

Cookbook for Rowlett Academy for the Arts

Created by HPS Menu Planner

Cookbook for Rowlett Middle Academy

Created by HPS Menu Planner

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LASAGNA

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-8344
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP CHS WGRAIN 120-3.65Z	100 Each		232960
SAUCE SPAGHETTI 6-10 GCHC	30 Cup		144207
CHEESE MOZZ SHRD 4-5 LOL	10 Cup		645170

Preparation Instructions

2in hotel pan = 20 Lasagna Rolls

1. Spray hotel pans with pan release
2. Scoop 3 cups of sauce per pan into bottom of hotel pan
3. Lay out 20 slices of lasagna in each pan
4. Cover with an additional 3 cups of sauce
5. Cover with aluminum foil
6. Bake at 375 degrees for 30-40 minutes if frozen, 20-25 minutes if thawed
(Or Cover with plastic wrap and then aluminum foil and steam for 10-15 minutes)
7. Sprinkle each pan with 2c ups of cheese
8. Return to oven for 3-5 minutes or until temp is reached
9. Serve 1 lasagna roll

Meal Components (SLE)

Amount Per Serving

Meat	1.900
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	274.00
Fat	5.90g
SaturatedFat	3.40g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	522.00mg
Carbohydrates	35.80g
Fiber	3.80g
Sugar	8.60g
Protein	15.60g
Vitamin A 300.00IU	Vitamin C 6.00mg
Calcium 294.00mg	Iron 1.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM AND CHEESE SANDWICH

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8468
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	3 Slice	Thaw ham in refrigerator	690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN HAMB GOURM WGRAIN 4 10-12CT	1 Each		263191

Preparation Instructions

1. Layout bread
2. Place 3 slices of ham on bread
3. Place 1 slice of cheese on top of ham
4. Top with bread
5. Hold in cooler until service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	308.11
Fat	10.67g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	63.81mg
Sodium	573.60mg
Carbohydrates	30.07g
Fiber	2.00g
Sugar	6.05g
Protein	22.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.50mg	Iron 2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALAD, GRILLED CHICKEN CAESAR

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8724

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
CHEESE PARM GRTD 4- 5 PG	1 Tablespoon		445401

Preparation Instructions

Cook and cool patties following HACCP and manufactures instructions.

1. Lay out containers
2. Place 2 cups of lettuce in each container
3. Cut a grilled patty into strips and place on top of lettuce
4. Sprinkle with 1 tablespoon of parm cheese
5. Close container and hold in refrigerator until service

** May sub 1 cup of spinach in place of 1 cup of romaine

** May add 1/8 cup of vegetables for added color

6. Serve with Caesar dressing

7. Serve 1 Salad

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	150.00
Fat	3.25g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	352.50mg
Carbohydrates	5.00g
Fiber	2.00g
Sugar	2.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 68.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALAD, CHEF

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8722

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CUCUMBER SELECT 6CT MRKN	1/4 Cup	Wash and Slice	592323
TOMATO 5X6 XL 5 MRKN	1/4 Cup	Wash and wedge	438197
CHEESE CHED MLD SHRD 4-5 LOL	3 Tablespoon		150250
TURKEY HAM SLCD .5Z 12-1.5 JENNO	2 Slice	THAW Keep product frozen at 0 degrees F. or below until ready to use. Defrost product slowly and thoroughly in refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages to use sliced meat in various sandwich applications.	839760
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541

Preparation Instructions

1. Rinse tomatoes and cucumbers under running water
2. Place 2 cups of lettuce into salad container
3. Stack ham and turkey, roll, and then slice into 4 pieces
4. Place rolled meat onto middle of salad
5. Place 2 tomato wedges in one corner
6. Place 3 cucumber slices in opposite corner

7. Sprinkle 3 Tablespoon of shredded cheese on top of salad
8. Close container and hold in refrigerator until serve
- ** May add 1/8 cup vegetable for added color
9. Serve 1 Salad

Meal Components (SLE)

