

Cookbook for Prairie Heights Elementary/Middle School

Created by HPS Menu Planner

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Fruit Juice

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9541
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

Preparation Instructions

No Preparation Instructions available.

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.70mg		
Carbohydrates	15.83g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.20mg
Calcium	30.82mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	264.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9546
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	9 #10 CAN		293962
Salsa, Low-Sodium, Canned	2 #10 CAN	READY_TO_EAT	100330
CHEESE CHED MLD SHRD 4-5 LOL	8 Quart	2 quart per pan	150250
SPICE CHILI POWDER HOT 5.5 TRDE	3 1/2 Tablespoon		224715
SPICE CUMIN GRND 15Z TRDE	2 2/3 Tablespoon		273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Teaspoon		225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Teaspoon		126993

Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.248
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.098
OtherVeg	0.000
Legumes	0.441
Starch	0.000

Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	184.63
Fat	6.13g
SaturatedFat	3.35g
Trans Fat	0.00g
Cholesterol	14.55mg
Sodium	589.30mg
Carbohydrates	22.37g
Fiber	6.07g
Sugar	1.67g
Protein	10.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.17mg	Iron 1.81mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	480.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9547
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	18 #10 CAN		298913
ONION DEHY CHPD 15 P/L	2 Cup		263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup		860221
SUGAR BROWN LT 50 BIG CHIEF	3/4 Quart		846775
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon		655937
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	READY_TO_EAT None	200621

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

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	0.970
Starch	0.000

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	172.27
Fat	0.49g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	530.10mg
Carbohydrates	35.07g
Fiber	4.87g
Sugar	14.79g
Protein	7.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.88mg	Iron 1.95mg

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9553
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each		536620
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
PEAS FZ 30 COMM	1/4 Cup		110510
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Variety of Fresh Fruits	1/2 cup		
BEAN GARBANZO LO SOD 6-10 P/L	1/4 Cup		597991
Lettuce Chopped Romaine 2#	1 Cup		2784

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.250
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	874.00
Fat	44.50g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	1236.00mg
Carbohydrates	87.00g
Fiber	13.00g
Sugar	36.00g
Protein	33.75g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 279.00mg	Iron 3.09mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9556
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830

Preparation Instructions

1. Boil the hot dogs until the internal temperature reaches 165 degrees.
2. Transfer to pans and cover.
3. Store in hot boxes until service.
4. Then place each hot dog into a bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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	230.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	395.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 60.00mg	Iron 1.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	432.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9560
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	18 #10 CAN	BAKE	100307
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound		110611

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.86		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	288.90mg		
Carbohydrates	3.41g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.22mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Golden Corn

Servings:	660.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10292
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	120 Pound	STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 2/3 Cup	1/3 cup per pan	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	1 Tbsp. per pan	647230

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

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: 660.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.52		
Fat	1.56g		
SaturatedFat	0.11g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	16.09g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	600.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10307
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	40 Pound		221460
CHEESE PARM GRTD 12-1 PG	2 Pound		164259
SAUCE SPAGHETTI FCY 6-10 REDPK	24 #10 CAN		852759
SEASONING ITAL HRB 6Z TRDE	1 Cup		428574
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
SALT IODIZED 25 CARG	2 Cup		108286
BEEF CRMBL CKD 6-5 COMM	40 Pound		785840

Preparation Instructions

1. Cook the meat the day before until it reaches a temperature of 165 degrees and grind it.
2. The day of, boil the water then add the noodles for about 13 minutes.
3. Drain the noodles then add the meat, sauce, and dry ingredients.
4. Cook in a pot until it reaches an temperature of 165 degrees.
5. Transfer to pans, cover, and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	193.66
Fat	2.05g
SaturatedFat	0.73g
Trans Fat	0.00g
Cholesterol	14.40mg
Sodium	926.66mg
Carbohydrates	33.54g
Fiber	6.20g
Sugar	8.67g
Protein	14.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.52mg	Iron 2.13mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	512.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10308
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound		100101
PASTA NOODL EGG FZ 4-3 REAMES	72 Pound		245046
Tap Water for Recipes	14 Gallon		000001WTR
BROTH CHIX 12-5 COLLEGE INN	12 #5 CAN		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Cup		580589

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
2. Bring to a boil.
3. Add the noodles.
4. Return to a boil and lower the heat to a simmer.
5. Simmer for 1 hour.
6. Distribute evenly into 8 pans.
7. Cover and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	227.73		
Fat	3.67g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	93.75mg		
Sodium	189.75mg		
Carbohydrates	33.95g		
Fiber	0.00g		
Sugar	0.17g		
Protein	13.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.33mg	Iron	2.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10314
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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	380.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	640.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	3.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety of Cereal Bowls

