

Cookbook for Porter Township School Corp.

Created by HPS Menu Planner

Cookbook for Boone Grove Elementary School

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for Boone Grove High School

Created by HPS Menu Planner

Table of Contents

Mini Donuts

Assorted Muffin

Cereal Pack

Variety of Juice

Seasoned Green Beans

Mashed Potatoes

Seasoned Corn

Chicken Gravy

Steamed Broccoli

Seasoned Steamed Carrots

Brown Rice

Seasoned Peas

Rotini Pasta

Spicy or Regular Chicken Wrap

Roasted Chickpeas

Breakfast Parfait

Biscuit and Gravy

Egg Biscuit Sandwich

Blueberry Oat Bars

Peach Crumble

Homemade Croutons

Daily Salad

Seasoned Peas and Carrots

Sidekick Slushie

Sub Sandwich

Wolf Basket

Assorted Chips

Mini Donuts

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30687
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00
Fat	13.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	41.50g
Fiber	2.50g
Sugar	19.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffin



Servings:	3.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30688

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 muffin

Amount Per Serving

Calories	190.00		
Fat	6.67g		
SaturatedFat	1.67g		
Trans Fat	0.03g		
Cholesterol	16.67mg		
Sodium	115.00mg		
Carbohydrates	29.33g		
Fiber	1.67g		
Sugar	15.33g		
Protein	2.67g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	17.01mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Pack

NO IMAGE

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Pack	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	N/A	525290
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	N/A	150471
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	N/A	533130
CEREAL TRIX RS BKFST KIT 60CT	1 Each	N/A	525340
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package	N/A	282491

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Pack

Amount Per Serving

Calories	162.00
Fat	3.20g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	156.00mg
Carbohydrates	32.00g
Fiber	1.40g
Sugar	14.40g
Protein	2.00g
Vitamin A 240.00IU	Vitamin C 38.88mg
Calcium 50.00mg	Iron 3.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans



Servings:	51.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30704

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.13mg		
Carbohydrates	3.41g		
Fiber	2.03g		
Sugar	1.01g		
Protein	1.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes



Servings:	14.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30705

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SEAS 6-4 OREI	4 Pound	1 Bag = 4 pounds	249106

Preparation Instructions

BOIL
STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	128.00		
Fat	3.20g		
SaturatedFat	0.91g		
Trans Fat	0.00g		
Cholesterol	4.57mg		
Sodium	393.14mg		
Carbohydrates	22.86g		
Fiber	1.83g		
Sugar	1.83g		
Protein	2.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.43mg	Iron	0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn



Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.21		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.92mg		
Carbohydrates	16.33g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy



Servings:	61.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce	1 Bag	242390
Tap Water for Recipes	1 Gallon	3 Quarts boiling and 1 quart cold	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 61.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	24.59		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	393.44mg		
Carbohydrates	3.93g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.97mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30710

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1/2 Cup		110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Steamed Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1/2 Cup		100352

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	27.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice



Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

BOIL
Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Peas



Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	76.37mg		
Carbohydrates	13.25g		
Fiber	4.72g		
Sugar	4.72g		
Protein	4.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini Pasta



Servings:	8.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30715

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	1 Pound		229951
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	190.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy or Regular Chicken Wrap



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR HOT & SPCY WG FC 1.13Z 4-8	3 Each		281731
CHIX TNDR WGRAIN FC 4-8 TYS	3 Each		283951
TORTILLA FLOUR 12 12-12CT GRSZ	2 Each		713370
DRESSING RNCH BTRMLK 4-1GAL GCHC	4 Tablespoon		426598
Cheese, Cheddar Reduced fat, Shredded	1/2 Cup		100012
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730

Preparation Instructions

Chicken Tenders: (Appliances vary, adjust accordingly.)