Amount Per Serving

Meat	2.430
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	206.34		
Fat	11.05g		
SaturatedFat	5.61g		
Trans Fat	0.00g		
Cholesterol	66.06mg		
Sodium	462.59mg		
Carbohydrates	9.00g		
Fiber	2.63g		
Sugar	4.83g		
Protein	19.50g		
Vitamin A	388.50IU	Vitamin C	6.53mg
Calcium	187.83mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

TURKEY AND CHEESE HOAGIE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9122
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

1. Lay out hoagie buns
2. Place 4 folded slices of turkey on each bun
3. Cut slices of cheese in half and place on top of meat
4. Shut hoagie. Wrap or pit in a hoagie container
5. Hold in refrigerator until time of service
6. Serve 1 Sandwich

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	222.59
Fat	4.84g
SaturatedFat	1.92g
Trans Fat	0.00g
Cholesterol	21.29mg
Sodium	500.17mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	4.00g
Protein	16.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.50mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM AND CHEESE HOAGIE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9123
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

1. Lay out hoagie buns
2. Place 4 folded slices of ham on each bun
3. Cut slices of cheese in half and place on top of meat
4. Shut hoagie. Wrap or put in a hoagie container
5. Hold in refrigerator until time of service
6. Serve 1 Sandwich

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	372.47
Fat	14.06g
SaturatedFat	4.48g
Trans Fat	0.00g
Cholesterol	82.59mg
Sodium	836.47mg
Carbohydrates	33.10g
Fiber	2.00g
Sugar	6.73g
Protein	28.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.50mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

YOGURT PARFAIT

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8720

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	25 Quart		881161
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	50 Cup	Thaw strawberries in refrigerator	621420
CEREAL GRANOLA ORIG 4- 50Z FLDSTONE	50 Cup	READY_TO_EAT Ready to eat or add to yogurt, serve as cold or hot cereal, add as binder for cookies, toppings for pies or create your own Granola Bars	230462

Preparation Instructions

1. Lay out cups
 2. Portion 1/2 cup yogurt into the bottom of each cup
 3. Place 1/2 cup of fruit on yogurt
 4. Portion 1/2 cup yogurt on fruit
 5. Place lids on cups
 6. Bag 1/2 cup granola
- * May substitute fruit
7. Serve 1 parfait with bag of granola

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	453.96
Fat	8.99g
SaturatedFat	2.49g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	276.79mg
Carbohydrates	81.81g
Fiber	5.50g
Sugar	41.87g
Protein	14.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 328.96mg	Iron 2.40mg

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Nutrition - Per 100g

No 100g Conversion Available

YOGURT MUFFIN AND CHEESE PLATE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PLATE	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9124
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Cup	READY_TO_EAT READY_TO_EAT	885750
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
MUFFIN TOP BLUEB WGRAIN IW 48-3.1Z	1 Cup		548921
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Cup		786801

Preparation Instructions

1. Wash and wedge oranges into 4
 2. Lay out containers
 3. Place 1 muffin, 1 yogurt, 1 cheese stick, and 4 wedges in containers
 4. Shut containers
- *May substitute 1/2 cup of an alternate fruit. My substitute alternate yogurt

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PLATE

Amount Per Serving

Calories	424.10
Fat	10.25g
SaturatedFat	3.05g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	395.00mg
Carbohydrates	67.50g
Fiber	4.25g
Sugar	31.00g
Protein	16.95g
Vitamin A 207.00IU	Vitamin C 43.65mg
Calcium 357.00mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

LETTUCE AND TOMATO CUP

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8345
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	100 Cup		242489
TOMATO 5X6 XL 5 MRKN	25 Cup	Wash and dice	438197

Preparation Instructions

1. Lay out salad cups
2. Measure 1 cup of lettuce into each cup
3. Add 1/4 cup diced tomatoes to each cup
4. Sprinkle with 1/4 cup shredded cheese

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	18.10		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.25mg		
Carbohydrates	3.75g		
Fiber	1.55g		
Sugar	2.25g		
Protein	0.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	14.50mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

