

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Apple & Eve Juice Box

Cereal Kit

Breakfast Bar Kit

Pop Tart Kit

Meatless Chef Salad

Ham Chef Salad

PB & J Combo

Yogurt Box

Cougar Box

Ham Sub Meal

Turkey Sub Meal

Turkey Chef Salad

Chicken Fajita Chef Salad

Taco Salad

Pulled Pork Chef Salad

Breaded Chicken Salad

Turkey Bacon Ranch Sandwich Meal

Ham & Turkey Sub Meal

Turkey Combo Sub Meal

Italian Turkey Sub Meal

Apple & Eve Juice Box



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Cereal Kit

NO IMAGE

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

Ingredients

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

Preparation Instructions

Ready to Eat

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

Meal Components (SLE)

Amount Per Serving

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: 6.00

Serving Size: 1.00 Kit

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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: 1.00

Serving Size: 1.00 Kit

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Kit



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.500
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 Kit

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meatless Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33225
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEED SUNFLWR KERN 200-1Z KARS	1 Ounce	1 oz. = 1 oz. eq. meat/meat alternate	504180
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	1 oz. weight = 2 fluid ounces = 1/4 cup = 1 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Variety of Fresh Vegetables	1/2 Cup		
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 z. juice box also acceptable	698240
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265
Homemade Croutons	4/5 Ounce		

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	852.45
Fat	47.45g
SaturatedFat	11.05g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1089.50mg
Carbohydrates	88.75g
Fiber	10.60g
Sugar	49.00g
Protein	20.80g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 169.00mg	Iron 3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33226
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Variety of Fresh Vegetables	1/2 Cup		
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 z. juice box also acceptable	698240
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422

Description	Measurement	Prep Instructions	DistPart #
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	718.27
Fat	31.50g
SaturatedFat	9.10g
Trans Fat	0.00g
Cholesterol	66.89mg
Sodium	1419.91mg
Carbohydrates	87.35g
Fiber	8.60g
Sugar	50.05g
Protein	21.55g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 149.00mg	Iron 2.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB & J Combo

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33227
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	Or Strawberry- GFS 536012	527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	OR Cheddar GFS 786830 OR String Cheese GFS 786580 OR Sunflower seeds GFS 504180	786510
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	Or Goldfish GFS 736280 DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
Variety of Fresh Vegetables	1/2 Cup		
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
JUICE BOX FRT PNCH 100 40- 4.23FLZ	1 Each	Other flavors 4.23 oz. juice box also acceptable	698240

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	621.00
Fat	25.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	684.00mg
Carbohydrates	78.50g
Fiber	9.00g
Sugar	40.50g
Protein	19.50g
Vitamin A 749.70IU	Vitamin C 32.33mg
Calcium 386.00mg	Iron 1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Box

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33228
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	Can also use other varieties of 4 oz. yogurt.	885750
PEANUT BUTTER 120-1.1Z JIF	1 Each	Or 2 Tbsp. peanut butter	794301
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
Variety of Fresh Vegetables	1/2 Cup		
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
JUICE BOX FRT PNCH 100 40-6.75FLZ	1 Each	Other flavors 4.23 oz. juice box also acceptable	698340
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/2 Cup	0.50 cup = 1 oz. eq. grain	711664
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	1 Package		266020

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	871.00
Fat	27.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	491.00mg
Carbohydrates	120.50g
Fiber	10.00g
Sugar	85.50g
Protein	18.50g

Vitamin A	749.70IU	Vitamin C	12.33mg
------------------	----------	------------------	---------

Calcium	145.00mg	Iron	3.15mg
----------------	----------	-------------	--------

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

Nutrition - Per 100g

No 100g Conversion Available

Cougar Box

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33231
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER 120-1.1Z JIF	1 Each	OR 2 Tbsp. Peanut Butter	794301
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	Or 1 oz. string cheese or cheese stick	680130
CHIP GARDEN SALSA 64-LSSV SUNCHIP	1 Package	OR GFS 712440 OR GFS 712431	712270
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
Variety of Fresh Vegetables	1/2 Cup		
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 oz. juice box also acceptable	698240

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	611.00
Fat	31.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	574.00mg
Carbohydrates	68.50g
Fiber	8.00g
Sugar	32.50g
Protein	18.50g
Vitamin A 749.70IU	Vitamin C 32.33mg
Calcium 279.00mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub Meal

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33233
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	weight commodity/brown box	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
Variety of Fresh Vegetables	1/2 Cup		
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 oz. juice box also acceptable	698240

Preparation Instructions

Directions:

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

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

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

Package sandwich with other items.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	408.21
Fat	8.33g
SaturatedFat	3.65g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	815.45mg
Carbohydrates	68.15g
Fiber	6.53g
Sugar	32.51g
Protein	20.15g
Vitamin A 937.13IU	Vitamin C 35.41mg
Calcium 112.25mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub Meal

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33235
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
Variety of Fresh Vegetables	1/2 Cup		
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 oz. juice box also acceptable	698240

Preparation Instructions

Directions:

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

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

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

Package sandwich with other items.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	462.02
Fat	9.14g
SaturatedFat	4.06g
Trans Fat	0.00g
Cholesterol	64.73mg
Sodium	984.97mg
Carbohydrates	66.92g
Fiber	6.53g
Sugar	30.88g
Protein	30.35g
Vitamin A 937.13IU	Vitamin C 35.41mg
Calcium 112.25mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33337
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100121
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Variety of Fresh Vegetables	1/2 Cup		
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 z. juice box also acceptable	698240
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422

