

Cookbook for East Porter County School Corp.

Created by HPS Menu Planner

Cookbook for Kouts

Created by HPS Menu Planner

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Goldfish Crackers with Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31906

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHEESE STIX CHED MLD R/F IW 168-1Z	2 Each		786830

Preparation Instructions

Note: One serving is a cheese stick with package of goldfish

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00
Fat	17.50g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	0.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Goldfish Crackers with Yogurt

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31907

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

Preparation Instructions

Note: One serving is a yogurt with package of goldfish

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	175.00
Fat	3.75g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	230.00mg
Carbohydrates	28.50g
Fiber	0.00g
Sugar	9.50g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Assorted Pop-Tarts®

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
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	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	57.50mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fun Lunch Kit

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32951
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	2 Package		893711

Preparation Instructions

Fun Lunch Kit should consist of 1 yogurt, 1 cheese stick, 2 packages of Cheez-It, Goldfish Crackers, Pretzels or combination (i.e. cheez-it and pretzel or goldfish crackers and cheez-its)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	325.00
Fat	9.25g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	620.00mg
Carbohydrates	46.00g
Fiber	2.50g
Sugar	11.50g
Protein	14.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 408.00mg	Iron 1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with Cheese Stick and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

Note: Kit consist of 1 Uncrustable, a Cheese Stick, and 1 package of goldfish crackers

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	470.00
Fat	24.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	650.00mg
Carbohydrates	48.00g
Fiber	4.00g
Sugar	16.00g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup		881161
Variety of Fruit	1/2 Cup		
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup		226671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 PARFAIT

Amount Per Serving

Calories	420.60
Fat	4.85g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	375.67mg
Carbohydrates	94.63g
Fiber	6.24g
Sugar	57.54g
Protein	12.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.81mg	Iron 1.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32957

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
BACON TOPPING 3/8 DCD 2-5 HRML	1/2 Ounce	Weight	104396
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	389.70
Fat	16.18g
SaturatedFat	8.12g
Trans Fat	0.00g
Cholesterol	105.60mg
Sodium	787.05mg
Carbohydrates	31.02g
Fiber	4.25g
Sugar	2.25g
Protein	33.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
BACON TOPPING 3/8 DCD 2-5 HRML	1/2 Ounce	Weight	104396
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	371.36
Fat	14.70g
SaturatedFat	8.63g
Trans Fat	0.00g
Cholesterol	81.43mg
Sodium	1026.36mg
Carbohydrates	31.02g
Fiber	4.25g
Sugar	2.25g
Protein	32.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32959

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD .51Z 4-5.25 JENNO	6 Slice		656891
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	382.70
Fat	16.07g
SaturatedFat	8.42g
Trans Fat	0.00g
Cholesterol	107.40mg
Sodium	1057.95mg
Carbohydrates	32.55g
Fiber	4.25g
Sugar	2.25g
Protein	31.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	Iron 3.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32972
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	200 Slice	Commodity/Brown Box	100036
BREAD WGRAIN HNY WHT 16-24Z GCHC	100 Slice		204822
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	12 Tablespoon	Melted	299405

Preparation Instructions

1. Brush approximately 1 Tablespoon butter on each sheet pan. Will use 3 sheet pans.
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. (1 pan will only have 10 slices)
3. Top each slice of bread with 4 slices of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining butter, approximately 3 Tablespoon per pan.
6. Bake until lightly browned. Conventional oven: 400 degrees for 15-20 minutes Convection oven: 350 degrees for 10-15 minutes
DO NOT OVERBAKE
7. If desired, cut each sandwich diagonally in half

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	364.00
Fat	14.64g
SaturatedFat	7.68g
Trans Fat	0.00g
Cholesterol	37.20mg
Sodium	770.00mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.72mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	591.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32973
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	99 Pound	Commodity/Brown Box	100158
SEASONING TACO MIX 6-9Z LAWR	12 Cup		159204
Tap Water for Recipes	2 1/2 Gallon		000001WTR

Preparation Instructions

Cook beef, drain, and add seasoning.