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Lay tortilla on flat surface. Then brush 2 T. Ranch on tortilla. Place 1 cup of lettuce, 1/4 cup of shredded cheese, and 3 chicken tenders (spicy or regular) on top of ranch on tortilla . Roll/Fold Tortilla up. Place wrap in clamshell.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	4.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	870.21
Fat	51.00g
SaturatedFat	17.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1610.00mg
Carbohydrates	70.54g
Fiber	5.02g
Sugar	5.02g
Protein	36.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.84mg	Iron 5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Chickpeas

NO IMAGE

Servings:	105.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Low-Sodium canned Garbanzo Beans	3 #10 CAN		100360
SHORTENING LIQ CNOLA CLR 35 GSIG	1 1/2 Cup		431971
SPICE PAPRIKA SPANISH 5 TRDE	2 1/2 Tablespoon		273988
SPICE GARLIC GRANULATED 7.25 TRDE	2 Tablespoon		514047
SPICE ONION POWDER 19Z TRDE	3 Tablespoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/2 Tablespoon		225045
SALT IODIZED 25 CARG	2 Teaspoon		108286

Preparation Instructions

1. Pre-heat oven to 350°F.
2. Open cans of beans, drain, and rinse beans well under cool running water.
3. Drain beans well and pat dry with towel.
4. Mix oil and the remaining seasonings in a bowl.
5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly.
6. Bake for 20 minutes at 350° F. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color and will be crunchy.

Recipe Notes

- 1 #10 can fits perfectly on a sheet pan.
- Store at room temperature in an air tight container.

If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp.
Can add cayenne pepper to make them spicy.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	123.50		
Fat	4.68g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.24mg		
Carbohydrates	16.09g		
Fiber	2.96g		
Sugar	2.96g		
Protein	3.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Parfait

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31003

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries, Frozen	1 Cup	THAW	110624
Strawberries, Sliced, IQF	1 Cup	THAW	110860
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	N/A	811490
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	N/A	811500
CEREAL GRANOLA HNY OATS 4-44Z	2/3 Cup	N/A	818961

Preparation Instructions

1 Parfait= 1/2 cup of yogurt, 1 cup of fruit, and 1/3 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	299.44
Fat	5.25g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	88.20mg
Carbohydrates	59.63g
Fiber	3.50g
Sugar	32.92g
Protein	6.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit and Gravy



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31004

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup		464694
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE	631902

Preparation Instructions

Biscuit

For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard

reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	580.00mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	2.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Biscuit Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each		631902

Preparation Instructions

Biscuit

For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard

reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	440.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	2.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.00mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Oat Bars

NO IMAGE

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Bar	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31008

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Quart		284386
FLOUR H&R 2-25 ARDENT MILLS	3 Cup		275212
SUGAR BROWN MED 25 GCHC	2 1/4 Cup	Divided	108626
MARGARINE SLD 30-1 GCHC	19 Ounce		733061
Blueberries, Frozen	12 1/2 Cup	Frozen	110624
LEMON JUICE 100 12-32FLZ GCHC	3/8 Cup		311227
STARCH CORN 24-1 ARGO	2 Tablespoon		108413

Preparation Instructions

1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray
2. In a mixer with a flat paddle attachment, mix oats, flour, 1 1/2 cups brown sugar and cold butter until large clumps form.
3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
5. Pour blueberry mixture over crust.
6. Sprinkle remaining crumb mixture on top of blueberry and crust.
7. Bake in oven for 35-35 minutes. (checking at 20 minutes)
8. Let cool completely before cutting into bars.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bar

Amount Per Serving

Calories	383.43
Fat	19.11g
SaturatedFat	7.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	168.49mg
Carbohydrates	51.36g
Fiber	4.30g
Sugar	24.28g
Protein	3.98g
Vitamin A 1140.12IU	Vitamin C 0.00mg
Calcium 2.59mg	Iron 1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peach Crumble

NO IMAGE

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Bar	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31009

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Quart		284386
FLOUR H&R 2-25 ARDENT MILLS	3 Cup		275212
SUGAR BROWN MED 25 GCHC	2 1/4 Cup	Divided	108626
MARGARINE SLD 30-1 GCHC	19 Ounce		733061
Diced Peaches CND 6-10	1 #10 CAN	BAKE	100220
LEMON JUICE 100 12-32FLZ GCHC	3/8 Cup		311227
STARCH CORN 24-1 ARGO	2 Tablespoon		108413

Preparation Instructions

1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray
2. In a mixer with a flat paddle attachment, mix oats, flour, 1 1/2 cups brown sugar and cold butter until large clumps form.
3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
5. Pour blueberry mixture over crust.
6. Sprinkle remaining crumb mixture on top of blueberry and crust.
7. Bake in oven for 35-35 minutes. (checking at 20 minutes)
8. Let cool completely before cutting into bars.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bar

