

# **Cookbook for Prairie Heights Elementary/Middle School**

**Created by HPS Menu Planner**

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**Un crustable & Yougrt**

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# Fruit Juice

|                      |                               |                       |         |
|----------------------|-------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 6.00                          | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each                     | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast                     | <b>Recipe ID:</b>     | R-9541  |
| <b>School:</b>       | 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 66.67   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 7.70mg  |                  |        |
| <b>Carbohydrates</b> | 15.83g  |                  |        |
| <b>Fiber</b>         | 0.00g   |                  |        |
| <b>Sugar</b>         | 15.00g  |                  |        |
| <b>Protein</b>       | 0.02g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.20mg |
| <b>Calcium</b>       | 30.82mg | <b>Iron</b>      | 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

|                      |                               |                       |                  |
|----------------------|-------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 264.00                        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                         | <b>Recipe ID:</b>     | R-9546           |
| <b>School:</b>       | 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.248 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.098 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.441 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

|                      |                               |                       |                   |
|----------------------|-------------------------------|-----------------------|-------------------|
| <b>Servings:</b>     | 480.00                        | <b>Category:</b>      | Vegetable         |
| <b>Serving Size:</b> | 0.50 Cup                      | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch                         | <b>Recipe ID:</b>     | R-9547            |
| <b>School:</b>       | 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<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.970 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken Salad - Grab & Go

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 3.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.125 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.250 |
| <b>Starch</b>   | 0.250 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog on Bun

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 1.500 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 230.00                  |
| <b>Fat</b>              | 11.00g                  |
| <b>SaturatedFat</b>     | 3.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 50.00mg                 |
| <b>Sodium</b>           | 395.00mg                |
| <b>Carbohydrates</b>    | 20.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 3.00g                   |
| <b>Protein</b>          | 11.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 9.00mg |
| <b>Calcium</b> 60.00mg  | <b>Iron</b> 1.72mg      |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Beans

|                      |                               |                       |                  |
|----------------------|-------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 432.00                        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                         | <b>Recipe ID:</b>     | R-9560           |
| <b>School:</b>       | 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<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Golden Corn

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

## Ingredients

| Description                               | Measurement  | Prep Instructions  | DistPart # |
|---|--------------|--|------------|
| Corn, Whole Kernel, Frozen, No Salt added | 120 Pound    | <b>STEAM</b><br>Divide 30# case into 2 vented steam table pans and put into preheated steam unit.<br>CCP:Heat through until internal temperature reaches 145° or higher<br>Remove from steamer and put in non vented steam table pans and cover with plastic wrap.<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.500 |

## Nutrition Facts

Servings Per Recipe: 660.00

Serving Size: 0.50 Cup

### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 72.07  |                  |        |
| <b>Fat</b>           | 1.56g  |                  |        |
| <b>SaturatedFat</b>  | 0.11g  |                  |        |
| <b>Trans Fat</b>     | 0.01g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 1.00mg |                  |        |
| <b>Carbohydrates</b> | 16.09g |                  |        |
| <b>Fiber</b>         | 2.00g  |                  |        |
| <b>Sugar</b>         | 3.00g  |                  |        |
| <b>Protein</b>       | 2.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti with Meat Sauce

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.750 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Patty on Bun

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

## Ingredients

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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 3.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 380.00   |                  |        |
| <b>Fat</b>           | 14.50g   |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 640.00mg |                  |        |
| <b>Carbohydrates</b> | 40.00g   |                  |        |
| <b>Fiber</b>         | 6.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 65.00mg  | <b>Iron</b>      | 3.00mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Variety of Cereal Bowls

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Each

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Macaroni

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

## Ingredients

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

## Preparation Instructions

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



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.066 |
| <b>Grain</b>    | 0.268 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 597.00

Serving Size: 0.75 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Cereal Breakfast Kit

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

## Ingredients

| Description                           | Measurement | Prep Instructions             | DistPart # |
|---------------------------------------|-------------|-------------------------------|------------|
| CEREAL TRIX RS BKFST KIT 60CT         | 1 Each      | READY_TO_EAT<br>Ready-to-eat  | 525340     |
| CEREAL LUCKY CHARMS BKFST KIT 60CT    | 1 Each      | READY_TO_EAT<br>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<br>Ready-to-eat  | 533130     |
| CEREAL CINN TST RS BKFST KIT 2-36CT   | 1 Each      | READY_TO_EAT<br>Ready-to-eat  | 150471     |
| CEREAL CHEERIOS MULTIGR BKFST KIT60CT | 1 Package   | READY_TO_EAT<br>Ready to eat. | 585321     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Broccoli

