

# **Cookbook for Boone Grove Middle School**

**Created by HPS Menu Planner**

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# Mini Donuts

<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>	Breakfast	<b>Recipe ID:</b>	R-30687
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	295.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	6.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	41.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	4.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.00mg	<b>Iron</b>	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

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<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: 3.00

Serving Size: 1.00 muffin

Amount Per Serving	
<b>Calories</b>	190.00
<b>Fat</b>	6.67g
<b>SaturatedFat</b>	1.67g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	16.67mg
<b>Sodium</b>	115.00mg
<b>Carbohydrates</b>	29.33g
<b>Fiber</b>	1.67g
<b>Sugar</b>	15.33g
<b>Protein</b>	2.67g
<b>Vitamin A</b> 4.80IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 17.01mg	<b>Iron</b> 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

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Pack	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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		282491

## 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: 5.00

Serving Size: 1.00 Pack

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Pancakes

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Package

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Variety of Juice

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	63.33		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.40mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.07mg	<b>Iron</b>	0.27mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Seasoned Green Beans

<b>Servings:</b>	51.00	<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-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

<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>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	14.00	<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-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

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

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

<b>Servings:</b>	82.00	<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-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

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

### Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Gravy

<b>Servings:</b>	61.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 61.00

Serving Size: 0.25 Cup

Amount Per Serving			
<b>Calories</b>	24.59		
<b>Fat</b>	0.98g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	393.44mg		
<b>Carbohydrates</b>	3.93g		
<b>Fiber</b>	0.00g		
<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>	1.97mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Steamed Broccoli

<b>Servings:</b>	1.00	<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-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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

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### Nutrition - Per 100g

No 100g Conversion Available



# Seasoned Steamed Carrots

<b>Servings:</b>	1.00	<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-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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	27.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.00mg		
<b>Sodium</b>	43.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<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>	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

<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-30712

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	<b>BOIL</b> 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

<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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Seasoned Peas

<b>Servings:</b>	72.00	<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-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

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	74.14		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	76.37mg		
<b>Carbohydrates</b>	13.25g		
<b>Fiber</b>	4.72g		
<b>Sugar</b>	4.72g		
<b>Protein</b>	4.72g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Rotini Pasta

<b>Servings:</b>	8.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spicy or Regular Chicken Wrap

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 Each		281731
CHIX TNRD 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

<b>Meat</b>	3.000
<b>Grain</b>	4.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	105.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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>	0.250
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.25 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Parfait

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PARFAIT	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	1.000
<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 PARFAIT

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg Biscuit Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Blueberry Oat Bars

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Bar	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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: 25.00

Serving Size: 1.00 Bar

### Amount Per Serving

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

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Bar	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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: 25.00

Serving Size: 1.00 Bar

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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 salad

### Amount Per Serving

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

<b>Servings:</b>	73.00	<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-31017
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sidekick Slushie

<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-31028
<b>School:</b>	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

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31029
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Wolf Basket

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31102
<b>School:</b>	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

<b>Meat</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Chips

<b>Servings:</b>	10.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Bag	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Bag

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available