

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

PB & J Combo

Ham Sub

Meatless Chef Salad

Ham Chef Salad

Yogurt Box

Cougar Box

Turkey Sub

Turkey Chef Salad

Chicken Fajita Chef Salad

Taco Salad

Pulled Pork Chef Salad

Breaded Chicken Salad

Turkey Bacon Ranch Sandwich

Ham & Turkey Sub

Turkey Combo Sub

Italian Turkey

PB & J Combo

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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	490.00
Fat	26.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	47.00g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 302.50mg	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

Ham Sub



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

Ingredients

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

Preparation Instructions

Directions:

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

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

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

Notes:

Meal Components (SLE)

Amount Per Serving

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

Meatless Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33225
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEED SUNFLWR KERN 200-1Z KARS	1 Ounce	1 oz. = 1 oz. eq. meat/meat alternate	504180
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	1 oz. weight = 2 fluid ounces = 1/4 cup = 1 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265
Homemade Croutons	4/5 Ounce		

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
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	667.45
Fat	47.45g
SaturatedFat	11.05g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1079.50mg
Carbohydrates	42.25g
Fiber	6.60g
Sugar	8.50g
Protein	19.80g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 160.00mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33226
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
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	533.27		
Fat	31.50g		
SaturatedFat	9.10g		
Trans Fat	0.00g		
Cholesterol	66.89mg		
Sodium	1409.91mg		
Carbohydrates	40.85g		
Fiber	4.60g		
Sugar	9.55g		
Protein	20.55g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	140.00mg	Iron	1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33228
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	Can also use other varieties of 4 oz. yogurt.	885750
PEANUT BUTTER 120-1.1Z JIF	1 Each	Or 2 Tbsp. peanut butter	794301
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/2 Cup	0.50 cup = 1 oz. eq. grain	711664
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	1 Package	READY_TO_EAT Ready to serve and eat	266020

Preparation Instructions

Package all items together.

Offer with fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	1.000
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	620.00
Fat	27.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	432.00mg
Carbohydrates	83.00g
Fiber	4.00g
Sugar	33.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cougar Box

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33231
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER 120-1.1Z JIF	1 Each	OR 2 Tbsp. Peanut Butter	794301
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	Or 1 oz. string cheese or cheese stick	680130
CHIP GARDEN SALSA 64-LSSV SUNCHIP	1 Package	OR GFS 712440 OR GFS 712431	712270

Preparation Instructions

Package all items together.

Offer with fruits, vegetables, and milk.

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	480.00
Fat	31.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	520.00mg
Carbohydrates	37.00g
Fiber	4.00g
Sugar	7.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	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

Turkey Sub

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33235
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

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

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

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

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	331.02		
Fat	9.14g		
SaturatedFat	4.06g		
Trans Fat	0.00g		
Cholesterol	64.73mg		
Sodium	930.97mg		
Carbohydrates	35.42g		
Fiber	2.53g		
Sugar	5.38g		
Protein	28.85g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	63.25mg	Iron	2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33337
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100121
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
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	571.92
Fat	33.54g
SaturatedFat	9.09g
Trans Fat	0.00g
Cholesterol	87.23mg
Sodium	1484.34mg
Carbohydrates	38.79g
Fiber	4.60g
Sugar	7.50g
Protein	28.70g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33338

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100117
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265
SALSA CUP 84-3Z REDG	1 Each		677802

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	531.09
Fat	25.32g
SaturatedFat	7.11g
Trans Fat	0.00g
Cholesterol	96.18mg
Sodium	1328.82mg
Carbohydrates	39.06g
Fiber	5.10g
Sugar	9.56g
Protein	26.83g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 65.00mg	Iron 1.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33339

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Variety of Fresh Vegetables	1/2 Cup		
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
JUICE BOX FRT PNCH 100 40- 4.23FLZ	1 Each	Other flavors 4.23 z. juice box also acceptable	698240
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
Ground Beef Taco Meat	1 Serving	1. Thaw ground beef in cooler on bottom shelf in roasting pan. 2. Break up ground beef in slotted steamtable pan. 3. Place water in bottom of solid steamtable pan. 4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees. CCP: Heat to 155 degrees F or higher for at least 15 seconds. 5. Add 1/4 cup Mexican Spice mix to meat while cooking. 6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle. 7. Lift slotted pan to drain water and grease. 8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.	R-32858

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	1.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	760.96		
Fat	33.59g		
SaturatedFat	9.17g		
Trans Fat	2.06g		
Cholesterol	73.53mg		
Sodium	868.31mg		
Carbohydrates	83.02g		
Fiber	8.21g		
Sugar	48.15g		
Protein	23.75g		
Vitamin A	1623.10IU	Vitamin C	24.72mg
Calcium	74.62mg	Iron	1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce		675222
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
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	643.45
Fat	41.45g
SaturatedFat	11.25g
Trans Fat	0.00g
Cholesterol	94.00mg
Sodium	1208.50mg
Carbohydrates	37.75g
Fiber	4.60g
Sugar	10.50g
Protein	26.30g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
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	708.36
Fat	43.63g
SaturatedFat	9.78g
Trans Fat	0.00g
Cholesterol	51.82mg
Sodium	1316.32mg
Carbohydrates	52.02g
Fiber	7.87g
Sugar	8.59g
Protein	25.57g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 176.00mg	Iron 4.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Bacon Ranch Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33343
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/8 Cup		451730
DRESSING RNCH LT LO SOD 200-12GM GCHC	1 Each		699981

Preparation Instructions

Directions:

Place 3 oz of turkey, 1 slice of cheese, and 1 slice bacon on each hoagie bun

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

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

Package sandwich with other items.
Offer with fruits, vegetables, and milk.

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	357.03
Fat	12.23g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	71.49mg
Sodium	1122.79mg
Carbohydrates	34.00g
Fiber	2.39g
Sugar	5.24g
Protein	29.56g
Vitamin A 187.43IU	Vitamin C 3.08mg
Calcium 158.17mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Turkey Sub

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33345
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
Turkey Breast Deli	2 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place ham, turkey, and 1 slices of cheese on each hoagie bun

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

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

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	347.65		
Fat	10.84g		
SaturatedFat	4.91g		
Trans Fat	0.00g		
Cholesterol	72.23mg		
Sodium	1099.82mg		
Carbohydrates	37.91g		
Fiber	2.53g		
Sugar	7.01g		
Protein	29.97g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	63.25mg	Iron	2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Combo Sub

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33347
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	6 Slice	2 slices each- bologna, ham, & salami	236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place 2 slices each meat (ham, salami, bologna) and 1 slice of cheese on each hoagie bun

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

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
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	355.57
Fat	14.20g
SaturatedFat	4.55g
Trans Fat	0.00g
Cholesterol	70.55mg
Sodium	1052.31mg
Carbohydrates	34.39g
Fiber	2.53g
Sugar	5.38g
Protein	22.65g
Vitamin A 187.43IU	Vitamin C 3.08mg
Calcium 117.48mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Turkey

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33348
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice	2 slices each meat	199721
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place 2 slices each meat (ham, salami, pepperoni) and 1 slice of cheese on each hoagie bun

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

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

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	343.25		
Fat	12.05g		
SaturatedFat	4.21g		
Trans Fat	0.00g		
Cholesterol	65.50mg		
Sodium	924.43mg		
Carbohydrates	35.38g		
Fiber	2.53g		
Sugar	5.38g		
Protein	23.45g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	89.92mg	Iron	3.11mg

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

Nutrition - Per 100g

No 100g Conversion Available