

Cookbook for Prairie Heights High School

Created by HPS Menu Planner

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2 ounce Cereal Bowls

Charcuterie Box

Biscuit & Gravy w/ Scrambled Eggs

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

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 | 72.07 | | |
| 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

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

Poptarts

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10317 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN 72-2CT | 1 Package | | 123081 |
| PASTRY POP-TART WGRAIN BLUEB 72-2CT | 1 Package | | 865101 |
| PASTRY POP-TART WGRAIN FUDG 72-2CT | 1 Package | | 452082 |

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 361.00 |
| Fat | 5.83g |
| SaturatedFat | 1.93g |
| Trans Fat | 0.03g |
| Cholesterol | 0.00mg |
| Sodium | 330.00mg |
| Carbohydrates | 75.00g |
| Fiber | 5.87g |
| Sugar | 30.00g |
| Protein | 4.77g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 220.00mg | Iron 3.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti & Meat Sauce

| | | | |
|----------------------|-----------------------------|-----------------------|-------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-10322 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---------------|-------------------|------------|
| 100158 - Beef, Find Ground, 85/15, Frozen | 17 1/2 Pound | | 100158 |
| SAUCE SPAGHETTI FCY 6-10 REDPK | 3 1/4 #10 CAN | | 852759 |
| Tap Water for Recipes | 12 Gallon | | 000001WTR |
| PASTA SPAG 51 WGRAIN 2-10 | 9 1/2 Pound | | 221460 |

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
CCP: Heat to 165°F or above for at least 15 seconds.
2. Add spaghetti sauce. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving.
CCP: Hold at 135o F or higher.
3. Bring water to a boil.
4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir noodles into meat sauce.
6. Divide mixture equally into steam table pans (12 x 20 x 4) which have been lightly coated with pan release spray. Use 3 pans for every 100 servings.
7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently.
CCP: Hold at 135°F or higher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.625 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 355.95 |
| Fat | 13.30g |
| SaturatedFat | 4.18g |
| Trans Fat | 2.09g |
| Cholesterol | 0.00mg |
| Sodium | 419.86mg |
| Carbohydrates | 39.78g |
| Fiber | 5.91g |
| Sugar | 8.02g |
| Protein | 22.82g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 27.70mg | Iron 1.52mg |

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Nutrition - Per 100g

No 100g Conversion Available

Roasted Baby Carrots

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 190.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11203 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| CARROT BABY WHL PETITE 4-5 RSS | 30 Pound | | 768146 |
| OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS | 2 1/2 Cup | | 743879 |
| SEASONING GARLIC HRB NO SALT 19Z TRDE | 1/2 Cup | | 565164 |

Preparation Instructions

1. Combine all the ingredients and distribute evenly among pans.
2. Roast in a 350 degree oven for about 25 minutes or until the temperature reaches 135 degrees.
3. Hold in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 190.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 56.98 | | |
| Fat | 2.95g | | |
| SaturatedFat | 0.42g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 49.40mg | | |
| Carbohydrates | 7.24g | | |
| Fiber | 2.25g | | |
| Sugar | 3.37g | | |
| Protein | 0.56g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 22.46mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fruit, Yogurt & Granola Parfait

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 PARFAIT | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-11477 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|--|------------|
| Blueberries, Frozen | 1/4 Cup | THAW | 110624 |
| Strawberries, Whole fzn | 1/4 Cup | Thaw and use | 100253 |
| YOGURT VAN L/F PARFPR 6-4 YOPL | 1/2 Cup | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| GRANOLA BAG IW 144-1Z FLDSTN | 1 Package | READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs. | 649742 |

Preparation Instructions

1. Thaw the fruit.
 2. Layer 1/4 cup of strawberries into container.
 3. Layer ½ cup of yogurt over strawberries.
 4. Layer 1/4 cup blueberries over yogurt
 5. Serve with package of granola
- Note: Can also use peaches and one kind of fruit.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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 PARFAIT

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 271.44 |
| Fat | 4.75g |
| SaturatedFat | 0.37g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 136.20mg |
| Carbohydrates | 53.13g |
| Fiber | 4.00g |
| Sugar | 28.42g |
| Protein | 6.73g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 134.33mg | Iron 0.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Spicy 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-15198 |
| School: | Prairie Heights HS Salad Bar | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| CHIX PTY HOT & SPCY FC 3.23Z 4-7.5 | 1 Each | | 150180 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | BAKE | 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 | 2.750 |
| 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 | 350.00 |
| Fat | 12.50g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 55.00mg |
| Sodium | 650.00mg |
| Carbohydrates | 37.00g |
| Fiber | 4.00g |
| Sugar | 4.00g |
| Protein | 21.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 52.00mg | Iron 3.00mg |