NACHO/TACO MEAT



Servings:	100.00	Category:	Entree
Serving Size:	1.00 2.2oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8597

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	13 3/4 Pound	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
SEASONING TACO MIX 6-9Z LAWR	1 3/8 Package		159204

Preparation Instructions

1 Bag of Beef Crumbles = 36 servings

1. Place a bag of beef crumbles in steam table pan
2. Heat beef crumbles for 10-15 minutes
3. Add 1/2 a packet of seasoning and 3 cups of water to pan
4. Continue steaming for 10 minutes or until the temperature has reached 145 degrees
5. Serve each student 2.2oz (weight) serving which equals approxiamtely 1/2 cup

Meal Components (SLE)

Amount Per Serving

Meat	2.200
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 2.2oz

Amount Per Serving

Calories	121.14		
Fat	7.70g		
SaturatedFat	3.30g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	135.17mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

MINI ROMAINE SALAD

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8346
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
TOMATO 5X6 XL 5 MRKN	25 Cup	Wash and dice	438197
CUCUMBER SELECT 6CT MRKN	25 Cup	Wash and slice	592323

Preparation Instructions

1. Lay out salad cups
2. Measure 1 cup of romaine into each cup
3. Add 1/4 cup diced tomatoes to each cup
4. Add 2 slices of cucumber to each cup

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	20.05		
Fat	0.13g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	4.25g		
Fiber	1.63g		
Sugar	2.50g		
Protein	1.48g		
Vitamin A	388.50IU	Vitamin C	6.53mg
Calcium	22.58mg	Iron	0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

BOOM BOOM CHICKEN

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1000 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM 4- 1GAL KENS	12 1/2 Cup		877930

Preparation Instructions

1. Bake chicken at 350 degrees for 6-8 minutes until internal temp of 145 degrees is reached
2. Place bowls onto sheet pan
3. Remove chicken from oven and place in large mixing bowls
4. Add boom boom sauce and toss well to coat chicken (3 1/8 cup per bag)
5. Place chicken in hotel pan and put in warmer until service. Do not hold for more than 1/2 hour to preserve quality.
6. Serve 10 pieces of chicken
7. May serve on top of 1 cup of Romaine lettuce

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	410.00		
Fat	29.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	800.00mg		
Carbohydrates	19.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

TOAST

NO IMAGE

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8315
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 OZ WGR SANDWICH BREAD (21C)	100 Slice		1292
BUTTER BLND SLD EURO ZT 36-1 SUNGLW	2 Cup	READY_TO_EAT Ready to use.	648560

Preparation Instructions

1. Melt margarine
2. Line sheet pan
3. Lay out slices of bread
4. Brush margarine on to bread
5. Bake at 350 degrees for 4-6 minutes or until toasted
6. Hold in warmer until serving time
7. Serve 1 Slice as 1 Grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	102.00		
Fat	4.84g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	102.20mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

MUNCHABLE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PLATE	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9698
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	2 Package		770960
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
YOGURT DANIMAL STRAWB BAN N/F 48- 4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PLATE

Amount Per Serving

Calories	370.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	485.00mg
Carbohydrates	53.00g
Fiber	2.00g
Sugar	21.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 738.00mg	Iron 8.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

HONEY GLAZED CARROTS



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 CUP(1/2)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8726

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C 12-2 GCHC	50 Cup		175706
HONEY SQZ BTL 16Z 4-3CT GCHC	2 Cup		217523
MARGARINE SLD 30-1 GCHC	4 Tablespoon		733061
LEMON JUICE 100 12-32FLZ GCHC	8 Tablespoon		311227

Preparation Instructions

1. Steam carrots until tender in perforated pan
2. Combine lemon juice and honey in bowl
3. Placed cooked carrots in a hotel pan, gently mix in margarine and lemon juice/honey mixture
4. Serve 1/2 cup or #8 disher

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.373
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP(1/2)

