein</b>	4.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 240.00mg	<b>Iron</b> 3.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Rice



<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32559
<b>School:</b>	Westville		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	1/4 Cup		722987

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	85.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	18.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Loaded Mashed Potatoes

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32580
<b>School:</b>	Westville		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package		166872
Cheese, Cheddar Reduced fat, Shredded	1 1/2 Cup		100012
BACON TOPPING 3/8 DCD 2-5 HRML	1 Cup		104396

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	131.20		
<b>Fat</b>	3.44g		
<b>SaturatedFat</b>	1.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.40mg		
<b>Sodium</b>	523.20mg		
<b>Carbohydrates</b>	21.88g		
<b>Fiber</b>	1.28g		
<b>Sugar</b>	1.28g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	4.61mg
<b>Calcium</b>	25.60mg	<b>Iron</b>	0.46mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli & Cheese

NO IMAGE

<b>Servings:</b>	170.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32581
<b>School:</b>	Westville		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	86.18
<b>Fat</b>	4.16g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.48mg
<b>Sodium</b>	255.90mg
<b>Carbohydrates</b>	8.26g
<b>Fiber</b>	3.71g
<b>Sugar</b>	1.24g
<b>Protein</b>	6.62g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 119.35mg	<b>Iron</b> 0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Mostaccioli\*

NO IMAGE

<b>Servings:</b>	400.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32582
<b>School:</b>	Westville		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES 4-5 GCHC	30 Pound		413350
SAUCE SPAGHETTI FCY 6-10 REDPK	12 #10 CAN		852759
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound	UNPREPARED	100158
Cheese, Mozzarella, Part Skim, Shredded	6 Pound		100021

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.625
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	325.58
<b>Fat</b>	13.03g
<b>SaturatedFat</b>	4.78g
<b>Trans Fat</b>	1.79g
<b>Cholesterol</b>	6.00mg
<b>Sodium</b>	424.92mg
<b>Carbohydrates</b>	33.39g
<b>Fiber</b>	3.85g
<b>Sugar</b>	6.74g
<b>Protein</b>	20.83g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 24.56mg	<b>Iron</b> 1.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable, String Cheese, & Goldfish



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32583
<b>School:</b>	Westville		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	48.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.00mg	<b>Iron</b> 1.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

NO IMAGE

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32668

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
SUGAR BROWN MED 25 GCHC	1 Cup		108626

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	161.04		
<b>Fat</b>	0.98g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	233.74mg		
<b>Carbohydrates</b>	33.58g		
<b>Fiber</b>	4.90g		
<b>Sugar</b>	18.56g		
<b>Protein</b>	6.85g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available