

Cookbook for Akron School

Created by HPS Menu Planner

Table of Contents

Salad Bar

Whole Grain Cereal Variety

Sub Sandwich

Hamburger on Bun

Baked Beans

Toasted Cheese Sandwich

Tomato Soup

Chicken Parmesan

Chicken Patty on Bun

Broccoli

Corn

Pork Tenderloin on Bun

Hot Dog on Bun

Sloppy Joe on Bun (Akron)

Goulash

Chili

Cheeseburger on Bun

Cooked Carrots

Tater Tot Casserole

Peas

Grilled Ham & Cheese Sandwich

Peas & Carrots

Spaghetti with Meat Sauce

Chicken & Noodles (Akron)

Meatball Sub

Cheese Sauce

Salad Bar

Servings:	84.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9202
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK STIX BF HNY PEPRD 216CT	40 Each		402053
CHEESE COTTAGE SML 1 4-5 GCHC	1 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
CHEESE CHED MLD SHRD 4-5 LOL	12 3/4 Cup		150250
Ham, 97% Fat Free, Cooked , Water Added, Sliced	59 7/9 Ounce		100187
EGG HRD CKD DCD IQF 4-5 GCHC	18 Tablespoon		192198
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	22 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ IW 168-1Z LOL	17 Each		786580
LETTUCE ROMAINE CHOP 6-2 RSS	84 Cup		735787
Grape Tomatoes	7/8 Cup		749041
CARROT STIX STRAIGHT CUT 2-5 RSS	30 Each		576646
CUCUMBER 1-24CT MARKON	3 3/4 Cup		238653
PEPPERS GREEN STRP 3/4 2-3 RSS	1 1/4 Ounce		849995
CELERY STIX 4-3 RSS	0 Cup		781592
BEAN GARBANZO 6-10 GCHC	1 Cup		118753
PEAS FRZN 30	0 Cup	BAKE	100350
BANANA TURNING 40 P/L	18 Each		200999
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	5 Each		198013
GRAPES RED SDLSS 18AVG MRKN	11 1/2 Cup		197831

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	21 Package	BAKE	473171
CRACKER GLDFSH CHED WGRAIN 300-.75Z	34 Package		736280
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	9 Package	READY_TO_EAT Ready to Eat	893711
Savory Bites Wheat Crackers	12 Each		74131
DRESSING RNCH CLSC CUP 120-1FLZ LTHSE	38 Each	READY_TO_EAT Open, pour and enjoy!	750851
DRESSING FREN HNY PKT 120-1.5Z MARZ	17 Each		266515
Zee Zees Sunflower Kernels, Roasted	18 Each		B87860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.958
Grain	0.798
Fruit	0.338
GreenVeg	0.500
RedVeg	0.056
OtherVeg	0.045
Legumes	0.012
Starch	0.000

Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	419.00
Fat	23.19g
SaturatedFat	7.30g
Trans Fat	0.00g
Cholesterol	53.24mg
Sodium	694.86mg
Carbohydrates	38.71g
Fiber	3.83g
Sugar	18.24g
Protein	16.37g
Vitamin A	1021.84IU
Vitamin C	11.44mg
Calcium	241.56mg
Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cereal Variety

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9210
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	704280
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190

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: 18.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	108.57		
Fat	1.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	151.99mg		
Carbohydrates	23.83g		
Fiber	2.03g		
Sugar	7.00g		
Protein	2.02g		
Vitamin A	27.78IU	Vitamin C	0.20mg
Calcium	63.24mg	Iron	3.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9217
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
Turkey Breast Deli	1 Ounce		100121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/2 Ounce	READY_TO_EAT	100018
Aunt Millie's Mini Sub Bun, Whole Grain, 8ct (59g)*	1 Each (59g)		5113

Preparation Instructions

Layer ham, turkey, and cheese on sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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	280.55		
Fat	9.40g		
SaturatedFat	4.45g		
Trans Fat	0.00g		
Cholesterol	44.86mg		
Sodium	684.35mg		
Carbohydrates	32.27g		
Fiber	2.00g		
Sugar	5.32g		
Protein	17.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9219
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
3 1/2" whole grain hamburger bun	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	310.00
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	310.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	2.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9220
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GCHC	12 #10 CAN		118826
SUGAR BROWN LT 12-2 GFS	3 Pound		314641
SUGAR CANE GRANUL 25 GCHC	1 Pound		108642
KETCHUP CAN NAT LO SOD 6-10 REDG	12 Cup	READY_TO_EAT None	200621
SAUCE BBQ 4-1GAL SWTBRAY	1/4 Gallon		655937
SPICE ONION POWDER 19Z TRDE	1/2 Cup		126993
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	8 Tablespoon		860221
SALT IODIZED 24-26Z GFS	4 Tablespoon		108308

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	0.390
Starch	0.000

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	130.66
Fat	0.78g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	414.79mg
Carbohydrates	27.53g
Fiber	3.88g
Sugar	12.76g
Protein	5.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.85mg	Iron 1.55mg

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Nutrition - Per 100g

No 100g Conversion Available

Toasted Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9232
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Teaspoon		299405
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	2 Slice		100018