Amount Per Serving

Calories	45.59		
Fat	0.44g		
SaturatedFat	0.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	37.98mg		
Carbohydrates	10.66g		
Fiber	1.49g		
Sugar	8.43g		
Protein	0.00g		
Vitamin A	30.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CINNAMON APPLES

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 CUP (2/3)	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-8898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	4 2/3 #10 CAN		117773
FLOUR ULTRGR 25# ARDENT	1 2/3 Cup		620851
SUGAR BROWN LT 25# DOMN	4 Pound		431526
SPICE CINNAMON GRND 18Z MCORM	6 Tablespoon		127321
BUTTER BLND SLD EURO ZT 36-1 SUNGLW	2 Pound	READY_TO_EAT Ready to use.	648560
STARCH CORN 24-1 ARGO	8 1/2 Tablespoon		108413

Preparation Instructions

1. Spray one 4in hotel pan with release spray
2. Add apples to pan
3. Mix aall dry ingredients together
4. Chunk margarine into 1/2 inch chunks
5. Stir dry ingredients into apples
6. Add chunked margarine and cover with foil
7. Bake 45 minutes at 350 degrees
8. Take out of oven, stir, and bake uncovered for 15 minutes more
9. Serve 2/3 Cup or #6 disher

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.300
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP (2/3)

Amount Per Serving

Calories	67.60		
Fat	0.25g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.89mg		
Carbohydrates	15.70g		
Fiber	2.53g		
Sugar	11.03g		
Protein	0.06g		
Vitamin A	0.46IU	Vitamin C	0.01mg
Calcium	1.88mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

SWEETENED STRAWBERRIES

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 CUP(1/2)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9792
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	16 4/5 Pound	Thaw strawberries in refrigerator.	621420
SUGAR CANE GRANUL XTRA FINE 25# P/L	6 Cup		842071
24-PURIFIED WATER CUSTOM 12Z TWIST	2 Quart		955083

Preparation Instructions

1. Bring water to a boil. Add sugar and stir to create simple sugar.
2. Cool syrup.
3. Open container of thawed strawberries and pour into a large bowl.
4. Add syrup to strawberries and mix well.
5. Portion into cups using a #8 disher or a 4oz spoodle.
6. Store in cooler until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.168
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP(1/2)

Amount Per Serving

Calories	9.38**		
Fat	0.00g**		
SaturatedFat	0.00g**		
Trans Fat	0.00g**		
Cholesterol	0.00mg**		
Sodium	0.00mg**		
Carbohydrates	2.42g**		
Fiber	0.50g**		
Sugar	1.25g**		
Protein	0.17g**		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	0.00mg**	Iron	0.30mg**

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

SMOTHERED BURRITO

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 BURRITO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9347
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN IW 96-4.5Z	100 Each		124363
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	18 3/4 Cup		135271
SAUCE ENCHILADA MILD 4-1GAL GRSZ	18 3/4 Cup		598461

Preparation Instructions

1. Spray pan with release spray
2. Spread 1 cup of enchilada sauce on bottom of pan.
3. Place burritos in pan on top of sauce. Drizzle with 1 cup of enchilada sauce.
4. Spread 2 cups of cheese sauce on top of burritos, swirl sauces. Make sure ends of burritos are covered in sauce.
5. Bake at 400 degrees for 16-19 minutes until temp is reached.
6. Serve 1 burrito

Meal Components (SLE)

Amount Per Serving

Meat	1.013
Grain	0.444
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 BURRITO

Amount Per Serving

Calories	144.83
Fat	7.25g
SaturatedFat	4.26g
Trans Fat	0.00g
Cholesterol	17.22mg
Sodium	457.95mg
Carbohydrates	11.33g
Fiber	2.00g
Sugar	0.98g
Protein	7.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.75mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ PORK