Amount Per Serving

Calories	405.51
Fat	18.11g
SaturatedFat	7.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	172.66mg
Carbohydrates	55.85g
Fiber	3.34g
Sugar	30.73g
Protein	3.98g
Vitamin A 1140.12IU	Vitamin C 0.00mg
Calcium 2.59mg	Iron 1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Croutons

NO IMAGE

Servings:	22.00	Category:	Grain
Serving Size:	1.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31014

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	45 Slice	Cubed	204822
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup		732900
Tap Water for Recipes	1/4 Cup	If Needed	000001WTR
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Cup		565164

Preparation Instructions

1. Place bread cubes in a bowl. Drizzle with olive oil and seasonings of your choice. Toss to combine. (if bread is more than a day old, you may need to a little ¼ cup of water-a little at a time to bring moisture back to bread).
2. Preheat oven to 350. Line a sheet pan with parchment paper and bake for 15-20 minutes or until croutons are crunchy and done!

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 1.60 Ounce

Amount Per Serving			
Calories	315.01		
Fat	12.23g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	214.77mg		
Carbohydrates	41.46g		
Fiber	2.05g		
Sugar	6.14g		
Protein	6.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.18mg	Iron	2.05mg

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

Nutrition - Per 100g

Calories	694.47		
Fat	26.96g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	473.49mg		
Carbohydrates	91.39g		
Fiber	4.51g		
Sugar	13.53g		
Protein	13.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	216.45mg	Iron	4.51mg

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

Daily Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Thawed	110921
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
Homemade Croutons	1 Serving	1. Place bread cubes in a bowl. Drizzle with olive oil and seasonings of your choice. Toss to combine. (if bread is more than a day old, you may need to a little ¼ cup of water-a little at a time to bring moisture back to bread). 2. Preheat oven to 350. Line a sheet pan with parchment paper and bake for 15-20 minutes or until croutons are crunchy and done!	R-31014

Preparation Instructions

Layer ingredients and package together for service.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	4.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	529.41
Fat	20.83g
SaturatedFat	2.23g
Trans Fat	0.00g
Cholesterol	263.58mg
Sodium	586.53mg
Carbohydrates	42.54g
Fiber	2.09g
Sugar	7.18g
Protein	40.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.86mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Peas and Carrots

NO IMAGE

Servings:	73.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31017
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	7 1/2 Pound		100350
Carrots fzn	7 1/2 Pound		100352
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.89		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	12.33mg		
Sodium	63.64mg		
Carbohydrates	9.75g		
Fiber	3.36g		
Sugar	3.87g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie

NO IMAGE

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31028
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each		667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181

Preparation Instructions

Note: Remove from freezer and let sit out a short time before eating

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31029
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	cut in half to make two triangles	150260
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	weight	100187
Turkey Breast Deli	1 3/5 Ounce	weight	100121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	308.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	58.50mg
Sodium	966.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	4.50g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.50mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wolf Basket

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31102
School:	Boone Grove High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301
PRETZEL SFT NUGGET WGRAIN 330-.5Z J&J	4 Piece		500171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.70		
Fat	11.20g		
SaturatedFat	1.90g		
Trans Fat	0.11g		
Cholesterol	34.00mg		
Sodium	494.70mg		
Carbohydrates	61.00g		
Fiber	4.90g		
Sugar	13.00g		
Protein	14.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Chips

NO IMAGE

Servings:	10.00	Category:	Condiments or Other
Serving Size:	1.00 Bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	1.25 Grain Equivalents	105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	1.25 Grain Equivalents	696900
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	1.50 Gran Equivalents	456090
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	1.50 Gran Equivalents	541502
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	1.50 Gran Equivalents	737611
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	1.50 Gran Equivalents	788670
CHIP POT BKD 64-LSSV LAYS	1 Package	Counts as no component	712560
CHIP POT BBQ BKD 64-LSSV LAYS	1 Package	Counts as no component	712550
CHIP POT SR CRM ONIO BKD 64-LSSV LAYS	1 Ounce	Counts as no component	712540
CHIP POT CHED SR CRM BKD 60-.8Z RUFF	1 Package	Counts as no component	405983