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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

Sausage, Egg and Cheese Biscuit

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-19651 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |
| EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR | 1 Each | BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 663091 |
| SAUSAGE PTY STHRN 1.33Z 6-5 JTM | 1 Each | BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes. | 785880 |
| BISCUIT BTRMLK 100-2.25Z BRIDG | 1 Each | BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY. | 451740 |

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 | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 416.00 |
| Fat | 25.00g |
| SaturatedFat | 10.20g |
| Trans Fat | 0.00g |
| Cholesterol | 138.50mg |
| Sodium | 1082.00mg |
| Carbohydrates | 30.00g |
| Fiber | 1.00g |
| Sugar | 3.50g |
| Protein | 16.00g |
| Vitamin A 56.00IU | Vitamin C 0.00mg |
| Calcium 177.50mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Muffin

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 9.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-19925 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL | 1 Each | | 262370 |
| MUFFIN BANANA WGRAIN IW 48-2Z SL | 1 Each | | 262362 |
| MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC | 1 Each | | 280001 |
| MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z | 1 Each | | 279991 |
| MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN | 1 Each | | 273442 |
| MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z | 1 Each | | 273681 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | | 557991 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557981 |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557970 |

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 | 186.67 |
| Fat | 6.94g |
| SaturatedFat | 1.72g |
| Trans Fat | 0.02g |
| Cholesterol | 25.56mg |
| Sodium | 143.89mg |
| Carbohydrates | 29.00g |
| Fiber | 1.11g |
| Sugar | 15.00g |
| Protein | 2.78g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 19.58mg | Iron 0.96mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-20118 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |
| FISH BRD 3Z O/R WGRAIN 10 HILNR | 1 Each | BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. | 576255 |
| CHEESE AMER 160CT SLCD R/F R/SOD 6-5 | 1 Slice | | 189071 |

Preparation Instructions

No Preparation Instructions available.

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 | 345.00 |
| Fat | 10.50g |
| SaturatedFat | 2.25g |
| Trans Fat | 0.00g |
| Cholesterol | 27.50mg |
| Sodium | 865.00mg |
| Carbohydrates | 42.00g |
| Fiber | 5.00g |
| Sugar | 6.00g |
| Protein | 18.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 128.50mg | Iron 2.30mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar Variety

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-20635 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z | 1 Each | | 265931 |
| BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z | 1 Each | | 265921 |
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 Each | | 265891 |
| BAR CEREAL TRIX WGRAIN 96-1.42Z GENM | 1 Each | | 268690 |
| BAR CEREAL COCOA RICE KRISPY 96-1.34Z | 1 Each | | 282431 |
| BAR CEREAL COCOPUFF WGRAIN 96-1.42Z | 1 Each | | 265901 |

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 158.33 |
| Fat | 3.67g |
| SaturatedFat | 0.33g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 115.00mg |
| Carbohydrates | 29.50g |
| Fiber | 3.00g |
| Sugar | 9.00g |
| Protein | 2.17g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 218.33mg | Iron 1.95mg |

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Nutrition - Per 100g

No 100g Conversion Available

Ham Deli Sub

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27022 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 2 1/2 Ounce | | 100187 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 1 Each | | 276142 |

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 270.82 |
| Fat | 8.60g |
| SaturatedFat | 3.80g |
| Trans Fat | 0.00g |
| Cholesterol | 44.39mg |
| Sodium | 925.41mg |
| Carbohydrates | 33.10g |
| Fiber | 2.00g |
| Sugar | 5.55g |
| Protein | 20.75g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 146.00mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

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 |

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun*

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27343 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BEEF GRND 80/20 3-10 GCHC | 3 Ounce | | 158704 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.563 |
| 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 | 392.50 |
| Fat | 20.00g |
| SaturatedFat | 8.00g |
| Trans Fat | 1.13g |
| Cholesterol | 63.75mg |
| Sodium | 438.75mg |
| Carbohydrates | 26.00g |
| Fiber | 3.00g |
| Sugar | 4.50g |
| Protein | 25.25g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 126.00mg | Iron 2.35mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 37.00 | Category: | Entree |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28290 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| CHIX PCORN LRG WGRAIN CKD 6-5 | 10 Pound | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620 |
| SAUCE ORNG GINGR 4- .5GAL ASIAN | 32 Ounce | | 802860 |

Preparation Instructions

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 135 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add oranges and sauce. Mix thoroughly.