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10004
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLD BBQ W/O SCE 2- 5# RICH	26 1/2 Pound	BAKE 1. KEEP FROZEN. 2. THAW UNDER REFRIGERATION. 3. DO NOT REFREEZE. 4. HEAT AND SERVE. HEATING INSTRUCTIONS: 1. THAW PRODUCT UNDER REFRIGERATION 12 - 16 HOURS. 2. PLACE IN BOILING WATER FOR APPROXIMATELY 45 MINUTES OR UNTIL PRODUCT ACHIEVES AN INTERNAL TEMPERATURE OF 165 F (75 C). MODE D'EMPLOI: 1. GARDER CONGELÉ. 2. DEGELER AU REFRIGÉRATEUR. 3. NE PAS RECONGELER. 4. CUIRE ET SERVIR. INSTRUCTIONS DE CUISSON: 1. DEGELER LE PRODUIT AU REFRIGÉRATEUR PENDANT 12 A 16 HEURES. 2. METTRE DANS L'EAU BOUILLANTE POUR AU MOINS 45 MINUTES OU JUSQU'À LA TEMPÉRATURE INTERNE ATTEINDRE 165 F (175 C).	351472
SAUCE BBQ HICKR SMK 4- 1GAL KENS	16 1/2 Cup		188972

Preparation Instructions

1. Thaw pork 2 days prior to service following HACCP procedures
2. Spray pan with release spray
3. Remove defrosted pork from the bag and place in a 4 inch full pan
4. Add 3 cups of BBQ sauce per bag and mix well
5. Cover and put in steamer for 30 minutes or until temp is reached
5. Serve 1/2 cup

Meal Components (SLE)

Amount Per Serving

Meat	2.830
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1/2 cup

Amount Per Serving

Calories	196.96
Fat	5.94g
SaturatedFat	2.12g
Trans Fat	0.00g
Cholesterol	67.84mg
Sodium	1164.08mg
Carbohydrates	13.20g
Fiber	0.00g
Sugar	10.56g
Protein	21.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 18.48mg	Iron 1.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

BROCCOLI WITH CHEESE

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 CUP(1/2)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9508

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 KE	18 Pound		359010
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup		135261

Preparation Instructions

1. Pour sauce into pan
2. Steam for 10-12 minutes, or until temp is reached
3. Place perforated pan into non-perforated pan
4. Place broccoli in perforated pan
5. Steam for 6-8 minutes, or until done
6. Drain water well
7. Add cheese sauce to cooked broccoli
8. Cover and hold in warmer no longer than 10 minutes before serving time

Meal Components (SLE)

Amount Per Serving

Meat	0.042
Grain	0.000
Fruit	0.000
GreenVeg	0.240
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP(1/2)

Amount Per Serving

Calories	11.42
Fat	0.42g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	1.25mg
Sodium	26.52mg
Carbohydrates	1.41g
Fiber	0.72g
Sugar	0.24g
Protein	1.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.36mg	Iron 0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

**Cookbook for WILLIAM MONROE ROWLETT
ELEMENTARY**

Created by HPS Menu Planner

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HAM AND CHEESE SANDWICH

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8468
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	3 Slice	Thaw ham in refrigerator	690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN HAMB GOURM WGRAIN 4 10-12CT	1 Each		263191

Preparation Instructions

1. Layout bread
2. Place 3 slices of ham on bread
3. Place 1 slice of cheese on top of ham
4. Top with bread
5. Hold in cooler until service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	308.11
Fat	10.67g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	63.81mg
Sodium	573.60mg
Carbohydrates	30.07g
Fiber	2.00g
Sugar	6.05g
Protein	22.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.50mg	Iron 2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALAD, CHEF

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8722

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CUCUMBER SELECT 6CT MRKN	1/4 Cup	Wash and Slice	592323
TOMATO 5X6 XL 5 MRKN	1/4 Cup	Wash and wedge	438197
CHEESE CHED MLD SHRD 4-5 LOL	3 Tablespoon		150250
TURKEY HAM SLCD .5Z 12-1.5 JENNO	2 Slice	THAW Keep product frozen at 0 degrees F. or below until ready to use. Defrost product slowly and thoroughly in refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages to use sliced meat in various sandwich applications.	839760
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541