Servings:	14.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10347
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each		595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each		270401
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each		453143
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package		265803
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package		265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each		509396
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each		266052
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package		265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each		509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 14.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	108.94		
Fat	1.17g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.31mg		
Carbohydrates	23.71g		
Fiber	1.82g		
Sugar	7.64g		
Protein	1.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.14mg	Iron	3.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Macaroni

Servings:	597.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12937
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	40 Pound		229941
SAUCE CHS CHED POUCH 6-106Z LOL	18 Package	3 cases	135261
1 % White Milk	8 Gallon		1% White
MARGARINE SLD 30-1 GCHC	2 Pound		733061
SALT IODIZED 25 CARG	2 Cup		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup		225061

Preparation Instructions

1. Boil the noodles according to package instructions.
2. Drain the noodles.
3. Add the remaining ingredients and cook to 135 degrees.
4. Divide into 8 pans and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.066
Grain	0.268
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 597.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	272.55
Fat	12.91g
SaturatedFat	6.88g
Trans Fat	0.00g
Cholesterol	34.12mg
Sodium	1001.78mg
Carbohydrates	29.99g
Fiber	2.14g
Sugar	4.29g
Protein	12.93g
Vitamin A 80.40IU	Vitamin C 0.00mg
Calcium 312.54mg	Iron 1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Breakfast Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15508
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX RS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	READY_TO_EAT Ready to eat.	585321

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	221.67
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	43.83g
Fiber	2.83g
Sugar	20.33g
Protein	2.67g
Vitamin A 366.67IU	Vitamin C 42.40mg
Calcium 105.17mg	Iron 4.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19587
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce		135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.015
Grain	0.000
Fruit	0.000
GreenVeg	0.534
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	29.70		
Fat	0.15g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.44mg		
Sodium	31.65mg		
Carbohydrates	5.42g		
Fiber	3.20g		
Sugar	1.07g		
Protein	3.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.25mg	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

Buffalo Chicken Wrap - Grab & Go

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21017
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound		570533
DRESSING RNCH BTRMLK 4-1GAL GCHC	40 Tablespoon		426598
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup		704229
LETTUCE ROMAINE CHOP 6-2 RSS	30 Cup		735787
Baby Carrots	10 Cup		
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each		690141
Variety of Fruit	10 Cup		

Preparation Instructions

Start with a large bowl, combine: chicken, hot sauce, ranch dressing, and cheese and mix well. Start with a tortilla and layer: 1-1/2 cups of lettuce and 1 cup of the bowl mixture. Fold into a wrap and cut in half. Place in a container with the fruit and carrots. Store in the cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.500
GreenVeg	0.750
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	685.83
Fat	36.17g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	103.33mg
Sodium	1531.61mg
Carbohydrates	58.83g
Fiber	9.50g
Sugar	21.50g
Protein	37.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 346.00mg	Iron 3.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken, Bacon, Ranch Wrap - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21420
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each		690141
Variety of Fruit	1/2 Cup		
Variety of Fresh Vegetables	1/4 Cup	Red Orange Vegetable	
Potato Salad- Prairie Heights Middle School	3/4 Cup	Or use 1/2 cup GFS 186962	R-21433

Preparation Instructions

Start with tortilla shell, layer: ranch dressing, lettuce, bacon, and chicken. Fold into a wrap and put in the container with other items. Store in cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	755.35
Fat	34.56g
SaturatedFat	6.22g
Trans Fat	0.00g
Cholesterol	131.91mg
Sodium	1373.89mg
Carbohydrates	82.27g
Fiber	11.31g
Sugar	23.97g
Protein	35.26g
Vitamin A 415.82IU	Vitamin C 6.44mg
Calcium 167.45mg	Iron 3.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Club Wrap - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21427
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce Chopped Romaine 2#	1 Cup		2784
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
BACON TOPPING 1 DCD 10 HRML	1/8 Cup		827002
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Variety of Vegetable Offering	1/2 Cup		
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Preparation Instructions

Wrap counts as 2.50 M/MA, 3.00 G, 0.50 fruit, 0.25 legumes, 0.50 green KM 12/5/19

Meal Components (SLE)

Amount Per Serving

Meat	4.711
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
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	784.66
Fat	36.27g
SaturatedFat	8.27g
Trans Fat	0.00g
Cholesterol	119.50mg
Sodium	1769.23mg
Carbohydrates	70.50g
Fiber	12.00g
Sugar	25.00g
Protein	41.86g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 249.00mg	Iron 5.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21429
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 Cup		163760
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup		712131
CHERRY TOMATOES	1/4 Cup		16P46
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	1/4 Cup		403573
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
SAUCE BBQ 4-1GAL SWTBRAY	2 Tablespoon		655937
Variety of Fresh Fruits	1/2 cup		
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Mix the ranch and BBQ together. Put in 2 oz cups.