Heat beef and seasoning until temperature.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 591.00

Serving Size: 2.00 ounce weight

Amount Per Serving

Calories	173.76		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	2.00g		
Cholesterol	52.00mg		
Sodium	274.20mg		
Carbohydrates	1.95g		
Fiber	0.97g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Manwich Sloppy Joe

Servings:	119.00	Category:	Entree
Serving Size:	2.68 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32974
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	20 Pound	Commodity/Brown Box	100158
SAUCE SLOPPY JOE 4-10 MANWICH	1 #10 CAN		860166

Preparation Instructions

1. Brown the ground beef.
2. Add the Manwich® Sauce and cook until heated through.
3. Place the meat mixture on the bun and serve warm.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 119.00

Serving Size: 2.68 ounce weight

Amount Per Serving

Calories	179.77		
Fat	12.04g		
SaturatedFat	4.01g		
Trans Fat	2.01g		
Cholesterol	52.18mg		
Sodium	184.94mg		
Carbohydrates	3.48g		
Fiber	0.87g		
Sugar	2.61g		
Protein	14.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.16mg

*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

Servings:	450.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32975
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	60 Pound	Commodity/Brown Box	100101
SEASONING TACO MIX 2-5 GRSZ	10 Cup		427446
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Defrost Chicken
2. Add 10 cups Taco Seasoning and 2 gallons of water to thawed diced chicken.
3. Bring to Boil, reduce to simmer and cook for 15 minutes stirring occasionally

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 2.00 ounce weight

Amount Per Serving

Calories	83.91		
Fat	2.13g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	44.80mg		
Sodium	287.33mg		
Carbohydrates	1.42g		
Fiber	0.00g		
Sugar	0.00g		
Protein	12.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.42mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32976
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce	Commodity/Brown Box Weight	100101
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1/2 Cup		191043

Preparation Instructions

Pour ½ cup cheese on half the shell and add chicken. Fold it over put on large cookie sheet, spray with butter spray. Fill the warmer and batch cook in oven for a few minutes as needed.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	482.00
Fat	25.00g
SaturatedFat	12.50g
Trans Fat	0.00g
Cholesterol	102.00mg
Sodium	796.00mg
Carbohydrates	34.00g
Fiber	1.00g
Sugar	2.00g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 452.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32977
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1/2 Cup		191043

Preparation Instructions

Pour ½ cup cheese on half the shell and fold it over. Put on large cookie sheet, spray with butter spray. Fill the warmer and batch cook in oven for a few minutes as needed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	410.00
Fat	23.00g
SaturatedFat	12.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	740.00mg
Carbohydrates	34.00g
Fiber	1.00g
Sugar	2.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 452.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	213.00	Category:	Entree
Serving Size:	0.75 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32979
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	30 Pound	Weight Commodity/Brown Box	100101
PASTA MOSTACC RIG W/LINES 4-5 GCHC	15 Pound		413350
SAUCE ALFREDO FZ 6-5 JTM	30 Pound		155661
SPICE PEPR BLK REG FINE GRIND 16Z	3 Tablespoon		225037
SPICE GARLIC POWDER 6 TRDE	4 Tablespoon		513857
CHEESE PARM GRTD 12-1 PG	2 1/2 Pound		164259

Preparation Instructions

1. Heat chicken in steamer to temp.
2. Cook pasta in round kettle until done and drain.
3. Add the rest of the ingredients (sauce, spices, and cheese) to pasta and bring to 135 degrees.
4. Add Chicken and gently mix together.
5. Serve in 4 inch deep pans. 2 1/2 gallons per pan. 6 ounce scoop for portion.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 213.00

Serving Size: 0.75 Serving

Amount Per Serving

Calories	325.89
Fat	10.57g
SaturatedFat	4.76g
Trans Fat	0.00g
Cholesterol	70.72mg
Sodium	624.65mg
Carbohydrates	29.82g
Fiber	1.13g
Sugar	4.82g
Protein	26.98g
Vitamin A 272.15IU	Vitamin C 0.00mg
Calcium 299.31mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak/Meatballs

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32980
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	2 Pound		100158
ONION VIDALIA SWT 10 P/L	1/2 Each	Diced	558133
BREAD CRUMB ITALIAN SEAS 6-3 GCHC	1 Cup		197991
MILK WHT 1 4-1GAL RGNLBRND	1/2 Cup		817801
EGG SHL LRG A GRD 12-30CT GCHC	1 Each		209002
SAUCE WORCESTERSHIRE 4-1GAL FRENC	2 Tablespoon		109843
SPICE OREGANO GRND 12Z TRDE	1 Teaspoon		513725
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
SPICE PEPR RED CRUSHED 12Z TRDE	1/2 Teaspoon		430196

