

# **Cookbook for NEW PRAIRIE MIDDLE SCHOOL**

**Created by HPS Menu Planner**

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# Assorted Cereal-1 Ounce

<b>Servings:</b>	13.00	<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-11571

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	N/A	388190
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	N/A	264702
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	N/A	264702
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	N/A	283620

## Preparation Instructions

Note: These cereal should be paired with an additional grain item or meat/meat alternative item.

### 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: 13.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	166.78
<b>Fat</b>	1.83g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	232.78mg
<b>Carbohydrates</b>	36.46g
<b>Fiber</b>	3.26g
<b>Sugar</b>	11.08g
<b>Protein</b>	3.17g
<b>Vitamin A</b> 76.92IU	<b>Vitamin C</b> 0.55mg
<b>Calcium</b> 80.92mg	<b>Iron</b> 5.12mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Turkey Bacon Ranch Sandwich

<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-16949

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Apple & Eve Juice Box

<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-22769

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

## Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding amount for the week.

### 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	57.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.50mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cereal Kit

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32854
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

## Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

## 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 Kit

### Amount Per Serving

<b>Calories</b>	208.33		
<b>Fat</b>	3.58g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	187.50mg		
<b>Carbohydrates</b>	42.83g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	19.83g		
<b>Protein</b>	2.67g		
<b>Vitamin A</b>	366.67IU	<b>Vitamin C</b>	44.90mg
<b>Calcium</b>	88.50mg	<b>Iron</b>	4.64mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Bar Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32855
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

## 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: 1.00

Serving Size: 1.00 Kit

Amount Per Serving	
<b>Calories</b>	330.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	225.00mg
<b>Carbohydrates</b>	62.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 300.00mg	<b>Iron</b> 1.44mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Pop Tart Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32856
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<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 Kit

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	335.00mg
<b>Carbohydrates</b>	72.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	36.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 800.00IU	<b>Vitamin C</b> 63.60mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 4.50mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Ground Beef Taco Meat

<b>Servings:</b>	58.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32858
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water for Recipes	1 Quart		000001WTR
Mexican Spice Mix- New Prairie	3/4 Cup		

## Preparation Instructions

1. Thaw ground beef in cooler on bottom shelf in roasting pan.
2. Break up ground beef in slotted steamtable pan.
3. Place water in bottom of solid steamtable pan.
4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees.  
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
5. Add 1/4 cup Mexican Spice mix to meat while cooking.
6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle.
7. Lift slotted pan to drain water and grease.
8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.

## 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: 58.00

Serving Size: 2.00 Ounce

### Amount Per Serving

<b>Calories</b>	170.46		
<b>Fat</b>	12.39g		
<b>SaturatedFat</b>	4.12g		
<b>Trans Fat</b>	2.06g		
<b>Cholesterol</b>	53.53mg		
<b>Sodium</b>	153.31mg		
<b>Carbohydrates</b>	0.52g		
<b>Fiber</b>	0.11g		
<b>Sugar</b>	0.15g		
<b>Protein</b>	14.45g		
<b>Vitamin A</b>	123.70IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	0.62mg	<b>Iron</b>	0.13mg

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## Nutrition - Per 100g

<b>Calories</b>	300.63		
<b>Fat</b>	21.85g		
<b>SaturatedFat</b>	7.26g		
<b>Trans Fat</b>	3.63g		
<b>Cholesterol</b>	94.40mg		
<b>Sodium</b>	270.39mg		
<b>Carbohydrates</b>	0.92g		
<b>Fiber</b>	0.20g		
<b>Sugar</b>	0.26g		
<b>Protein</b>	25.48g		
<b>Vitamin A</b>	218.18IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	1.09mg	<b>Iron</b>	0.23mg

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# PB & J Combo

<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-32943
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<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>	490.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	15.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 302.50mg	<b>Iron</b> 1.71mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Refried Beans

<b>Servings:</b>	20.00	<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-32945
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753

## Preparation Instructions

RECONSTITUTE

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

### 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>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	139.02		
<b>Fat</b>	1.49g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	546.17mg		
<b>Carbohydrates</b>	22.84g		
<b>Fiber</b>	8.94g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.94g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	49.65mg	<b>Iron</b>	2.09mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Brown Rice

<b>Servings:</b>	45.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33051

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart		000001WTR
BASE CHIX 12-1 KE	1/2 Pound		160790
RICE BRN PARBL WGRAIN 25 GCHC	8 Cup		516371
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Quart		119997
SALT KOSHER COARSE 12-3 MRTN	1 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

## Preparation Instructions

Mix all together and cook at 350 degrees for 30 minutes. Stir and cook another 15 minutes.