Each serving should be 10 popcorn chicken.

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: 37.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 313.31 | | |
| Fat | 13.07g | | |
| SaturatedFat | 3.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 70.38mg | | |
| Sodium | 665.44mg | | |
| Carbohydrates | 30.93g | | |
| Fiber | 3.02g | | |
| Sugar | 12.11g | | |
| Protein | 19.10g | | |
| Vitamin A | 201.09IU | Vitamin C | 0.00mg |
| Calcium | 20.11mg | Iron | 1.45mg |

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Nutrition - Per 100g

No 100g Conversion Available

Biscuit & Gravy

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-28351 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| GRAVY SAUS CNTRY 6-10 CHEFM | 12 1/2 Cup | | 464694 |
| BISCUIT BTRMLK 100-2.25Z BRIDG | 50 Each | BAKE Each layer of biscuits is packed on an ovenable, disposable tray. Place this tray onto a sheet pan for easy handling. Preheat convection oven to 325 degrees. If using a conventional oven, preheat to 375 degrees. Place sheet pan into oven. Allow biscuits to heat for 7 to 8 minutes from a thawed state, or 10 to 12 minutes from frozen. (See case for specific microwave heating times). Carefully remove sheet pan from oven and brush biscuit tops with melted butter, if desired. Transfer biscuits to a serving plate or basket. To keep remaining biscuits warm, place the entire sheet pan into a warming drawer, set at 50% moisture and 160 degrees. | 451740 |

Preparation Instructions

- Prepare BISCUITS as package indicates
- Prepare GRAVY, SAUSAGE as package indicates
- Hold each until service.
- Place 1 biscuit on tray with 2 fl. oz. cup of gravy.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 280.00 | | |
| Fat | 14.00g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 10.00mg | | |
| Sodium | 810.00mg | | |
| Carbohydrates | 32.00g | | |
| Fiber | 1.00g | | |
| Sugar | 3.00g | | |
| Protein | 6.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 59.00mg | Iron | 2.10mg |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Cheez-It

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29168 |
| School: | Prairie Heights High 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 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 2 Each | | 786580 |
| CRACKER CHEEZ-IT WGRAIN IW 175-.75Z | 2 Package | | 282422 |

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 | 480.00 | | |
| Fat | 25.50g | | |
| SaturatedFat | 8.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 20.00mg | | |
| Sodium | 630.00mg | | |
| Carbohydrates | 48.50g | | |
| Fiber | 5.00g | | |
| Sugar | 16.00g | | |
| Protein | 17.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 341.50mg | Iron | 1.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29182 |
| School: | Prairie Heights High 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 |

Preparation Instructions

No Preparation Instructions available.

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 | 300.00 | | |
| Fat | 16.00g | | |
| SaturatedFat | 3.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 280.00mg | | |
| Carbohydrates | 32.50g | | |
| Fiber | 4.00g | | |
| Sugar | 15.00g | | |
| Protein | 9.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 43.50mg | Iron | 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Mini Donuts

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-29183 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| DONUT CHOC MINI IW 72-3.3Z GOODYMN | 1 Package | | 738181 |
| DONUT PWDRD MINI IW 72-3Z GOODYMN | 1 Package | | 738201 |

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: 2.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 295.00 | | |
| Fat | 13.50g | | |
| SaturatedFat | 6.75g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 300.00mg | | |
| Carbohydrates | 41.50g | | |
| Fiber | 2.50g | | |
| Sugar | 19.00g | | |
| Protein | 4.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 29.00mg | Iron | 1.50mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Eggo® French Toast

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-29184 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| FRENCH TST MINI CHOC CHIP IW 72-3.03Z | 1 Package | | 498492 |
| FRENCH TST MINI ORIG IW 72-3.03Z EGGO | 1 Package | | 498442 |

Preparation Instructions

Bake according to case instructions per product.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 190.00 |
| Fat | 4.75g |
| SaturatedFat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 210.00mg |
| Carbohydrates | 36.00g |
| Fiber | 3.50g |
| Sugar | 11.50g |
| Protein | 4.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 260.00mg | 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

Assorted Warm Pastries

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 7.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-29185 |
| School: | Prairie Heights High 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 |
| APPLESTICK WGRAIN 7 IW 72CT BOSCO | 1 Each | | 518721 |
| PRETZEL STIX CINN WGRAIN IW 60-2.1Z | 1 Each | | 550840 |

Preparation Instructions

Heat and Serve according to each products instructions.