Put the salsa in a cup.

Bag the tortilla strips.

Layer salad ingredients and add other components.

Meal Components (SLE)

Amount Per Serving

Meat	2.520
Grain	2.500
Fruit	0.500
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.148
Starch	0.148

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	808.34
Fat	33.02g
SaturatedFat	7.19g
Trans Fat	0.00g
Cholesterol	83.00mg
Sodium	1230.39mg
Carbohydrates	93.45g
Fiber	9.05g
Sugar	42.93g
Protein	34.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 151.54mg	Iron 2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21449

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into squares.	644182
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	Weigh	394123
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice		722360

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	315.50
Fat	11.46g
SaturatedFat	4.80g
Trans Fat	0.06g
Cholesterol	37.70mg
Sodium	1102.44mg
Carbohydrates	31.00g
Fiber	2.70g
Sugar	3.50g
Protein	22.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.31mg	Iron 1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27064
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	UNPREPARED	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound		427446
Cold Water	2 1/2 Gallon		0000

Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

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: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	197.34		
Fat	14.02g		
SaturatedFat	4.67g		
Trans Fat	2.34g		
Cholesterol	0.00mg		
Sodium	243.32mg		
Carbohydrates	1.16g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.16mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	348.05		
Fat	24.72g		
SaturatedFat	8.24g		
Trans Fat	4.12g		
Cholesterol	0.00mg		
Sodium	429.14mg		
Carbohydrates	2.04g		
Fiber	0.00g		
Sugar	0.00g		
Protein	28.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.04mg	Iron	0.00mg

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

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27277
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each		863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.400
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	72.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.00mg		
Carbohydrates	17.60g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	950.00IU	Vitamin C	48.00mg
Calcium	64.00mg	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

Flavored Applesauce

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27287

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN 96-4.5Z	1 Each		358572
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each		276161
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each		358553
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	68.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.00mg		
Carbohydrates	17.60g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.20mg	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

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA 6-10 REDPK	1/4 Cup		502181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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	375.00
Fat	16.75g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	727.50mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	8.00g
Protein	21.00g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 444.18mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27960
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each		359700
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each		359720
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each		359730

Preparation Instructions

No Preparation Instructions available.

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	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	43.33mg		
Carbohydrates	16.33g		
Fiber	0.00g		
Sugar	11.33g		
Protein	2.00g		
Vitamin A	266.67IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Happy Saint Patrick's Day!

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28771
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Grilled Cheese Sandwich

Servings:	650.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28878
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1950 Slice		100036
BREAD WGRAIN HNY WHT 16-24Z GCHC	1300 Slice		204822
MARGARINE SLD 30-1 GCHC	20 Pound		733061

Preparation Instructions

1. Melt the butter and spread it on sheet pans with a brush.
2. Layout 20 pieces of bread per pan.
3. Put 3 slices of cheese on each piece of bread.
4. Then dip the top bread in butter and put it butter side up on the cheese.
5. Cook in a 350 degree oven for 8 minutes.
6. Hold in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 650.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	398.46		
Fat	20.33g		
SaturatedFat	8.93g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	738.31mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	7.50g		
Protein	15.00g		
Vitamin A	738.46IU	Vitamin C	0.00mg
Calcium	96.00mg	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

Cinnamon Roll w/ Icing

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN 240-1.25Z	1 Each		230312
Powdered Sugar Icing	1 Serving		R-29706

Preparation Instructions

1. KEEP DOUGH FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE ON GREASED OR PARCHMENT LINED PANS.
PANNING CHART

SIZE INDIVIDUAL CLUSTERED CLUSTERED
FULL SHEET PAN FULL SHEET PAN HALF HOTEL PAN (12" X 10"X 2")