Preparation Instructions

1. Rinse tomatoes and cucumbers under running water
2. Place 2 cups of lettuce into salad container
3. Stack ham and turkey, roll, and then slice into 4 pieces
4. Place rolled meat onto middle of salad
5. Place 2 tomato wedges in one corner
6. Place 3 cucumber slices in opposite corner

7. Sprinkle 3 Tablespoon of shredded cheese on top of salad
8. Close container and hold in refrigerator until serve
- ** May add 1/8 cup vegetable for added color
9. Serve 1 Salad

Meal Components (SLE)

Amount Per Serving

Meat	2.430
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	206.34		
Fat	11.05g		
SaturatedFat	5.61g		
Trans Fat	0.00g		
Cholesterol	66.06mg		
Sodium	462.59mg		
Carbohydrates	9.00g		
Fiber	2.63g		
Sugar	4.83g		
Protein	19.50g		
Vitamin A	388.50IU	Vitamin C	6.53mg
Calcium	187.83mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALAD, GRILLED CHICKEN CAESAR

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8724

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
CHEESE PARM GRTD 4- 5 PG	1 Tablespoon		445401

Preparation Instructions

Cook and cool patties following HACCP and manufactures instructions.

1. Lay out containers
2. Place 2 cups of lettuce in each container
3. Cut a grilled patty into strips and place on top of lettuce
4. Sprinkle with 1 tablespoon of parm cheese
5. Close container and hold in refrigerator until service

** May sub 1 cup of spinach in place of 1 cup of romaine

** May add 1/8 cup of vegetables for added color

6. Serve with Caesar dressing

7. Serve 1 Salad

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	150.00
Fat	3.25g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	352.50mg
Carbohydrates	5.00g
Fiber	2.00g
Sugar	2.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 68.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

YOGURT PARFAIT

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8720

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	25 Quart		881161
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	50 Cup	Thaw strawberries in refrigerator	621420
CEREAL GRANOLA ORIG 4- 50Z FLDSTONE	50 Cup	READY_TO_EAT Ready to eat or add to yogurt, serve as cold or hot cereal, add as binder for cookies, toppings for pies or create your own Granola Bars	230462

Preparation Instructions

1. Lay out cups
 2. Portion 1/2 cup yogurt into the bottom of each cup
 3. Place 1/2 cup of fruit on yogurt
 4. Portion 1/2 cup yogurt on fruit
 5. Place lids on cups
 6. Bag 1/2 cup granola
- * May substitute fruit
7. Serve 1 parfait with bag of granola

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	453.96
Fat	8.99g
SaturatedFat	2.49g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	276.79mg
Carbohydrates	81.81g
Fiber	5.50g
Sugar	41.87g
Protein	14.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 328.96mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

YOGURT MUFFIN AND CHEESE PLATE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PLATE	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9124
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Cup	READY_TO_EAT READY_TO_EAT	885750
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
MUFFIN TOP BLUEB WGRAIN IW 48-3.1Z	1 Cup		548921
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Cup		786801

Preparation Instructions

1. Wash and wedge oranges into 4
 2. Lay out containers
 3. Place 1 muffin, 1 yogurt, 1 cheese stick, and 4 wedges in containers
 4. Shut containers
- *May substitute 1/2 cup of an alternate fruit. My substitute alternate yogurt

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PLATE

Amount Per Serving

Calories	424.10
Fat	10.25g
SaturatedFat	3.05g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	395.00mg
Carbohydrates	67.50g
Fiber	4.25g
Sugar	31.00g
Protein	16.95g
Vitamin A 207.00IU	Vitamin C 43.65mg
Calcium 357.00mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

TURKEY AND CHEESE HOAGIE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9122
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

1. Lay out hoagie buns
2. Place 4 folded slices of turkey on each bun
3. Cut slices of cheese in half and place on top of meat
4. Shut hoagie. Wrap or pit in a hoagie container
5. Hold in refrigerator until time of service
6. Serve 1 Sandwich