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 245.97 | | |
| Fat | 6.42g | | |
| SaturatedFat | 1.06g | | |
| Trans Fat | 0.05g | | |
| Cholesterol | 34.57mg | | |
| Sodium | 241.79mg | | |
| Carbohydrates | 41.74g | | |
| Fiber | 2.84g | | |
| Sugar | 11.66g | | |
| Protein | 5.34g | | |
| Vitamin A | 14.29IU | Vitamin C | 0.00mg |
| Calcium | 13.30mg | Iron | 1.92mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Eggo® Mini Pancakes

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-29186 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PANCAKE MINI CONFET 72-3.03Z EGGO | 1 Package | | 395303 |
| PANCAKE MINI MAPL IW 72-3.03Z EGGO | 1 Each | | 284831 |
| PANCAKE MINI BLUEB IW 72-3.03Z EGGO | 1 Package | | 284841 |
| PANCAKE APPL IW 72-3.03Z EGGO | 1 pouch | | 774401 |

Preparation Instructions

Bake according to case instructions per product.

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: 4.00

Serving Size: 1.00 Each

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 207.50 | | |
| Fat | 6.50g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 7.50mg | | |
| Sodium | 252.50mg | | |
| Carbohydrates | 35.50g | | |
| Fiber | 4.00g | | |
| Sugar | 11.00g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 35.00mg | Iron | 2.70mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-29187 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| CHIX PTY HMSTYL 1.6Z 4-5 TYS | 1 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 645080 |
| BISCUIT BTRMLK 100-2.25Z BRIDG | 1 Each | BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY. | 451740 |

Preparation Instructions

Chicken Patty: Bake Conventional Oven 10-12 minutes at 400°F from frozen. or Convection Oven 6-8 minutes at 375°F from frozen.

Biscuit: 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN. 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Prepare sandwich by placing 1 chicken patty between the biscuit and hold in hot hold unit until ready for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 2.500 |
| 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 | 285.00 |
| Fat | 11.50g |
| SaturatedFat | 4.00g |
| Trans Fat | 0.00g |
| Cholesterol | 12.50mg |
| Sodium | 775.00mg |
| Carbohydrates | 34.00g |
| Fiber | 2.50g |
| Sugar | 3.00g |
| Protein | 11.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 80.00mg | Iron 3.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Pepper Jack on Croissant

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29283 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 4 Slice | | 689541 |
| CHEESE PEPR JK SLCD .5Z 8- 20Z GLCHS | 1 Slice | | 706231 |
| LETTUCE LEAF GRN WASHED TRMD 2-5 RSS | 1 Cup | Piazza 01002 | 702595 |
| CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL | 1 Each | BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight. | 172172 |

Preparation Instructions

1. Fold turkey slices in half. Layer, shingle-style, on bottom half of croissant.
2. Place 1 slice of pepper jack cheese on top of turkey.
3. Make sure leaf lettuce is VERY dry. Place 1 leaf on top of cheese.
4. Put on top half of croissant.
5. Serve in plastic hinged container- GFS 441953.

Condiments: Offer with mayo or boom boom sauce.

CCP: Hold at 135 degrees or less.

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 | 347.06 |
| Fat | 13.62g |
| SaturatedFat | 6.01g |
| Trans Fat | 0.00g |
| Cholesterol | 61.83mg |
| Sodium | 819.41mg |
| Carbohydrates | 29.50g |
| Fiber | 2.50g |
| Sugar | 4.00g |
| Protein | 27.87g |
| Vitamin A 2665.80IU | Vitamin C 3.31mg |
| Calcium 32.96mg | Iron 1.81mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

| | | | |
|----------------------|--|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Fluid Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29691 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|----------------|-------------------|------------|
| GRAVY MIX CHIX 8-1 LEGO | 1/2 Tablespoon | | 762067 |

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 Fluid Ounce

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 12.50 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 160.00mg | | |
| Carbohydrates | 2.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.50g | | |
| Protein | 0.50g | | |
| 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

Mashed Potatoes

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 79.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29750 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|-------------------|------------|
| POTATO PRLS GLDN X-RICH 6-3.7 BAMER | 3 7/10 Pound | | 559911 |

Preparation Instructions

RECONSTITUTE

1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve.