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.015 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.534 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Chicken Wrap - Grab & Go

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.750 |
| <b>RedVeg</b>   | 0.500 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 708.65                  |
| <b>Fat</b>              | 36.17g                  |
| <b>SaturatedFat</b>     | 11.00g                  |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 103.33mg                |
| <b>Sodium</b>           | 1527.90mg               |
| <b>Carbohydrates</b>    | 54.26g                  |
| <b>Fiber</b>            | 6.71g                   |
| <b>Sugar</b>            | 19.02g                  |
| <b>Protein</b>          | 37.50g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 346.00mg | <b>Iron</b> 3.34mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken, Bacon, Ranch Wrap - Grab & Go

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

## Ingredients

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

## Preparation Instructions

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



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.500 |
| <b>RedVeg</b>   | 0.250 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.500 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 778.17                  |
| <b>Fat</b>                | 34.56g                  |
| <b>SaturatedFat</b>       | 6.22g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 131.91mg                |
| <b>Sodium</b>             | 1370.18mg               |
| <b>Carbohydrates</b>      | 77.70g                  |
| <b>Fiber</b>              | 8.52g                   |
| <b>Sugar</b>              | 21.49g                  |
| <b>Protein</b>            | 35.26g                  |
| <b>Vitamin A</b> 415.82IU | <b>Vitamin C</b> 6.44mg |
| <b>Calcium</b> 167.45mg   | <b>Iron</b> 3.61mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Club Wrap - Grab & Go

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

## Ingredients

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

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 4.711 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 784.66                  |
| <b>Fat</b>              | 36.27g                  |
| <b>SaturatedFat</b>     | 8.27g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 119.50mg                |
| <b>Sodium</b>           | 1769.23mg               |
| <b>Carbohydrates</b>    | 70.50g                  |
| <b>Fiber</b>            | 12.00g                  |
| <b>Sugar</b>            | 25.00g                  |
| <b>Protein</b>          | 41.86g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 9.00mg |
| <b>Calcium</b> 249.00mg | <b>Iron</b> 5.13mg      |

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### Nutrition - Per 100g

No 100g Conversion Available

# BBQ Chicken Salad - Grab & Go

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

## Ingredients

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

## Preparation Instructions

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

Put the salsa in a cup.

Bag the tortilla strips.

Layer salad ingredients and add other components.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.520 |
| <b>Grain</b>    | 2.500 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.500 |
| <b>RedVeg</b>   | 0.250 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.148 |
| <b>Starch</b>   | 0.148 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Cheese Lunch Kit

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Candied Carrots

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <b>Servings:</b>     | 384.00   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup                                       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch  | <b>Recipe ID:</b>     | R-23929          |
| <b>School:</b>       | Prairie Heights<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                  | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| HONEY 4-6 GCHC               | 6 Cup       |                   | 225614     |
| SPICE CINNAMON GRND 15Z TRDE | 1/2 Cup     |                   | 224723     |
| CARROT FZ 30 COMM            | 30 Pound    |                   | 150390     |
| MARGARINE SLD 30-1 GCHC      | 1 1/2 Cup   |                   | 733061     |

## Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, cubed margarine, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

\*\*Allergens: Milk

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.500 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 0.50 Cup

### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 36.02   |                  |        |
| <b>Fat</b>           | 1.23g   |                  |        |
| <b>SaturatedFat</b>  | 0.28g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 13.13mg |                  |        |
| <b>Sodium</b>        | 30.39mg |                  |        |
| <b>Carbohydrates</b> | 7.53g   |                  |        |
| <b>Fiber</b>         | 1.09g   |                  |        |
| <b>Sugar</b>         | 5.89g   |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 46.88IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available