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	222.59
Fat	4.84g
SaturatedFat	1.92g
Trans Fat	0.00g
Cholesterol	21.29mg
Sodium	500.17mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	4.00g
Protein	16.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.50mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM AND CHEESE HOAGIE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9123
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

1. Lay out hoagie buns
2. Place 4 folded slices of ham on each bun
3. Cut slices of cheese in half and place on top of meat
4. Shut hoagie. Wrap or put in a hoagie container
5. Hold in refrigerator until time of service
6. Serve 1 Sandwich

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	372.47
Fat	14.06g
SaturatedFat	4.48g
Trans Fat	0.00g
Cholesterol	82.59mg
Sodium	836.47mg
Carbohydrates	33.10g
Fiber	2.00g
Sugar	6.73g
Protein	28.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.50mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

LETTUCE AND TOMATO CUP

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8345
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	100 Cup		242489
TOMATO 5X6 XL 5 MRKN	25 Cup	Wash and dice	438197

Preparation Instructions

1. Lay out salad cups
2. Measure 1 cup of lettuce into each cup
3. Add 1/4 cup diced tomatoes to each cup
4. Sprinkle with 1/4 cup shredded cheese

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	18.10		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.25mg		
Carbohydrates	3.75g		
Fiber	1.55g		
Sugar	2.25g		
Protein	0.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	14.50mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

NACHO/TACO MEAT



Servings:	100.00	Category:	Entree
Serving Size:	1.00 2.2oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8597

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	13 3/4 Pound	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
SEASONING TACO MIX 6-9Z LAWR	1 3/8 Package		159204

Preparation Instructions

1 Bag of Beef Crumbles = 36 servings

1. Place a bag of beef crumbles in steam table pan
2. Heat beef crumbles for 10-15 minutes
3. Add 1/2 a packet of seasoning and 3 cups of water to pan
4. Continue steaming for 10 minutes or until the temperature has reached 145 degrees
5. Serve each student 2.2oz (weight) serving which equals approxiamtely 1/2 cup

Meal Components (SLE)

Amount Per Serving

Meat	2.200
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 2.2oz

Amount Per Serving

Calories	121.14		
Fat	7.70g		
SaturatedFat	3.30g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	135.17mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEESY REFRIED BEANS



Servings:	35.00	Category:	Vegetable
Serving Size:	1.00 CUP (2/3)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8596

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	1 2/3 #10 CAN		293962
CHEESE CHED MLD SHRD 4-5 LOL	3 1/3 Cup		150250

Preparation Instructions

1 Pan = 24 servings

1. Spray hotel pan with spray release
2. Spread 1 can of beans into a pan
3. Bake at 350 degrees for 5-10 minutes and then stir
4. Sprinkle with 2 cups of cheese
5. Continue to bake at 350 degrees until cheese has melt and temperature has reached of at least 145 degrees
6. Serve 2/83cup or a #10 scoop

Meal Components (SLE)

Amount Per Serving

Meat	2.834
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.613
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 CUP (2/3)

Amount Per Serving

Calories	213.62
Fat	5.88g
SaturatedFat	2.90g
Trans Fat	0.00g
Cholesterol	11.42mg
Sodium	722.52mg
Carbohydrates	28.60g
Fiber	7.36g
Sugar	1.23g
Protein	12.48g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.94mg	Iron 2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

LASAGNA

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-8344
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP CHS WGRAIN 120-3.65Z	100 Each		232960
SAUCE SPAGHETTI 6-10 GCHC	30 Cup		144207
CHEESE MOZZ SHRD 4-5 LOL	10 Cup		645170

Preparation Instructions

2in hotel pan = 20 Lasagna Rolls

1. Spray hotel pans with pan release
2. Scoop 3 cups of sauce per pan into bottom of hotel pan
3. Lay out 20 slices of lasagna in each pan
4. Cover with an additional 3 cups of sauce
5. Cover with aluminum foil
6. Bake at 375 degrees for 30-40 minutes if frozen, 20-25 minutes if thawed
(Or Cover with plastic wrap and then aluminum foil and steam for 10-15 minutes)
7. Sprinkle each pan with 2c ups of cheese
8. Return to oven for 3-5 minutes or until temp is reached
9. Serve 1 lasagna roll