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Bag

Amount Per Serving

Calories	131.00
Fat	4.55g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	17.00mg
Sodium	182.00mg
Carbohydrates	20.40g
Fiber	1.80g
Sugar	1.70g
Protein	1.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.00mg	Iron 0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Boone Grove Middle School

Created by HPS Menu Planner

Table of Contents

Mini Donuts

Assorted Muffin

Cereal Pack

Mini Pancakes

Variety of Juice

Seasoned Green Beans

Mashed Potatoes

Seasoned Corn

Chicken Gravy

Steamed Broccoli

Seasoned Steamed Carrots

Brown Rice

Seasoned Peas

Rotini Pasta

Spicy or Regular Chicken Wrap

Roasted Chickpeas

Breakfast Parfait

Egg Biscuit Sandwich

Blueberry Oat Bars

Peach Crumble

Daily Salad

Seasoned Peas and Carrots

Sidekick Slushie

Sub Sandwich

Wolf Basket

Assorted Chips

Mini Donuts

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30687
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00
Fat	13.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	41.50g
Fiber	2.50g
Sugar	19.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffin



Servings:	3.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30688

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 muffin

Amount Per Serving

Calories	190.00		
Fat	6.67g		
SaturatedFat	1.67g		
Trans Fat	0.03g		
Cholesterol	16.67mg		
Sodium	115.00mg		
Carbohydrates	29.33g		
Fiber	1.67g		
Sugar	15.33g		
Protein	2.67g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	17.01mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Pack

NO IMAGE

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Pack	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	N/A	525290
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	N/A	150471
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	N/A	533130
CEREAL TRIX RS BKFST KIT 60CT	1 Each	N/A	525340
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package	N/A	282491

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Pack

Amount Per Serving

Calories	162.00
Fat	3.20g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	156.00mg
Carbohydrates	32.00g
Fiber	1.40g
Sugar	14.40g
Protein	2.00g
Vitamin A 240.00IU	Vitamin C 38.88mg
Calcium 50.00mg	Iron 3.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

Heat Before Eating

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

MICROWAVE:

1. Place 1 pouch, picture side up, on a microwave-safe dish.
2. Heat on HIGH for 45 seconds.

Heated pancakes are hot. Children should be supervised.

Pull pouch apart carefully to remove heated product.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	215.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	310.00mg
Carbohydrates	35.50g
Fiber	4.00g
Sugar	11.00g
Protein	4.00g
Vitamin A 250.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans



Servings:	51.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30704

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.13mg		
Carbohydrates	3.41g		
Fiber	2.03g		
Sugar	1.01g		
Protein	1.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes



Servings:	14.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30705

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SEAS 6-4 OREI	4 Pound	1 Bag = 4 pounds	249106

Preparation Instructions

BOIL
STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	128.00		
Fat	3.20g		
SaturatedFat	0.91g		
Trans Fat	0.00g		
Cholesterol	4.57mg		
Sodium	393.14mg		
Carbohydrates	22.86g		
Fiber	1.83g		
Sugar	1.83g		
Protein	2.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.43mg	Iron	0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn



Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.21		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.92mg		
Carbohydrates	16.33g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

NO IMAGE

Servings:	61.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce	1 Bag	242390
Tap Water for Recipes	1 Gallon	3 Quarts boiling and 1 quart cold	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 61.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	24.59		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	393.44mg		
Carbohydrates	3.93g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.97mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30710

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1/2 Cup		110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Steamed Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1/2 Cup		100352

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	27.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice



Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

BOIL
Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Peas



Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	76.37mg		
Carbohydrates	13.25g		
Fiber	4.72g		
Sugar	4.72g		
Protein	4.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini Pasta



Servings:	8.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30715

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	1 Pound		229951
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	190.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy or Regular Chicken Wrap



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR HOT & SPCY WG FC 1.13Z 4-8	3 Each		281731
CHIX TNDR WGRAIN FC 4-8 TYS	3 Each		283951
TORTILLA FLOUR 12 12-12CT GRSZ	2 Each		713370
DRESSING RNCH BTRMLK 4-1GAL GCHC	4 Tablespoon		426598
Cheese, Cheddar Reduced fat, Shredded	1/2 Cup		100012
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730

Preparation Instructions

Chicken Tenders: (Appliances vary, adjust accordingly.)