Preparation Instructions

1. Preheat the oven to 350 degrees. Lightly grease a pan.
2. In a large mixing bowl, knead together the ground beef, onion, bread crumbs, milk, egg, Worcestershire sauce, oregano, pepper, and red pepper flakes.
3. Shape the meat into a loaf and put it into the prepared pan. Bake in the 350 degrees oven for 45 minutes.
5. Increase the oven temperature to 400 degrees and bake an additional 15 minutes or until the reaches an internal temperature of 160 degrees.
6. Slice into portions and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	252.15
Fat	15.24g
SaturatedFat	5.04g
Trans Fat	2.39g
Cholesterol	19.10mg
Sodium	282.43mg
Carbohydrates	9.68g
Fiber	0.76g
Sugar	1.48g
Protein	19.23g
Vitamin A 24.00IU	Vitamin C 0.41mg
Calcium 22.69mg	Iron 0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32981
School:	Kouts		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
Tap Water for Recipes	4 Liter	1 gallon plus 1 cup	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.34		
Fat	0.87g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	348.18mg		
Carbohydrates	14.80g		
Fiber	0.87g		
Sugar	0.00g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad with Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32993

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	2 Cup		206504
Chicken, Diced, Cooked, Frozen	2 Ounce	weight Commodity/Brown Box	100101
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT 24CT MRKN	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
ROLL HWN UNSLC 1.25Z 10-12CT GCHC	1 Each		633931

Preparation Instructions

Place lettuce in bottom of container and layer chicken, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and dinner roll with salad.

Note: Roll can be subbed out for an additional package of Cheez-its; for a total of 2 package of Cheez-its served with salad.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	463.42
Fat	15.57g
SaturatedFat	7.51g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	623.49mg
Carbohydrates	45.41g
Fiber	9.94g
Sugar	13.40g
Protein	31.87g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 413.85mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32994

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	2 Cup		206504
BACON TOPPING 3/8 DCD 2-5 HRML	2 Ounce	weight	104396
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	2 ounce weight or 1/2 cup	150250
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each		282422
ROLL HWN UNSLC 1.25Z 10-12CT GCHC	1 Each		633931

Preparation Instructions

Place lettuce in bottom of container and layer bacon, shredded cheese, and tomato on top. Serve 1 package of Cheez-it and dinner roll with salad.

Note: Roll can be subbed out for an additional package of Cheez-its; for a total of 2 package of Cheez-its served with salad.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	740.40
Fat	40.55g
SaturatedFat	21.51g
Trans Fat	0.00g
Cholesterol	160.00mg
Sodium	2037.36mg
Carbohydrates	46.15g
Fiber	9.91g
Sugar	13.27g
Protein	46.83g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 611.77mg	Iron 1.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32995

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	2 Cup		206504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
CUCUMBER SELECT 24CT MRKN	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
ROLL HWN UNSLC 1.25Z 10-12CT GCHC	1 Each		633931

Preparation Instructions

Place lettuce in bottom of container and layer cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and dinner roll with salad.

Note: Roll can be subbed out for an additional package of cheez-its; for a total of 2 package of Cheez-its served with salad.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	501.42
Fat	22.57g
SaturatedFat	13.51g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	757.49mg
Carbohydrates	46.41g
Fiber	9.94g
Sugar	13.40g
Protein	26.87g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 612.85mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jell-O Fruit Cup

Servings:	110.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33336

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	3 #10 CAN	Can use any canned fruit	100220
Diced Pears 6-10	3 #10 CAN	Can use any canned fruit	100225
Tap Water for Recipes	4 Quart	Follow gelatin directions for specific amounts of water. (Usually 2 quarts hot water and 2 quarts cold water.)	000001WTR
GELATIN MIX STRAWB 12-24Z GCHC	1 1/2 Pound	1 package of gelatin Can also use GFS#524638, GFS#524654, and GFS#554901	524581

Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add enough water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add remaining cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	85.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.45mg		
Carbohydrates	21.12g		
Fiber	1.52g		
Sugar	18.57g		
Protein	0.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

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