

# **Cookbook for ROLLING PRAIRIE ELEMENTARY SCHOOL**

**Created by HPS Menu Planner**

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# CHICKEN AND NOODLE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11655
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG 12-5 HRTSTN	3 7/8 Gallon	3 Gallons Water, 8oz Base	261564
CELERY DCD 1/4 2-5 RSS	1 4/9 Quart	3 Cups	198196
CARROT MATCHSTICK SHRED 2-3 RSS	50 Ounce	3 cups	198161
ONION DEHY CHPD 15 P/L	1 1/4 Cup	3/4 cup	263036
SPICE PARSLEY FLAKES 2Z TRDE	1/4 Cup	1/4 cup	259195
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon	1 Teaspoon	225061
SEASONING POULTRY 10Z TRDE	1 Teaspoon	1 Teaspoon	273996
PASTA NOODL KLUSKI 1/8 2-5 GCHC	12 1/2 Pound	3 1/2 Pounds	270385
CHIX PULLED WHT & DRK BLND 2-5 TYS	9 1/2 Pound	9 1/2 pounds	467802

## Preparation Instructions

Directions:

Combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning.

Bring to boil. Reduce heat and cover. Simmer for 20 minutes.

Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.

CCP: Heat to 165° F or higher for at least 15 seconds.

Pour 9 lb (1 gal cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

CCP: Hold for hot service at 135° F or higher

Portion with 8 oz ladle (1 cup).

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	4.000
<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: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	585.92
<b>Fat</b>	10.10g
<b>SaturatedFat</b>	2.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	155.87mg
<b>Sodium</b>	894.75mg
<b>Carbohydrates</b>	86.58g
<b>Fiber</b>	5.27g
<b>Sugar</b>	5.66g
<b>Protein</b>	32.67g
<b>Vitamin A</b> 4819.69IU	<b>Vitamin C</b> 2.18mg
<b>Calcium</b> 62.00mg	<b>Iron</b> 4.95mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sub Combo

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15461
<b>School:</b>	NEW PRAIRIE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce		199721
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

## Preparation Instructions

### Directions:

Place 2 oz of bologna and 2 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

### Notes:

## 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: 0.00

### Amount Per Serving

<b>Calories</b>	356.70
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	6.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	73.00mg
<b>Sodium</b>	963.30mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 231.67mg	<b>Iron</b> 2.96mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Apple & Eve Juice Box

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22769

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

## Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding amount for the week.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	57.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.50mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cereal Kit

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32854
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

## Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<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: 6.00

Serving Size: 1.00 Kit

### Amount Per Serving

<b>Calories</b>	208.33		
<b>Fat</b>	3.58g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	187.50mg		
<b>Carbohydrates</b>	42.83g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	19.83g		
<b>Protein</b>	2.67g		
<b>Vitamin A</b>	366.67IU	<b>Vitamin C</b>	44.90mg
<b>Calcium</b>	88.50mg	<b>Iron</b>	4.64mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Bar Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32855
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

## 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>	0.500
<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 Kit

Amount Per Serving	
<b>Calories</b>	330.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	225.00mg
<b>Carbohydrates</b>	62.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 300.00mg	<b>Iron</b> 1.44mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Pop Tart Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32856
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.500
<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 Kit

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	335.00mg
<b>Carbohydrates</b>	72.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	36.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 800.00IU	<b>Vitamin C</b> 63.60mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 4.50mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Ground Beef Taco Meat

<b>Servings:</b>	64.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32858
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO MIX 6-9Z LAWR	9 Ounce		159204
BEEF GRND 80/20 PURE FZ 3-10 GCHC	10 Pound		510599

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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>	0.000

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	214.87		
<b>Fat</b>	13.75g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.94g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	963.91mg		
<b>Carbohydrates</b>	7.97g		
<b>Fiber</b>	3.99g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.44mg

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## Nutrition - Per 100g

<b>Calories</b>	378.97		
<b>Fat</b>	24.25g		
<b>SaturatedFat</b>	8.82g		
<b>Trans Fat</b>	1.65g		
<b>Cholesterol</b>	88.18mg		
<b>Sodium</b>	1700.04mg		
<b>Carbohydrates</b>	14.06g		
<b>Fiber</b>	7.03g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.53mg

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# PB & J Combo

<b>Servings:</b>	2.00	<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-32943
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

## Preparation Instructions

Combo consist of: Uncrstable Sandwich (Grape or Strawberry), Cheese stick, and Grain item (Cheez-its or Goldfish)

## 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: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	490.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 292.50mg	<b>Iron</b> 1.72mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Brown 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-32944
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup		516371

## 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>	0.75g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	0.50g		
<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>	2.50mg	<b>Iron</b>	0.50mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans

<b>Servings:</b>	20.00	<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-32945
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753

## Preparation Instructions

RECONSTITUTE

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

### 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: 20.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	139.02		
<b>Fat</b>	1.49g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	546.17mg		
<b>Carbohydrates</b>	22.84g		
<b>Fiber</b>	8.94g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.94g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	49.65mg	<b>Iron</b>	2.09mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32962
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Turkey Breast Deli	2 Ounce	weight commodity/brown box	100121
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

## Preparation Instructions

Directions:

Place 2 oz of turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<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: 0.00

### Amount Per Serving

<b>Calories</b>	270.44
<b>Fat</b>	7.52g
<b>SaturatedFat</b>	3.26g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.72mg
<b>Sodium</b>	718.36mg
<b>Carbohydrates</b>	30.26g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	21.32g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Ham Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32963
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	weight commodity/brown box	100187
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

## Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Notes:

## 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: 0.00

### Amount Per Serving

<b>Calories</b>	260.66
<b>Fat</b>	8.28g
<b>SaturatedFat</b>	3.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.01mg
<b>Sodium</b>	760.33mg
<b>Carbohydrates</b>	32.28g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.14g
<b>Protein</b>	18.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Ham Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32964
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
Turkey Breast Deli	1 Ounce		100121
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

## Preparation Instructions

### Directions:

Place 2 oz of turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

### Notes:



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<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: 0.00

### Amount Per Serving

<b>Calories</b>	265.55
<b>Fat</b>	7.90g
<b>SaturatedFat</b>	3.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	39.86mg
<b>Sodium</b>	739.35mg
<b>Carbohydrates</b>	31.27g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.32g
<b>Protein</b>	19.76g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available