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Lay tortilla on flat surface. Then brush 2 T. Ranch on tortilla. Place 1 cup of lettuce, 1/4 cup of shredded cheese, and 3 chicken tenders (spicy or regular) on top of ranch on tortilla . Roll/Fold Tortilla up. Place wrap in clamshell.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	4.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	870.21
Fat	51.00g
SaturatedFat	17.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1610.00mg
Carbohydrates	70.54g
Fiber	5.02g
Sugar	5.02g
Protein	36.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.84mg	Iron 5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Chickpeas

NO IMAGE

Servings:	105.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Low-Sodium canned Garbanzo Beans	3 #10 CAN		100360
SHORTENING LIQ CNOLA CLR 35 GSIG	1 1/2 Cup		431971
SPICE PAPRIKA SPANISH 5 TRDE	2 1/2 Tablespoon		273988
SPICE GARLIC GRANULATED 7.25 TRDE	2 Tablespoon		514047
SPICE ONION POWDER 19Z TRDE	3 Tablespoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/2 Tablespoon		225045
SALT IODIZED 25 CARG	2 Teaspoon		108286

Preparation Instructions

1. Pre-heat oven to 350°F.
2. Open cans of beans, drain, and rinse beans well under cool running water.
3. Drain beans well and pat dry with towel.
4. Mix oil and the remaining seasonings in a bowl.
5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly.
6. Bake for 20 minutes at 350° F. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color and will be crunchy.

Recipe Notes

- 1 #10 can fits perfectly on a sheet pan.
- Store at room temperature in an air tight container.

If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp.
Can add cayenne pepper to make them spicy.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	123.50		
Fat	4.68g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.24mg		
Carbohydrates	16.09g		
Fiber	2.96g		
Sugar	2.96g		
Protein	3.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Parfait

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31003

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries, Frozen	1 Cup	THAW	110624
Strawberries, Sliced, IQF	1 Cup	THAW	110860
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	N/A	811490
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	N/A	811500
CEREAL GRANOLA HNY OATS 4-44Z	2/3 Cup	N/A	818961

Preparation Instructions

1 Parfait= 1/2 cup of yogurt, 1 cup of fruit, and 1/3 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	299.44
Fat	5.25g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	88.20mg
Carbohydrates	59.63g
Fiber	3.50g
Sugar	32.92g
Protein	6.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Biscuit Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each		631902

Preparation Instructions

Biscuit

For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard

reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	440.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	2.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.00mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Oat Bars

NO IMAGE

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Bar	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31008

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Quart		284386
FLOUR H&R 2-25 ARDENT MILLS	3 Cup		275212
SUGAR BROWN MED 25 GCHC	2 1/4 Cup	Divided	108626
MARGARINE SLD 30-1 GCHC	19 Ounce		733061
Blueberries, Frozen	12 1/2 Cup	Frozen	110624
LEMON JUICE 100 12-32FLZ GCHC	3/8 Cup		311227
STARCH CORN 24-1 ARGO	2 Tablespoon		108413

Preparation Instructions

1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray
2. In a mixer with a flat paddle attachment, mix oats, flour, 1 1/2 cups brown sugar and cold butter until large clumps form.
3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
5. Pour blueberry mixture over crust.
6. Sprinkle remaining crumb mixture on top of blueberry and crust.
7. Bake in oven for 35-35 minutes. (checking at 20 minutes)
8. Let cool completely before cutting into bars.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bar

Amount Per Serving

Calories	383.43
Fat	19.11g
SaturatedFat	7.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	168.49mg
Carbohydrates	51.36g
Fiber	4.30g
Sugar	24.28g
Protein	3.98g
Vitamin A 1140.12IU	Vitamin C 0.00mg
Calcium 2.59mg	Iron 1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peach Crumble

NO IMAGE

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Bar	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31009

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Quart		284386
FLOUR H&R 2-25 ARDENT MILLS	3 Cup		275212
SUGAR BROWN MED 25 GCHC	2 1/4 Cup	Divided	108626
MARGARINE SLD 30-1 GCHC	19 Ounce		733061
Diced Peaches CND 6-10	1 #10 CAN	BAKE	100220
LEMON JUICE 100 12-32FLZ GCHC	3/8 Cup		311227
STARCH CORN 24-1 ARGO	2 Tablespoon		108413