## 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: 45.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	140.87		
<b>Fat</b>	2.07g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	787.88mg		
<b>Carbohydrates</b>	28.80g		
<b>Fiber</b>	0.71g		
<b>Sugar</b>	2.07g		
<b>Protein</b>	2.93g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.47mg
<b>Calcium</b>	5.57mg	<b>Iron</b>	0.71mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	23.00	<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-33151
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
KETCHUP CAN 6-10 HNZ	1/2 Cup		100188
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/4 Ounce		223255
MUSTARD PKT 500-5.5GM GCHC	5 Each	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311

## Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds  
CCP: Hold at 135° F or higher.

## 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>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	165.56		
<b>Fat</b>	1.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	326.72mg		
<b>Carbohydrates</b>	33.91g		
<b>Fiber</b>	5.27g		
<b>Sugar</b>	16.70g		
<b>Protein</b>	7.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.92mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Orange Chicken

<b>Servings:</b>	79.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33285

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

## Preparation Instructions

Place 8# of popcorn chicken on each of 2 full size sheet pans. Bake at 375 degrees for 6-8 minutes. Pour all of the chicken into a 6 steamtable pan. Add sauce. Mix thoroughly.

Each serving should be 12 popcorn chicken.

### 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: 79.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	276.82
<b>Fat</b>	14.27g
<b>SaturatedFat</b>	2.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.96mg
<b>Sodium</b>	436.93mg
<b>Carbohydrates</b>	21.85g
<b>Fiber</b>	3.29g
<b>Sugar</b>	6.77g
<b>Protein</b>	15.37g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 36.23mg	<b>Iron</b> 2.20mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Gravy

<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-33287

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce		100121
GRAVY TKY RSTD 12-50Z HRTHSTN	1/4 Cup		673595

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	159.47
<b>Fat</b>	6.09g
<b>SaturatedFat</b>	2.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.23mg
<b>Sodium</b>	909.84mg
<b>Carbohydrates</b>	7.04g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	19.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Suncup Juice

<b>Servings:</b>	7.00	<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-33416

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE CRAN RASPB 100 40-4.23FLZ	1 Each		214524
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE STRAWB KIWI 100 40-4.23FLZ	1 Each		214534

## 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: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	62.86		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.57mg		
<b>Carbohydrates</b>	15.57g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.43mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# 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>	Breakfast	<b>Recipe ID:</b>	R-33798
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package		728760
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
Tiger Bites Grahams-Original	1 Package		40213
Tiger Bites Grahams-Chocolate	1 Package		40239

## Preparation Instructions

NOTE: At lunch all graham items are considered dessert grain. Maximum weekly allowance of 2 ounce dessert grain equivalents

## 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>	120.00		
<b>Fat</b>	3.83g		
<b>SaturatedFat</b>	0.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	110.00mg		
<b>Carbohydrates</b>	20.56g		
<b>Fiber</b>	1.22g		
<b>Sugar</b>	7.11g		
<b>Protein</b>	1.89g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.89mg	<b>Iron</b>	0.95mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Cereal-2 Ounce

<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-33799
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

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

## Preparation Instructions

Note: No other grain is needed to be served with these cereal since they count as 2 Grain Equivalents

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	220.00
<b>Fat</b>	3.33g
<b>SaturatedFat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	4.33g
<b>Sugar</b>	16.67g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 93.33mg	<b>Iron</b> 3.30mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Muffin

<b>Servings:</b>	7.00	<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-33802
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

## Preparation Instructions

Store frozen until ready to use. Thaw overnight under refrigeration.

Note: Serve 2 per student

## 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: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	188.57
<b>Fat</b>	6.43g
<b>SaturatedFat</b>	1.71g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	24.29mg
<b>Sodium</b>	123.57mg
<b>Carbohydrates</b>	30.43g
<b>Fiber</b>	1.71g
<b>Sugar</b>	15.86g
<b>Protein</b>	2.71g
<b>Vitamin A</b> 2.06IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 20.15mg	<b>Iron</b> 0.98mg

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## Nutrition - Per 100g

No 100g Conversion Available