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	356.67
Fat	18.33g
SaturatedFat	9.67g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	590.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	7.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 6.00mg	Iron 12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	18.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9233
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
1% LOW FAT MILK	3 HALF-PINT		4752
Tap Water for Recipes	3 Cup	UNPREPARED	000001WTR

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	87.68
Fat	0.42g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	398.73mg
Carbohydrates	17.61g
Fiber	0.79g
Sugar	11.30g
Protein	2.91g
Vitamin A 1.67IU	Vitamin C 0.33mg
Calcium 20.78mg	Iron 0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9244
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
SAUCE SPAGHETTI W/BITS 6-10 ANGM	2 Tablespoon		315494

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
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	262.50
Fat	12.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	505.00mg
Carbohydrates	13.00g
Fiber	3.75g
Sugar	2.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 112.50mg	Iron 1.15mg

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

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-9245
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124
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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	360.00
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	700.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.00mg	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

Broccoli

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9248
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	30 Pound		610902
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.847
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	36.74
Fat	0.94g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	16.94mg
Carbohydrates	5.65g
Fiber	3.39g
Sugar	1.13g
Protein	3.39g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.77mg	Iron 1.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9250
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405
CORN, KERNEL YELLOW IQF FROZEN	30 Pound		4328233

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	0.750

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	94.74		
Fat	2.24g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	2.55mg		
Sodium	0.00mg		
Carbohydrates	18.29g		
Fiber	0.00g		
Sugar	7.84g		
Protein	2.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.26mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9252
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	DEEP_FRY Deep fryer: deep fry at 350 degrees f for 2-3 minutes conventional oven: from the frozen state, bake at 350 degrees f inconventional oven for 14 minutes. Convection oven: from thefrozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	390.00		
Fat	18.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	620.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9253
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
White Hot Dog Bun	1 Each		3162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	290.00
Fat	17.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	790.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	3.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.11mg	Iron 0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun (Akron)

Servings:	320.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9254
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	75 Pound	UNPREPARED	100158
KETCHUP CAN NAT LO SOD 6-10 REDG	48 Cup	READY_TO_EAT None	200621
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon		655937
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	6 Tablespoon		860221
SUGAR BROWN LT 12-2 P/L	6 Pound		860311
SUGAR CANE GRANUL 25 GCHC	1 Pound		108642
SALT IODIZED 24-26Z GFS	6 Teaspoon		108308
3.5 inch white hamburger bun	320 Each	READY_TO_EAT	3124

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	423.26		
Fat	17.79g		
SaturatedFat	5.60g		
Trans Fat	2.80g		
Cholesterol	0.00mg		
Sodium	582.31mg		
Carbohydrates	42.41g		
Fiber	1.00g		
Sugar	20.61g		
Protein	23.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Goulash

Servings:	282.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9255
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	23 1/2 Pound		654550
SAUCE SPAGHETTI FCY 6-10 REDPK	5 7/8 #10 CAN		852759
TOMATO DCD I/JCE MW 6-10 GCHC	5 7/8 #10 CAN		246131
SPICE ONION POWDER 19Z TRDE	5 7/8 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	5 7/8 Tablespoon		224839
SUGAR BROWN LT 12-2 P/L	1 7/15 Cup		860311
BEEF CRMBL CKD 6-5 SMRTPCKS	17 5/8 Pound	Or, cooked USDA ground beef.	674312
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	11 3/4 Ounce		299405
SEASONING ITAL HRB 6Z TRDE	5 7/8 Tablespoon		428574

Preparation Instructions

Fill 6 pots with water and bring to boil.

Add 4 lbs elbow noodles to each pot.

Boil 5 minutes. Drain & Rinse.

Pour each pot into a 4" lined pan.

Each pan gets: 1 can spaghetti sauce, 1 can diced tomato, 1 TBSP onion powder, 1 TBSP garlic powder, 1/4 cup brown sugar, 2 oz melted butter, 1 tablespoon Italian seasoning and 3 lbs thawed hamburger.

Bake at 350 degrees for 35 to 40 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 282.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	239.72
Fat	5.08g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	414.53mg
Carbohydrates	37.48g
Fiber	3.72g
Sugar	7.64g
Protein	12.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.94mg	Iron 1.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	450.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9261
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 1/5 Pound	30 lbs. cooked ground beef	100158
BEAN KIDNY RD DK LO SOD 6-10 P/L	24 #10 CAN		598002
TOMATO DCD I/JCE MW 6-10 GCHC	12 #10 CAN		246131
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SUGAR CANE GRANUL 25 GCHC	1/4 Cup		108642
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

Preparation Instructions

Mix brown ground beef, chili beans, tomato sauce, and water together. Bring to a boil and then add remainder ingredients.