Preparation Instructions

1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray
2. In a mixer with a flat paddle attachment, mix oats, flour, 1 1/2 cups brown sugar and cold butter until large clumps form.
3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
5. Pour blueberry mixture over crust.
6. Sprinkle remaining crumb mixture on top of blueberry and crust.
7. Bake in oven for 35-35 minutes. (checking at 20 minutes)
8. Let cool completely before cutting into bars.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bar

Amount Per Serving

Calories	405.51
Fat	18.11g
SaturatedFat	7.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	172.66mg
Carbohydrates	55.85g
Fiber	3.34g
Sugar	30.73g
Protein	3.98g
Vitamin A 1140.12IU	Vitamin C 0.00mg
Calcium 2.59mg	Iron 1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Daily Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Thawed	110921
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
Homemade Croutons	1 Serving	1. Place bread cubes in a bowl. Drizzle with olive oil and seasonings of your choice. Toss to combine. (if bread is more than a day old, you may need to a little ¼ cup of water-a little at a time to bring moisture back to bread). 2. Preheat oven to 350. Line a sheet pan with parchment paper and bake for 15-20 minutes or until croutons are crunchy and done!	R-31014

Preparation Instructions

Layer ingredients and package together for service.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	4.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	529.41
Fat	20.83g
SaturatedFat	2.23g
Trans Fat	0.00g
Cholesterol	263.58mg
Sodium	586.53mg
Carbohydrates	42.54g
Fiber	2.09g
Sugar	7.18g
Protein	40.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.86mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Peas and Carrots

NO IMAGE

Servings:	73.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31017
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	7 1/2 Pound		100350
Carrots fzn	7 1/2 Pound		100352
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.89		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	12.33mg		
Sodium	63.64mg		
Carbohydrates	9.75g		
Fiber	3.36g		
Sugar	3.87g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie

NO IMAGE

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31028
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each		667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181

Preparation Instructions

Note: Remove from freezer and let sit out a short time before eating

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31029
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	cut in half to make two triangles	150260
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	weight	100187
Turkey Breast Deli	1 3/5 Ounce	weight	100121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	308.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	58.50mg
Sodium	966.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	4.50g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.50mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wolf Basket

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31102
School:	Boone Grove High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301
PRETZEL SFT NUGGET WGRAIN 330-.5Z J&J	4 Piece		500171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.70		
Fat	11.20g		
SaturatedFat	1.90g		
Trans Fat	0.11g		
Cholesterol	34.00mg		
Sodium	494.70mg		
Carbohydrates	61.00g		
Fiber	4.90g		
Sugar	13.00g		
Protein	14.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Chips

NO IMAGE

Servings:	10.00	Category:	Condiments or Other
Serving Size:	1.00 Bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	1.25 Grain Equivalents	105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	1.25 Grain Equivalents	696900
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	1.50 Gran Equivalents	456090
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	1.50 Gran Equivalents	541502
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	1.50 Gran Equivalents	737611
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	1.50 Gran Equivalents	788670
CHIP POT BKD 64-LSSV LAYS	1 Package	Counts as no component	712560
CHIP POT BBQ BKD 64-LSSV LAYS	1 Package	Counts as no component	712550
CHIP POT SR CRM ONIO BKD 64-LSSV LAYS	1 Ounce	Counts as no component	712540
CHIP POT CHED SR CRM BKD 60-.8Z RUFF	1 Package	Counts as no component	405983

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Bag

Amount Per Serving

Calories	131.00
Fat	4.55g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	17.00mg
Sodium	182.00mg
Carbohydrates	20.40g
Fiber	1.80g
Sugar	1.70g
Protein	1.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.00mg	Iron 0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Porter Lakes Elementary School

Created by HPS Menu Planner

Table of Contents

Mini Donuts

Mini Pancakes

Variety of Juice

Seasoned Green Beans

Seasoned Corn

Chicken Gravy

Steamed Broccoli

Seasoned Steamed Carrots

Assorted Pop-Tarts

Roasted Chickpeas

Panther Basket

Panther Pizza-able

Assorted Chips

Mini Donuts

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30687
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00
Fat	13.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	41.50g
Fiber	2.50g
Sugar	19.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

Heat Before Eating

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

MICROWAVE:

1. Place 1 pouch, picture side up, on a microwave-safe dish.
2. Heat on HIGH for 45 seconds.

Heated pancakes are hot. Children should be supervised.