Alternate MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to 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: 79.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 74.40 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 363.98mg | | |
| Carbohydrates | 16.06g | | |
| Fiber | 0.86g | | |
| Sugar | 0.00g | | |
| Protein | 1.61g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 8.28mg | Iron | 0.25mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Panther Popcorn Chicken Bowl

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29752 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|---|------------|
| Mashed Potatoes | 1/2 Serving | RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. Alternate MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve. | R-29750 |
| Golden Corn | 1/2 Serving | 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. | R-10292 |
| CHIX PCORN LRG WGRAIN CKD 6-5 | 10 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620 |
| Chicken Gravy | 1 Serving | | R-29691 |
| Cheese, Cheddar Reduced fat, Shredded | 2 Tablespoon | | 100012 |

Preparation Instructions

Popcorn Chicken: BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Layer Mashed potatoes, Popcorn Chicken, Corn, gravy, and shredded cheese in a bowl for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 1.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 385.73 |
| Fat | 16.78g |
| SaturatedFat | 5.06g |
| Trans Fat | 0.00g |
| Cholesterol | 80.00mg |
| Sodium | 992.49mg |
| Carbohydrates | 35.57g |
| Fiber | 4.43g |
| Sugar | 2.00g |
| Protein | 24.80g |
| Vitamin A 200.00IU | Vitamin C 0.00mg |
| Calcium 24.14mg | Iron 1.56mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Strip Basket

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29753 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| CHIX BRST STRP BRD WGRAIN 6-5.15 | 3 Each | N/A | 740820 |
| White Pepper Gravy | 1/4 Serving | SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE. | R-29754 |
| BREAD GARL TX TST SLC WGRAIN 12-12CT | 1 Slice | | 644802 |

Preparation Instructions

Chicken Strips: BAKE PREPARATION: Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered.

Convection Oven

Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.

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 | 454.93 |
| Fat | 21.00g |
| SaturatedFat | 5.25g |
| Trans Fat | 0.00g |
| Cholesterol | 60.00mg |
| Sodium | 1114.64mg |
| Carbohydrates | 39.49g |
| Fiber | 2.50g |
| Sugar | 3.00g |
| Protein | 26.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 37.99mg | Iron 2.50mg |

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Nutrition - Per 100g

No 100g Conversion Available

White Pepper Gravy

| | | | |
|----------------------|-----------------------------|-----------------------|---------------------|
| Servings: | 64.00 | Category: | Condiments or Other |
| Serving Size: | 0.25 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29754 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| GRAVY MIX PEPR DRY 12-24Z GCHC | 24 Ounce | | 701450 |

Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL 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 | 0.000 |

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 359.74 |
| Fat | 15.99g |
| SaturatedFat | 7.99g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 1998.55mg |
| Carbohydrates | 47.97g |
| Fiber | 0.00g |
| Sugar | 7.99g |
| Protein | 0.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 63.95mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 70.00 | Category: | Entree |
| Serving Size: | 6.00 Fluid Ounce | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-29758 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| Chicken, diced, cooked, frozen | 7 Pound | | 100101 |
| SAUCE ALFREDO FZ 6-5 JTM | 10 Pound | | 155661 |
| PASTA PENNE RIGATE 2-10 KE | 5 Pound | | 635501 |

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.750 |
| 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: 70.00

Serving Size: 6.00 Fluid Ounce

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 377.69 | | |
| Fat | 3.98g | | |
| SaturatedFat | 0.51g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 36.84mg | | |
| Sodium | 108.50mg | | |
| Carbohydrates | 64.85g | | |
| Fiber | 3.05g | | |
| Sugar | 3.56g | | |
| Protein | 21.29g | | |
| Vitamin A | 37.64IU | Vitamin C | 0.00mg |
| Calcium | 32.53mg | Iron | 2.74mg |

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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

Note: All of these items count as dessert grain at lunch and only allowed 2 dessert grains for the whole week. At breakfast no dessert grain is tracked.

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

Chicken & Noodles w/ Cheese Stick

| | | | |
|----------------------|-----------------------------|-----------------------|-------------------|
| Servings: | 512.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-31670 |
| School: | Prairie Heights High 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 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 512 Each | | 786580 |

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.
- Serve 1 cup chicken & noodles with cheese stick to meet meat/meat alternate requirements.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.250 |
| 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 | 307.73 |
| Fat | 9.67g |
| SaturatedFat | 4.56g |
| Trans Fat | 0.00g |
| Cholesterol | 113.75mg |
| Sodium | 389.75mg |
| Carbohydrates | 35.95g |
| Fiber | 0.00g |
| Sugar | 1.17g |
| Protein | 19.13g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 199.33mg | Iron 2.25mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Burrito Bowl

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31671 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| CHICKEN FAJITA STRIPS, COOKED, FROZEN | 3 1/2 Ounce | Weight | 100117 |
| Mexican Rice | 1 Serving | Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving. Serving size is 1 cup for chicken burrito bowl. | R-31672 |

Preparation Instructions

Place 1 cup cooked rice in 10-12 oz. bowl and top with 3.5 oz. weight chicken fajita meat. Serve with peppers & onions, black beans, and salsa. (See Menu.)