# Taco Meat

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

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

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## Nutrition - Per 100g

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

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# Sidekick Slushie

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

## Ingredients

| Description                           | Measurement | Prep Instructions  | DistPart # |
|---------------------------------------|-------------|--|------------|
| SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS | 4/5 Each    | READY_TO_EAT<br>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<br>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<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.400 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 72.00    |                  |         |
| <b>Fat</b>           | 0.00g    |                  |         |
| <b>SaturatedFat</b>  | 0.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 26.00mg  |                  |         |
| <b>Carbohydrates</b> | 17.60g   |                  |         |
| <b>Fiber</b>         | 0.00g    |                  |         |
| <b>Sugar</b>         | 15.00g   |                  |         |
| <b>Protein</b>       | 0.00g    |                  |         |
| <b>Vitamin A</b>     | 950.00IU | <b>Vitamin C</b> | 48.00mg |
| <b>Calcium</b>       | 64.00mg  | <b>Iron</b>      | 0.00mg  |

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## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Munchable

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.250 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 375.00                  |
| <b>Fat</b>              | 16.75g                  |
| <b>SaturatedFat</b>     | 7.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 30.00mg                 |
| <b>Sodium</b>           | 727.50mg                |
| <b>Carbohydrates</b>    | 34.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 8.00g                   |
| <b>Protein</b>          | 21.00g                  |
| <b>Vitamin A</b> 0.20IU | <b>Vitamin C</b> 0.06mg |
| <b>Calcium</b> 444.18mg | <b>Iron</b> 1.86mg      |

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### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on Bun\*

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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.563 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Ice Cream Cup

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey & Cheese Sandwich

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <b>Servings:</b>     | 1.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each                                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch  | <b>Recipe ID:</b>     | R-28285          |
| <b>School:</b>       | Prairie Heights<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CHEESE AMER 160CT SLCD R/F 6-5 LOL   | 1 Slice     |                   | 722360     |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each      |                   | 517810     |
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 5 Slice     |                   | 244190     |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 266.67                  |
| <b>Fat</b>              | 7.25g                   |
| <b>SaturatedFat</b>     | 2.08g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 45.00mg                 |
| <b>Sodium</b>           | 698.33mg                |
| <b>Carbohydrates</b>    | 26.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 4.50g                   |
| <b>Protein</b>          | 23.67g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 126.00mg | <b>Iron</b> 1.30mg      |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grilled Cheese Sandwich

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.500 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 650.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Roll w/ Icing

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-29707          |

## Ingredients

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

## Preparation Instructions

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

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

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

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

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

2.5 OUNCE ROLLS INDIVIDUAL 12 TO15

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

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

9. HOLD BAKED ROLLS COVERED AT ROOM TEMPERATURE

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

|                           |         |                  |        |
|---------------------------|---------|------------------|--------|
| <b>Amount Per Serving</b> |         |                  |        |
| <b>Calories</b>           | 119.15  |                  |        |
| <b>Fat</b>                | 1.41g   |                  |        |
| <b>SaturatedFat</b>       | 0.53g   |                  |        |
| <b>Trans Fat</b>          | 0.00g   |                  |        |
| <b>Cholesterol</b>        | 2.07mg  |                  |        |
| <b>Sodium</b>             | 79.06mg |                  |        |
| <b>Carbohydrates</b>      | 24.50g  |                  |        |
| <b>Fiber</b>              | 1.60g   |                  |        |
| <b>Sugar</b>              | 10.32g  |                  |        |
| <b>Protein</b>            | 2.54g   |                  |        |
| <b>Vitamin A</b>          | 54.59IU | <b>Vitamin C</b> | 0.01mg |
| <b>Calcium</b>            | 12.01mg | <b>Iron</b>      | 0.79mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Poptart

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 176.67                  |
| <b>Fat</b>                | 2.83g                   |
| <b>SaturatedFat</b>       | 1.00g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 0.00mg                  |
| <b>Sodium</b>             | 145.00mg                |
| <b>Carbohydrates</b>      | 36.67g                  |
| <b>Fiber</b>              | 3.00g                   |
| <b>Sugar</b>              | 15.00g                  |
| <b>Protein</b>            | 2.00g                   |
| <b>Vitamin A</b> 166.67IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 120.00mg   | <b>Iron</b> 1.80mg      |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Graham Snack

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 9.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | 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<br>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<br>PEPP  | 1 Each      |                   | 198472     |
| CRACKER GLDFSH CINN 300-2CT PEPPFM       | 1 Package   |                   | 194510     |
| CRACKER GRHM CHARACT CHOC 150-1Z<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Pastries