Pull pouch apart carefully to remove heated product.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	215.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	310.00mg
Carbohydrates	35.50g
Fiber	4.00g
Sugar	11.00g
Protein	4.00g
Vitamin A 250.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice



Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans



Servings:	51.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30704

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.13mg		
Carbohydrates	3.41g		
Fiber	2.03g		
Sugar	1.01g		
Protein	1.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

NO IMAGE

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.21		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.92mg		
Carbohydrates	16.33g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

NO IMAGE

Servings:	61.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce	1 Bag	242390
Tap Water for Recipes	1 Gallon	3 Quarts boiling and 1 quart cold	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 61.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	24.59		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	393.44mg		
Carbohydrates	3.93g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.97mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30710

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1/2 Cup		110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Steamed Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1/2 Cup		100352

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	27.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30722
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	1.25 Grain Equivalents	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	1.25 Grain Equivalents	452062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	180.00
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	37.33g
Fiber	3.00g
Sugar	15.33g
Protein	2.00g
Vitamin A 333.33IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Chickpeas

NO IMAGE

Servings:	105.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Low-Sodium canned Garbanzo Beans	3 #10 CAN		100360
SHORTENING LIQ CNOLA CLR 35 GSIG	1 1/2 Cup		431971
SPICE PAPRIKA SPANISH 5 TRDE	2 1/2 Tablespoon		273988
SPICE GARLIC GRANULATED 7.25 TRDE	2 Tablespoon		514047
SPICE ONION POWDER 19Z TRDE	3 Tablespoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/2 Tablespoon		225045
SALT IODIZED 25 CARG	2 Teaspoon		108286

Preparation Instructions

1. Pre-heat oven to 350°F.
2. Open cans of beans, drain, and rinse beans well under cool running water.
3. Drain beans well and pat dry with towel.
4. Mix oil and the remaining seasonings in a bowl.
5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly.
6. Bake for 20 minutes at 350° F. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color and will be crunchy.

Recipe Notes

- 1 #10 can fits perfectly on a sheet pan.
- Store at room temperature in an air tight container.

If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp.
Can add cayenne pepper to make them spicy.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	123.50		
Fat	4.68g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.24mg		
Carbohydrates	16.09g		
Fiber	2.96g		
Sugar	2.96g		
Protein	3.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Panther Basket

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31080
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	3 Each		722301
PRETZEL SFT NUGGET WGRAIN 330-.5Z J&J	2 Piece		500171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	203.35
Fat	5.60g
SaturatedFat	0.95g
Trans Fat	0.06g
Cholesterol	17.00mg
Sodium	247.35mg
Carbohydrates	30.50g
Fiber	2.45g
Sugar	6.50g
Protein	7.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Panther Pizza-able

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31081
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Mozzarella, Part Skim, Shredded	2 Ounce	1/2 cup	100021
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	393.90
Fat	19.20g
SaturatedFat	10.20g
Trans Fat	0.03g
Cholesterol	50.00mg
Sodium	879.70mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	10.00g
Protein	19.50g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 22.18mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Chips

NO IMAGE

Servings:	10.00	Category:	Condiments or Other
Serving Size:	1.00 Bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	1.25 Grain Equivalents	105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	1.25 Grain Equivalents	696900
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	1.50 Gran Equivalents	456090
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	1.50 Gran Equivalents	541502
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	1.50 Gran Equivalents	737611
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	1.50 Gran Equivalents	788670
CHIP POT BKD 64-LSSV LAYS	1 Package	Counts as no component	712560
CHIP POT BBQ BKD 64-LSSV LAYS	1 Package	Counts as no component	712550
CHIP POT SR CRM ONIO BKD 64-LSSV LAYS	1 Ounce	Counts as no component	712540
CHIP POT CHED SR CRM BKD 60-.8Z RUFF	1 Package	Counts as no component	405983

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Bag

Amount Per Serving

Calories	131.00
Fat	4.55g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	17.00mg
Sodium	182.00mg
Carbohydrates	20.40g
Fiber	1.80g
Sugar	1.70g
Protein	1.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.00mg	Iron 0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available