

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

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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

| | | | |
|----------------------|-----------------------------------------|-----------------------|---------|
| 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

| | | | |
|----------------------|-----------------------------------------|-----------------------|---------|
| 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 |

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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 |

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Nutrition - Per 100g

No 100g Conversion Available

Meatless Chef Salad

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| 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 |
| 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 |

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Nutrition - Per 100g

No 100g Conversion Available

PB & J Combo

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt Box

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Cougar Box

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Ham Sub Meal

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub Meal

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| 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

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| 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 |
| 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

| | | | |
|----------------------|-----------|-----------------------|---------|
| 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

| | | | |
|----------------------|-----------|-----------------------|---------|
| 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 |
| SALSA CUP 84- 3Z REDG | 1 Each | READY_TO_EAT None | 677802 |

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 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

| | | | |
|----------------------|-----------|-----------------------|---------|
| 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Salad

| | | | |
|----------------------|-----------|-----------------------|---------|
| 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