

# **Cookbook for ROLLING PRAIRIE ELEMENTARY SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

**Chicken & Noodles**

**Carrots**

**Apple & Eve Juice Box**

**Cereal Kit**

**Breakfast Bar Kit**

**Pop Tart Kit**

**PB & J Combo**

**Refried Beans**

**Turkey Sub**

**Ham Sub**

**Baked Beans**

**Orange Chicken**

**Chicken Taco Meat**

**Spaghetti w/ Marinara Sauce**

**Brown Rice**

**Taco Meat**

**Ranch**

# Chicken & Noodles

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	2 Gallon		000001WTR
BASE CHIX 12-1 GCHC	8 Ounce	Weight	439606
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Tablespoon	1.5 teaspoons	225061
Chicken, diced, cooked, frozen	6 3/8 Pound	6 lbs. + 6 oz.	100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	3 1/8 Pound	3 lbs. + 2 oz.	270385

## Preparation Instructions

1. Spray 6 inch steamtable pan with pan spray.
2. Place 2 gallons boiling water in pan. Mix chicken base in water.
3. Add pepper and diced chicken, stir.
4. Place pan in 350 degree combi oven with heat and steam for 10 minutes.
5. Remove pan from oven, add noodles and stir.
6. Place back in oven and cook for 15-20 minutes until temperature reaches 170 degrees.

Portion with 8 oz. ladle. (1 cup)

Serving 1 cup (8 ounce ladle) provides 2 oz. eq. meat and 1 oz. eq. grain.

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

CCP: Hold at 135 degrees F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	194.99
<b>Fat</b>	3.67g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.41mg
<b>Sodium</b>	673.49mg
<b>Carbohydrates</b>	20.79g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.76g
<b>Protein</b>	17.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.77mg	<b>Iron</b> 0.95mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Carrots

<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11976
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 30 KE	1 Cup		360240

## Preparation Instructions

COOK BROCCOLI TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

### 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>	0.011
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	0.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.04mg		
<b>Carbohydrates</b>	0.16g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.09g		
<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**

---

# Apple & Eve Juice Box

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Cereal Kit

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

## Ingredients

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

## Preparation Instructions

Ready to Eat

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Kit

### Amount Per Serving

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

\*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

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

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

\*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

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

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

\*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

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32943
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	490.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	15.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 302.50mg	<b>Iron</b> 1.71mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32945
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

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

## Preparation Instructions

RECONSTITUTE

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Turkey Sub

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

## Ingredients

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

## Preparation Instructions

Directions:

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

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

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

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham Sub

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

## Ingredients

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

## Preparation Instructions

Directions:

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

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

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

Notes:

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	23.00	<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-33151
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
KETCHUP CAN 6-10 HNZ	1/2 Cup		100188
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/4 Ounce		223255
MUSTARD PKT 500-5.5GM GCHC	5 Each	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311

## Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds  
CCP: Hold at 135° F or higher.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	165.56		
<b>Fat</b>	1.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	326.72mg		
<b>Carbohydrates</b>	33.91g		
<b>Fiber</b>	5.27g		
<b>Sugar</b>	16.70g		
<b>Protein</b>	7.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.92mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Orange Chicken

<b>Servings:</b>	79.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33285

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

## Preparation Instructions

Place 8# of popcorn chicken on each of 2 full size sheet pans. Bake at 375 degrees for 6-8 minutes. Pour all of the chicken into a 6 steamtable pan. Add sauce. Mix thoroughly.

Each serving should be 12 popcorn chicken.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 79.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	276.82		
<b>Fat</b>	14.27g		
<b>SaturatedFat</b>	2.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.96mg		
<b>Sodium</b>	436.93mg		
<b>Carbohydrates</b>	21.85g		
<b>Fiber</b>	3.29g		
<b>Sugar</b>	6.77g		
<b>Protein</b>	15.37g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.23mg	<b>Iron</b>	2.20mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Taco Meat

<b>Servings:</b>	45.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33296

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	10 Pound		100117
Mexican Spice Mix- Bulk	3/4 Serving	Mix all ingredients and store in air tight container.	R-33288
Tap Water for Recipes	7/9 Quart		000001WTR

## Preparation Instructions

1. Thaw chicken fajita in cooler.
  2. Place 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 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.
  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.
- 3.5 oz. weight chicken fajita= 2 oz. eq. meat