2.5 OZ. 3 X 5 5 X 6 3 X 3

3. TO PREVENT PRODUCT FROM DRYING OUT, COVER EACH PAN WITH OILED PLASTIC WRAP OR COVER ENTIRE PAN RACK WITH A RACK COVER.
4. PLACE COVERED PRODUCT IN A RETARDER OR REFRIGERATOR AT 36 F - 40 F (2 C - 4 C) AND THAW OVERNIGHT OR PRODUCT MAY BE THAWED COVERED AT ROOM TEMPERATURE FOR 45 - 120 MINUTES DEPENDING OF SIZE OF DOUGH PIECE.
5. PLACE IN PROOFER SET AT 90 F - 110 F (32 C - 43 C) WITH 85% RELATIVE HUMIDITY FOR APPROXIMATELY 40-60 MINUTES OR UNTIL PROOFED. IF PROOF BOX IS NOT AVAILABLE, LEAVE DOUGH COVERED AND PROOF IN WARM SPOT IN THE KITCHEN. PROOFING IS COMPLETE WHEN THE INDENTATION FROM A FLOURED FINGER, PRESSED LIGHTLY INTO THE DOUGH, REMAINS. IF INDENTATION BOUNCES BACK, FURTHER PROOFING IS REQUIRED.
6. BAKE IN A PREHEATED OVEN (325 F (160 C) - CONVECTION OR RACK OVENS, 350 F (175 C) - DECK OVEN) UNTIL PRODUCT IS GOLDEN BROWN ON TOP, SIDES AND BOTTOM.
BAKING TIMES WILL VARY ACCORDING TO
SIZE OF ROLLS, TYPE OF OVEN AND FAN SPEED (IF APPLICABLE).
APPROXIMATE BAKING TIMES:

SIZE BAKING TIME (MINUTES) -----
2.5 OUNCE ROLLS CLUSTERED 14 TO 20

2.5 OUNCE ROLLS INDIVIDUAL 12 TO15

7. REMOVE FROM OVEN AND BRUSH WITH RICHS GLAZE N SHINE (RICHS® #21784).

8. COOL AND ICE WITH APPROPRIATE ICINGS (RICHS CRÈME CHEESE ICING (RICHS® #20036) OR WARM HEAT N ICE (RICHS® #21952)).

9. HOLD BAKED ROLLS COVERED AT ROOM TEMPERATURE

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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	119.15
Fat	1.41g
SaturatedFat	0.53g
Trans Fat	0.00g
Cholesterol	2.07mg
Sodium	79.06mg
Carbohydrates	24.50g
Fiber	1.60g
Sugar	10.32g
Protein	2.54g
Vitamin A 54.59IU	Vitamin C 0.01mg
Calcium 12.01mg	Iron 0.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Poptart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30008
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	176.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31624

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Ounce		288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	122.22		
Fat	3.78g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	118.33mg		
Carbohydrates	20.78g		
Fiber	1.33g		
Sugar	7.33g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.44mg	Iron	0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pastries

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32655
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72- 2.29Z FRUDEL	1 Each	N/A	838350
PASTRY APPL FILLD IW 72- 2.29Z FRUDEL	1 Each	N/A	838340
CRESCENT FILLD GRP 72- 2.29Z PILLS	1 Each	N/A	321752
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	N/A	321722
ROLL MINI CINNIS IW 72- 2.29Z PILLS	1 Package	N/A	894291
BAR BKFST CINN TST & CHS IW 72-2.36Z	1 Each		880415
BAR BKFST COCOA FILLED IW 72-2.43Z	1 Each		880370
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each	<p>READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.</p>	401034

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR 140-2.5Z RICH	1 Each	<p>BAKE</p> <p>HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.</p>	794230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	231.38		
Fat	6.57g		
SaturatedFat	1.46g		
Trans Fat	0.05g		
Cholesterol	28.78mg		
Sodium	229.27mg		
Carbohydrates	38.67g		
Fiber	2.87g		
Sugar	12.44g		
Protein	4.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.16mg	Iron	1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt, Peanut Butter Apple, Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33468
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
PEANUT BUTTER 120-1.1Z JIF	1 Each		794301
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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 Each

Amount Per Serving	
Calories	380.00
Fat	19.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	395.00mg
Carbohydrates	44.00g
Fiber	2.00g
Sugar	18.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 196.00mg	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

Tortilla Chips, Cheese and Hummus Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33470
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	500.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	830.00mg		
Carbohydrates	61.00g		
Fiber	8.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	406.00mg	Iron	2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, Yogurt, & Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33472
School:	Prairie Heights Elementary/Middle School		

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
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	2 Each		885750
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	2 Package		745481

Preparation Instructions

Package all items together.

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 Each

Amount Per Serving

Calories	460.00
Fat	19.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	535.00mg
Carbohydrates	60.50g
Fiber	5.00g
Sugar	25.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 163.50mg	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

Uncrustable & Yougrt

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33473
School:	Prairie Heights Elementary/Middle School		

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
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	2 Each		885750

Preparation Instructions

Package all items together.

Note: Make sure serving with the dinner roll that is being offered for the day.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	370.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	335.00mg		
Carbohydrates	46.50g		
Fiber	4.00g		
Sugar	25.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	143.50mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