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 | 356.36 | | |
| Fat | 9.50g | | |
| SaturatedFat | 3.44g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 76.18mg | | |
| Sodium | 957.67mg | | |
| Carbohydrates | 44.06g | | |
| Fiber | 2.00g | | |
| Sugar | 2.06g | | |
| Protein | 26.53g | | |
| Vitamin A | 230.77IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 0.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Salad

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31701 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Chicken Fillet, Cooked, Unbreaded, Frozen | 1 Each | | 110921 |
| LETTUCE ROMAINE 12CT MRKN | 2 Cup | | 200344 |
| CHEESE MOZZ SHRD 4-5 LOL | 1/4 Cup | | 645170 |
| DRESSING CAESAR RYL PKT 60-1.5Z MARZ | 1 Each | | 554758 |
| CROUTON CHS GARL WGRAIN 250-.5Z | 2 Package | | 661022 |
| CRACKER CHEEZ-IT WGRAIN IW 175-.75Z | 1 Package | | 282422 |

Preparation Instructions

Arrange ingredients in container.

This salad is a reimbursable meal by itself. Must still offer students all other fruits and vegetables on the menu for the day.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 1.000 |
| 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 | 653.98 |
| Fat | 35.10g |
| SaturatedFat | 7.50g |
| Trans Fat | 0.00g |
| Cholesterol | 118.58mg |
| Sodium | 1346.75mg |
| Carbohydrates | 39.00g |
| Fiber | 3.00g |
| Sugar | 6.00g |
| Protein | 44.80g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 355.00mg | Iron 3.44mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31702 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|---|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 1 1/2 Ounce | If USDA food unavailable, use GFS 556121- 3 slices. | 100187 |
| Turkey, Deli Breast, Sliced | 1 1/2 Ounce | If USDA food unavailable, use GFS 689541- 2 slices. | 110554 |
| EGG HRD CKD DCD IQF 4-5 GCHC | 2 Tablespoon | Can be omitted. May also consider hard boiling your own eggs for this salad. 1/2 egg per salad. | 192198 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | | 150250 |
| LETTUCE CHL ROMAINE CHOP 6/2 LB BG | 2 Cup | | 15D44 |
| CHERRY TOMATOES | 1/4 Cup | | 16P46 |
| CUCUMBER SELECT 24CT MRKN | 1/4 Cup | | 418439 |
| DRESSING RNCH BTRMLK PKT 120-1.5Z | 1 Each | | 266523 |
| CROUTON CHS GARL WGRAIN 250-.5Z | 2 Package | | 661022 |
| CRACKER CHEEZ-IT WGRAIN IW 175-.75Z | 1 Package | | 282422 |

Preparation Instructions

Arrange ingredients nicely in container.

This salad is a reimbursable meal by itself. Must still offer students all other fruits and vegetables on the menu for the day and milk.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.997 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 2.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.063 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 683.38 |
| Fat | 45.37g |
| SaturatedFat | 12.73g |
| Trans Fat | 0.00g |
| Cholesterol | 204.35mg |
| Sodium | 1288.00mg |
| Carbohydrates | 41.42g |
| Fiber | 1.58g |
| Sugar | 6.40g |
| Protein | 32.11g |
| Vitamin A 13.65IU | Vitamin C 0.37mg |
| Calcium 340.25mg | Iron 3.55mg |

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Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap*

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 20.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31956 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|---------------|---|------------|
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 5 Pound | UNSPECIFIED Not currently available | 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 |
| TORTILLA FLOUR 10 ULTRGR 12-12CT | 20 Each | 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). | 690141 |

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 | 0.000 |
| GreenVeg | 0.750 |
| RedVeg | 0.000 |
| 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 | 628.33 |
| Fat | 36.17g |
| SaturatedFat | 11.00g |
| Trans Fat | 0.00g |
| Cholesterol | 103.33mg |
| Sodium | 1494.11mg |
| Carbohydrates | 35.33g |
| Fiber | 4.50g |
| Sugar | 4.50g |
| Protein | 37.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 346.00mg | Iron 3.34mg |