Description	Measurement	Prep Instructions	DistPart #
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	756.92
Fat	33.54g
SaturatedFat	9.09g
Trans Fat	0.00g
Cholesterol	87.23mg
Sodium	1494.34mg
Carbohydrates	85.29g
Fiber	8.60g
Sugar	48.00g
Protein	29.70g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 149.00mg	Iron 2.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33338

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100117
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Variety of Fresh Vegetables	1/2 Cup		
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 z. juice box also acceptable	698240
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	1.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	716.09
Fat	25.32g
SaturatedFat	7.11g
Trans Fat	0.00g
Cholesterol	96.18mg
Sodium	1338.82mg
Carbohydrates	85.56g
Fiber	9.10g
Sugar	50.06g
Protein	27.83g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 74.00mg	Iron 1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33339

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Variety of Fresh Vegetables	1/2 Cup		
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
JUICE BOX FRT PNCH 100 40- 4.23FLZ	1 Each	Other flavors 4.23 z. juice box also acceptable	698240
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
Ground Beef Taco Meat	1 Serving	1. Thaw ground beef in cooler on bottom shelf in roasting pan. 2. Break up ground beef in slotted steamtable pan. 3. Place water in bottom of solid steamtable pan. 4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees. CCP: Heat to 155 degrees F or higher for at least 15 seconds. 5. Add 1/4 cup Mexican Spice mix to meat while cooking. 6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle. 7. Lift slotted pan to drain water and grease. 8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.	R-32858

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	1.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	854.75		
Fat	35.73g		
SaturatedFat	9.17g		
Trans Fat	2.06g		
Cholesterol	73.53mg		
Sodium	6672.20mg		
Carbohydrates	113.88g		
Fiber	15.62g		
Sugar	56.64g		
Protein	25.88g		
Vitamin A	8673.05IU	Vitamin C	27.92mg
Calcium	109.86mg	Iron	8.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce		675222
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Variety of Fresh Vegetables	1/2 Cup		
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 z. juice box also acceptable	698240
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	828.45
Fat	41.45g
SaturatedFat	11.25g
Trans Fat	0.00g
Cholesterol	94.00mg
Sodium	1218.50mg
Carbohydrates	84.25g
Fiber	8.60g
Sugar	51.00g
Protein	27.30g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 149.00mg	Iron 2.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Variety of Fresh Vegetables	1/2 Cup		
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRANBERRY DRIED STRAWB 200- 1.16Z	1 Package		531681
JUICE BOX FRT PNCH 100 40- 4.23FLZ	1 Each	Other flavors 4.23 z. juice box also acceptable	698240
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	1.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	893.36
Fat	43.63g
SaturatedFat	9.78g
Trans Fat	0.00g
Cholesterol	51.82mg
Sodium	1326.32mg
Carbohydrates	98.52g
Fiber	11.87g
Sugar	49.09g
Protein	26.57g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 185.00mg	Iron 4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Bacon Ranch Sandwich Meal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33343

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/8 Cup		451730
DRESSING RNCH LT LO SOD 200-12GM GCHC	1 Each		699981
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
Variety of Fresh Vegetables	1/2 Cup		
APPLE FRSH SLCD 100-2Z P/L	1 Package	B	473171
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

Preparation Instructions

Directions:

Place 3 oz of turkey, 1 slice of cheese, and 1 slice bacon on each hoagie bun

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

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

Package sandwich with other items.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	488.03
Fat	12.23g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	71.49mg
Sodium	1176.79mg
Carbohydrates	65.50g
Fiber	6.40g
Sugar	30.75g
Protein	31.06g
Vitamin A 937.13IU	Vitamin C 35.41mg
Calcium 207.17mg	Iron 2.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Turkey Sub Meal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33345

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
Turkey Breast Deli	2 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
Variety of Fresh Vegetables	1/2 Cup		
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 oz. juice box also acceptable	698240

Preparation Instructions

Directions:

Place ham, turkey, and 1 slices of cheese on each hoagie bun

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

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

Package sandwich with other items.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	478.65
Fat	10.84g
SaturatedFat	4.91g
Trans Fat	0.00g
Cholesterol	72.23mg
Sodium	1153.82mg
Carbohydrates	69.41g
Fiber	6.53g
Sugar	32.51g
Protein	31.47g
Vitamin A 937.13IU	Vitamin C 35.41mg
Calcium 112.25mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Combo Sub Meal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33347

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	6 Slice	2 slices each- bologna, ham, & salami	236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
Variety of Fresh Vegetables	1/2 Cup		
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 oz. juice box also acceptable	698240

Preparation Instructions

Directions:

Place 2 slices each meat (ham, salami, bologna) and 1 slice of cheese on each hoagie bun

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

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

Package sandwich with other items.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	486.57
Fat	14.20g
SaturatedFat	4.55g
Trans Fat	0.00g
Cholesterol	70.55mg
Sodium	1106.31mg
Carbohydrates	65.89g
Fiber	6.53g
Sugar	30.88g
Protein	24.15g
Vitamin A 937.13IU	Vitamin C 35.41mg
Calcium 166.48mg	Iron 3.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Turkey Sub Meal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice	2 slices each meat	199721
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
Variety of Fresh Vegetables	1/2 Cup		
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	Other flavors 4.23 oz. juice box also acceptable	698240

Preparation Instructions

Directions:

Place 2 slices each meat (ham, salami, pepperoni) and 1 slice of cheese on each hoagie bun
If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Package sandwich with other items.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	474.25
Fat	12.05g
SaturatedFat	4.21g
Trans Fat	0.00g
Cholesterol	65.50mg
Sodium	978.43mg
Carbohydrates	66.88g
Fiber	6.53g
Sugar	30.88g
Protein	24.95g
Vitamin A 937.13IU	Vitamin C 35.41mg
Calcium 138.92mg	Iron 3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available