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

## Ingredients

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

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Yogurt, Peanut Butter Apple, Goldfish

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                          |
|-------------------------|--------------------------|
| <b>Calories</b>         | 380.00                   |
| <b>Fat</b>              | 19.00g                   |
| <b>SaturatedFat</b>     | 3.50g                    |
| <b>Trans Fat</b>        | 0.00g                    |
| <b>Cholesterol</b>      | 5.00mg                   |
| <b>Sodium</b>           | 395.00mg                 |
| <b>Carbohydrates</b>    | 44.00g                   |
| <b>Fiber</b>            | 2.00g                    |
| <b>Sugar</b>            | 18.00g                   |
| <b>Protein</b>          | 13.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 20.00mg |
| <b>Calcium</b> 196.00mg | <b>Iron</b> 1.70mg       |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tortilla Chips, Cheese and Hummus Cup

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

## Ingredients

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

## Preparation Instructions

Package all items together.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.250 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable, Yogurt, & Goldfish

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

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z | 1 Each      |                   | 527462     |
| SAND UNCRUST PB&J STRAWB 72-2.6Z     | 1 Each      |                   | 536012     |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 2 Each      |                   | 885750     |
| CRACKER GLDFSH XTRA WGRAIN 300-.75Z  | 2 Package   |                   | 745481     |

## Preparation Instructions

Package all items together.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 460.00                  |
| <b>Fat</b>              | 19.50g                  |
| <b>SaturatedFat</b>     | 4.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 535.00mg                |
| <b>Carbohydrates</b>    | 60.50g                  |
| <b>Fiber</b>            | 5.00g                   |
| <b>Sugar</b>            | 25.00g                  |
| <b>Protein</b>          | 15.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 163.50mg | <b>Iron</b> 1.70mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable & Yougurt

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

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z | 1 Each      |                   | 527462     |
| SAND UNCRUST PB&J STRAWB 72-2.6Z     | 1 Each      |                   | 536012     |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 2 Each      |                   | 885750     |

## Preparation Instructions

Package all items together.

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

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 370.00                  |
| <b>Fat</b>              | 16.00g                  |
| <b>SaturatedFat</b>     | 3.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 335.00mg                |
| <b>Carbohydrates</b>    | 46.50g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 25.00g                  |
| <b>Protein</b>          | 13.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 143.50mg | <b>Iron</b> 1.00mg      |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pink Hawaiian Fruit Fluff

|                      |                             |                       |         |
|----------------------|-----------------------------|-----------------------|---------|
| <b>Servings:</b>     | 48.00                       | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup                    | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-33768 |
| <b>School:</b>       | Prairie Heights High School |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| FRUIT MIXED DCD IN JCE 6-10 GCHC     | 1 #10 CAN   |                   | 610348     |
| PINEAPPLE TIDBITS IN JCE 6-10 GCHC   | 1 #10 CAN   |                   | 189979     |
| GELATIN MIX CHERRY 12-24Z GCHC       | 1/2 Cup     |                   | 524611     |
| CHERRY MARASCH NO STEM 4-1GAL GCHC   | 48 Each     | Optional          | 107492     |
| TOPPING WHIP PRE-WHIPPED 12-16Z RICH | 2 Quart     | Thawed            | 313165     |

## Preparation Instructions

CCP: Wash tops of cans of fruit before opening.

Open cans of mixed fruit and pineapple and drain fruit well. Place in large bowl.

Add whipped topping and dry gelatin mix. Stir gently to coat.

Use #8 Disher (1/2 cup) and dip fruit mix into souffle cups.

Place 1 cherry on top of each cup of fruit mixture.

Place portioned cups in cold holding until service.

CCP: CCP-COLD HOLDING: All food items being held for service to be served cold will be maintained at or below 41 degrees.

CCP: No Bare Hand Contact: NO bare hand contact with ready to eat foods.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 113.66                  |
| <b>Fat</b>              | 2.00g                   |
| <b>SaturatedFat</b>     | 2.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 7.50mg                  |
| <b>Carbohydrates</b>    | 23.75g                  |
| <b>Fiber</b>            | 0.94g                   |
| <b>Sugar</b>            | 18.05g                  |
| <b>Protein</b>          | 0.08g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 11.21mg  | <b>Iron</b> 0.16mg      |

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## Nutrition - Per 100g

No 100g Conversion Available