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Nutrition - Per 100g

No 100g Conversion Available

Banana or Blueberry Bread

| | | | |
|----------------------|--|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31991 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BREAD WILD BRY IW 70-3.4Z SUPBAK | 1 Piece | | 523222 |
| BREAD BANANA IW 70-3.4Z SUPBAK | 1 Each | | 230361 |

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: 2.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 265.00 |
| Fat | 8.00g |
| SaturatedFat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 245.00mg |
| Carbohydrates | 45.00g |
| Fiber | 2.00g |
| Sugar | 24.00g |
| Protein | 5.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 102.50mg | 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

Assorted Yogurt

| | | | |
|----------------------|-----------------------------|-----------------------|---------------------|
| Servings: | 6.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31992 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| YOGURT VAR PK L/F RASPB/PCH 48-4Z | 1 Each | | 551741 |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 1 Each | | 885750 |
| YOGURT RASPB RNBW L/F 48-4Z TRIX | 1 Each | | 551770 |
| YOGURT VAR PK RASPB/CHRY CRMY 48-4Z | 1 Each | | 552943 |
| YOGURT CHERRY TRPL L/F 48-4Z TRIX | 1 Each | | 186911 |
| YOGURT STRAWB BAN BASH L/F 48-4Z TRIX | 1 Each | | 551760 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 80.00 |
| Fat | 0.33g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 3.33mg |
| Sodium | 60.83mg |
| Carbohydrates | 15.67g |
| Fiber | 0.00g |
| Sugar | 10.17g |
| Protein | 3.83g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 131.67mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Bagel with Cream Cheese Cup

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 4.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-31993 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---------------------|------------|
| BAGEL HNY WHL WHE I/W 72-2.5Z AESOP | 1 Each | 3 Grain Equivalents | 242070 |
| BAGEL WHT WGRAIN 2Z 12-6CT LENDERS | 1 Each | 2 Grain Equivalents | 230264 |
| BAGEL WHT WGRAIN IW 72-2Z LENDER | 1 Each | 2 Grain Equivalents | 217911 |
| BAGEL CINN RAISIN WGRAIN IW 72-2.25Z | 1 Each | 2 Grain Equivalents | 672141 |
| CHEESE CREAM 1/3 LESS FAT 100-1Z GCHC | 4 Each | | 839582 |

Preparation Instructions

Serve 1 cream cheese cup with 1 bagel

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: 4.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 185.00 | | |
| Fat | 4.13g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 10.00mg | | |
| Sodium | 225.00mg | | |
| Carbohydrates | 31.25g | | |
| Fiber | 4.00g | | |
| Sugar | 5.75g | | |
| Protein | 7.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 149.75mg | Iron | 1.46mg |

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Nutrition - Per 100g

No 100g Conversion Available

Granola Bar Variety

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 13.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-31994 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| BAR OATML APPLE SFT IW 216-1.2Z | 1 Each | | 526290 |
| BAR OATML STRAWB SFT IW 216-1.2Z | 1 Each | | 582882 |
| BAR OATML CHOC CHIP SFT IW 216-1.2Z | 1 Each | | 526283 |
| BAR BTRSCOTCH OATML 144-1.24Z BTTYCR | 1 Each | READY_TO_EAT Ready to serve and eat. | 194041 |
| BAR CHOC CHIP OATML 144-1.24Z BTTYCR | 1 Each | READY_TO_EAT Ready to serve and eat. | 194031 |
| BAR DBL CHOC OATML 144-1.24Z BTTYCR | 1 Each | READY_TO_EAT Ready to serve and eat. | 262103 |
| BITE BACK PACKER CHOC CHP 6-6CT 1.24Z | 1 Package | READY_TO_EAT Follow instruction on the package | 764031 |
| BITE BACK PACKER SMORE 1.24Z 6-6CT | 1 Package | READY_TO_EAT See package for easy prep instructions | 764061 |
| BAR COCOA CHRY WGRAIN IW 120-1.8Z | 1 Each | | 419172 |
| BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN | 1 Each | | 209741 |
| BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN | 1 Each | | 498170 |
| BAR STRAWB WGRAIN 96CT NUTRIGRAIN | 1 Each | | 209761 |
| BAR GRANOLA CKYS & CRM 125-1.37Z | 1 Each | | 393393 |