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 3.50 Ounce

### Amount Per Serving

<b>Calories</b>	223.02
<b>Fat</b>	6.36g
<b>SaturatedFat</b>	2.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.39mg
<b>Sodium</b>	6539.46mg
<b>Carbohydrates</b>	32.47g
<b>Fiber</b>	6.52g
<b>Sugar</b>	10.73g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 7173.65IU	<b>Vitamin C</b> 3.26mg
<b>Calcium</b> 35.86mg	<b>Iron</b> 7.41mg

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

## Nutrition - Per 100g

<b>Calories</b>	224.76
<b>Fat</b>	6.41g
<b>SaturatedFat</b>	2.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.99mg
<b>Sodium</b>	6590.64mg
<b>Carbohydrates</b>	32.72g
<b>Fiber</b>	6.57g
<b>Sugar</b>	10.82g
<b>Protein</b>	21.16g
<b>Vitamin A</b> 7229.80IU	<b>Vitamin C</b> 3.29mg
<b>Calcium</b> 36.14mg	<b>Iron</b> 7.47mg

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

# Spaghetti w/ Marinara Sauce

<b>Servings:</b>	42.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33469

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 2-10 KE	5 Pound		654560
SAUCE MARINARA A/P 6-10 REDPK	2 1/2 #10 CAN		592714

## Preparation Instructions

1. Bring 6 gallons of water to a rolling boil.
  2. Slowly add pasta. Stir constantly until water boils again.
- Cook about 8 minutes or until al dente.  
Stir occasionally.  
DO NOT OVERCOOK. Drain well.  
Combine pasta and sauce in stock pot. Stir.  
Transfer to a steam table pan lightly coated with pan-release spray.
- Critical Control Point:  
Hold for hot service at 135 °F or higher.  
Portion with 8 fl oz spoodle (1 cup)  
Serve with 2 oz. mozzarella cheese cup.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	269.05
<b>Fat</b>	3.31g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	612.84mg
<b>Carbohydrates</b>	52.57g
<b>Fiber</b>	5.05g
<b>Sugar</b>	9.76g
<b>Protein</b>	9.81g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.00mg	<b>Iron</b> 3.29mg

\*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>	88.00	<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-33471
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	22 Cup		516371
Tap Water for Recipes	3 Gallon		000001WTR

## 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: 88.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	170.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	1.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Taco Meat

<b>Servings:</b>	58.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33474
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	9 Ounce		159204
Tap Water for Recipes	2 1/2 Pint		000001WTR

## Preparation Instructions

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. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle.
6. Lift slotted pan to drain water and grease.
7. Pour into solid pan and add taco seasoning and water. Mix well. Place back in oven and heat to 165 degrees.

## 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: 58.00

Serving Size: 2.00 Ounce

### Amount Per Serving

<b>Calories</b>	179.81		
<b>Fat</b>	12.35g		
<b>SaturatedFat</b>	4.12g		
<b>Trans Fat</b>	2.06g		
<b>Cholesterol</b>	53.53mg		
<b>Sodium</b>	304.42mg		
<b>Carbohydrates</b>	2.20g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	14.41g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.40mg

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

## Nutrition - Per 100g

<b>Calories</b>	317.13		
<b>Fat</b>	21.79g		
<b>SaturatedFat</b>	7.26g		
<b>Trans Fat</b>	3.63g		
<b>Cholesterol</b>	94.40mg		
<b>Sodium</b>	536.91mg		
<b>Carbohydrates</b>	3.88g		
<b>Fiber</b>	1.94g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	25.42g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.70mg

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

# Ranch

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33475
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH 18-3.2Z HVALL	1 Package		192716
1 % White Milk	8 Carton		1% White
DRESSING SALAD 4-1GAL GFS	3/4 Gallon		107042

## Preparation Instructions

Blend ingredients together.

### 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: 128.00

Serving Size: 1.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	88.67		
<b>Fat</b>	7.80g		
<b>SaturatedFat</b>	1.20g		
<b>Trans Fat</b>	0.12g		
<b>Cholesterol</b>	12.61mg		
<b>Sodium</b>	339.14mg		
<b>Carbohydrates</b>	3.78g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.28g		
<b>Protein</b>	0.65g		
<b>Vitamin A</b>	15.41IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	1.92mg	<b>Iron</b>	0.06mg

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---