Bring to a boil again and boil for 10 minutes or temperature reaches 165 degree. Keep hot above 140 degrees thru serving time.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	229.27
Fat	7.09g
SaturatedFat	2.13g
Trans Fat	1.07g
Cholesterol	0.00mg
Sodium	406.01mg
Carbohydrates	25.63g
Fiber	7.59g
Sugar	3.56g
Protein	16.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 69.00mg	Iron 2.32mg

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

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-9263
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Slice	READY_TO_EAT	100018

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.00		
Fat	19.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	505.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	4.50g		
Protein	24.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cooked Carrots

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9265
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405
CARROT SLCD C/C MED/LRG 30 GCHC	30 Pound		285680

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	0.726
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	41.02
Fat	0.94g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	48.75mg
Carbohydrates	7.58g
Fiber	3.25g
Sugar	4.33g
Protein	1.08g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 43.59mg **Iron** 0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tot Casserole

Servings:	380.00	Category:	Entree
Serving Size:	7.00 tot section	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9266
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	60 Pound	Or, cooked USDA ground beef	674312
CHEESE CHED MLD SHRD 4-5 LOL	20 Pound		150250
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	8 #5 CAN		488259
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
POTATO TATER TOTS 6-5 LMBSUPR	70 Pound		233404

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 380.00

Serving Size: 7.00 tot section

Amount Per Serving

Calories	400.78
Fat	25.15g
SaturatedFat	10.97g
Trans Fat	0.00g
Cholesterol	58.01mg
Sodium	705.92mg
Carbohydrates	21.05g
Fiber	2.11g
Sugar	1.28g
Protein	20.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 196.13mg	Iron 2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas

Servings:	402.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9267
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/4 Pound		299405
PEAS FZ 30 COMM	201 Cup		110510

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	0.500

Nutrition Facts

Servings Per Recipe: 402.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.95		
Fat	1.09g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	2.99mg		
Sodium	58.00mg		
Carbohydrates	11.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.30mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9268
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Teaspoon		299405
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Slice	READY_TO_EAT	100018
ham, cured ,97% fat free water added	1 2/9 Ounce		100187

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	346.81
Fat	16.27g
SaturatedFat	8.39g
Trans Fat	0.00g
Cholesterol	54.46mg
Sodium	738.04mg
Carbohydrates	37.44g
Fiber	4.00g
Sugar	7.72g
Protein	14.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 6.00mg	Iron 12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas & Carrots

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9269
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/10 Pound		299405
PEAS & CARROT 30 GCHC	9 1/4 Pound		285730

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	0.199
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	18.33
Fat	0.28g
SaturatedFat	0.18g
Trans Fat	0.00g
Cholesterol	0.77mg
Sodium	6.30mg
Carbohydrates	3.15g
Fiber	0.95g
Sugar	1.26g
Protein	0.63g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.08mg **Iron** 0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	170.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9270
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound		573201
Diced Tomatoes cnd	4 #10 CAN		100329
PASTA SPAGHETTI 10 4-5 GCHC	16 Pound		413370
BEEF CRMBL CKD 6-5 SMRTPCKS	4 Pound	Or, USDA cooked ground beef.	674312
SPICE GARLIC POWDER 21Z TRDE	12 Tablespoon		224839
ONION DEHY SUPER TOPPER 6-2 P/L	12 Tablespoon		223255
SALT IODIZED 24-26Z GFS	8 Tablespoon		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	271.54		
Fat	5.60g		
SaturatedFat	1.98g		
Trans Fat	0.00g		
Cholesterol	32.44mg		
Sodium	509.19mg		
Carbohydrates	39.42g		
Fiber	3.15g		
Sugar	6.88g		
Protein	15.35g		
Vitamin A	326.22IU	Vitamin C	9.58mg
Calcium	22.77mg	Iron	2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles (Akron)

Servings:	300.00	Category:	Condiments or Other
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19942
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	30 Pound	UNSPECIFIED Not currently available	570533
BROTH CHIX NO MSG 12-5 HRTHSTN	15 #5 CAN		261564
BASE CHIX 12-1 KE	1 1/2 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Teaspoon		225061
PASTA NOODL EGG FZ 4-3 REAMES	6 Package		245046

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: 300.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	148.06		
Fat	3.64g		
SaturatedFat	1.04g		
Trans Fat	0.00g		
Cholesterol	58.14mg		
Sodium	281.73mg		
Carbohydrates	15.31g		
Fiber	0.00g		
Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	188.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28905
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	752 Each		785860
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1 #10 CAN		315494
SAUCE PIZZA W/BASL 6-10 REDPK	1 Cup		256013
Cheese, Mozzarella, Part Skim, Shredded	35 1/4 Cup		100021
White Hot Dog Bun	188 bun		3162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 188.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		351.77	
Fat		15.75g	
SaturatedFat		7.25g	
Trans Fat		0.60g	
Cholesterol		54.75mg	
Sodium		644.21mg	
Carbohydrates		30.80g	
Fiber		2.46g	
Sugar		5.94g	
Protein		19.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.50mg	Iron	1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sauce

Servings:	103.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29644

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED BASIC 6-10 CHEFM	1 #10 CAN		565695
SAUCE CHS NACHO DLX 6-10 GCHC	1 #10 CAN		323616

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: 103.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	75.34		
Fat	5.27g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	2.51mg		
Sodium	467.10mg		
Carbohydrates	6.03g		
Fiber	0.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.66mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available