Preparation Instructions

Only count as 1 oz. eq. grain. Want to pair it with something else for breakfast (string cheese, cheese stick, cheese cubes, 4 oz. yogurt, or pb cup (GFS 794301))

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 153.08 |
| Fat | 4.77g |
| SaturatedFat | 0.96g |
| Trans Fat | 0.00g |
| Cholesterol | 1.15mg |
| Sodium | 107.31mg |
| Carbohydrates | 26.38g |
| Fiber | 2.38g |
| Sugar | 10.69g |
| Protein | 2.08g |
| Vitamin A 0.08IU | Vitamin C 0.17mg |
| Calcium 43.31mg | Iron 1.19mg |

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Nutrition - Per 100g

No 100g Conversion Available

2 ounce Cereal Bowls

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 4.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-33489 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| CEREAL CHEERIOS HNYNUT CUP 60-2Z | 1 Each | | 105307 |
| CEREAL RICE CHEX CINN CUP 60-2Z GENM | 1 Each | | 105357 |
| CEREAL LUCKY CHARMS CUP 60-2Z GENM | 1 Container | | 105840 |
| CEREAL CINN TST CRNCH CUP 60-2Z GENM | 1 Each | | 105931 |

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 207.50 |
| Fat | 3.50g |
| SaturatedFat | 0.25g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 310.00mg |
| Carbohydrates | 42.00g |
| Fiber | 3.75g |
| Sugar | 14.50g |
| Protein | 3.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 102.50mg | Iron 5.18mg |

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Nutrition - Per 100g

No 100g Conversion Available

Charcuterie Box

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Kit | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-33493 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|---|------------|
| TURKEY HAM SLCD 12-1 JENNO | 3 Slice | Roll each slice and cut rolled slice into half. | 556121 |
| CHEESE AMER WHT 160CT SLCD 6-5 LOL | 2 Slice | Cut into quarters | 861940 |
| PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO | 6 Each | | 276662 |
| PRETZEL HEARTZELS 104-0.7Z ROLD GOLD | 1 Package | READY_TO_EAT Ready to Eat | 893711 |
| CRACKER CHEEZ-IT WGRAIN IW 175-.75Z | 1 Package | | 282422 |
| APPLE FRSH SLCD 100-2Z P/L | 1 Package | BAKE READY_TO_EAT | 473171 |

Preparation Instructions

Package together in container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving

| | |
|-------------------------|--------------------------|
| Calories | 387.53 |
| Fat | 16.88g |
| SaturatedFat | 7.04g |
| Trans Fat | 0.00g |
| Cholesterol | 62.30mg |
| Sodium | 1123.48mg |
| Carbohydrates | 39.29g |
| Fiber | 4.00g |
| Sugar | 8.29g |
| Protein | 17.75g |
| Vitamin A 0.00IU | Vitamin C 20.00mg |
| Calcium 307.00mg | 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

Biscuit & Gravy w/ Scrambled Eggs

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-33506 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| EGG SCRMBD CKD W/BCN & CHS 4-5 SNY | 125 Ounce | Weight | 533034 |
| BISCUIT BTRMLK 100-2.25Z BRIDG | 50 Each | BAKE Each layer of biscuits is packed on an ovenable, disposable tray. Place this tray onto a sheet pan for easy handling. Preheat convection oven to 325 degrees. If using a conventional oven, preheat to 375 degrees. Place sheet pan into oven. Allow biscuits to heat for 7 to 8 minutes from a thawed state, or 10 to 12 minutes from frozen. (See case for specific microwave heating times). Carefully remove sheet pan from oven and brush biscuit tops with melted butter, if desired. Transfer biscuits to a serving plate or basket. To keep remaining biscuits warm, place the entire sheet pan into a warming drawer, set at 50% moisture and 160 degrees. | 451740 |
| GRAVY SAUS CNTRY 6-10 CHEFM | 12 1/2 Cup | | 464694 |

Preparation Instructions

- Prepare BISCUITS as package indicates
- Prepare GRAVY, SAUSAGE as package indicates
- Hold each until service.
- Place 1 biscuit on tray with 2 fl. oz. cup of gravy.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 430.00 |
| Fat | 25.25g |
| SaturatedFat | 8.75g |
| Trans Fat | 0.00g |
| Cholesterol | 222.50mg |
| Sodium | 1160.00mg |
| Carbohydrates | 33.25g |
| Fiber | 1.00g |
| Sugar | 4.25g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 134.00mg | Iron 3.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available