Meal Components (SLE)

Amount Per Serving

Meat	1.900
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	274.00
Fat	5.90g
SaturatedFat	3.40g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	522.00mg
Carbohydrates	35.80g
Fiber	3.80g
Sugar	8.60g
Protein	15.60g
Vitamin A 300.00IU	Vitamin C 6.00mg
Calcium 294.00mg	Iron 1.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

MINI ROMAINE SALAD

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8346
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
TOMATO 5X6 XL 5 MRKN	25 Cup	Wash and dice	438197
CUCUMBER SELECT 6CT MRKN	25 Cup	Wash and slice	592323

Preparation Instructions

1. Lay out salad cups
2. Measure 1 cup of romaine into each cup
3. Add 1/4 cup diced tomatoes to each cup
4. Add 2 slices of cucumber to each cup

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	20.05		
Fat	0.13g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	4.25g		
Fiber	1.63g		
Sugar	2.50g		
Protein	1.48g		
Vitamin A	388.50IU	Vitamin C	6.53mg
Calcium	22.58mg	Iron	0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

TOAST

NO IMAGE

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8315
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 OZ WGR SANDWICH BREAD (21C)	100 Slice		1292
BUTTER BLND SLD EURO ZT 36-1 SUNGLW	2 Cup	READY_TO_EAT Ready to use.	648560

Preparation Instructions

1. Melt margarine
2. Line sheet pan
3. Lay out slices of bread
4. Brush margarine on to bread
5. Bake at 350 degrees for 4-6 minutes or until toasted
6. Hold in warmer until serving time
7. Serve 1 Slice as 1 Grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	102.00		
Fat	4.84g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	102.20mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HONEY GLAZED CARROTS

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 CUP(1/2)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8726

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C 12-2 GCHC	50 Cup		175706
HONEY SQZ BTL 16Z 4-3CT GCHC	2 Cup		217523
MARGARINE SLD 30-1 GCHC	4 Tablespoon		733061
LEMON JUICE 100 12-32FLZ GCHC	8 Tablespoon		311227

Preparation Instructions

1. Steam carrots until tender in perforated pan
2. Combine lemon juice and honey in bowl
3. Placed cooked carrots in a hotel pan, gently mix in margarine and lemon juice/honey mixture
4. Serve 1/2 cup or #8 disher

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.373
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP(1/2)

Amount Per Serving

Calories	45.59		
Fat	0.44g		
SaturatedFat	0.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	37.98mg		
Carbohydrates	10.66g		
Fiber	1.49g		
Sugar	8.43g		
Protein	0.00g		
Vitamin A	30.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

MINI ROMAINE SALAD

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8730
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
TOMATO 5X6 XL 5 MRKN	25 Cup	Wash and dice	438197
CUCUMBER SELECT 6CT MRKN	25 Cup	Wash and slice	592323

Preparation Instructions

1. Lay out salad cups
2. Measure 1 cup of romaine into each cup
3. Add 1/4 cup diced tomatoes to each cup
4. Add 2 slices of cucumber to each cup

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	40.10		
Fat	0.25g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	8.50g		
Fiber	3.25g		
Sugar	5.00g		
Protein	2.95g		
Vitamin A	777.00IU	Vitamin C	13.06mg
Calcium	45.16mg	Iron	1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

ITALIAN MEAT SAUCE

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 CUP (2/3)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8973
School:	WILLIAM MONROE ROWLETT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	224 Ounce	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
TOMATO DCD PETITE 6-10 GCHC	4 Quart		498871
SPICE PEPR BLK REST GRIND 16Z TRDE	2 3/4 Teaspoon		225061
SAUCE SPAGHETTI 6-10 GCHC	2 3/4 #10 CAN		144207
SEASONING ITAL HRB 6Z TRDE	10 1/4 Tablespoon		428574
SPICE GARLIC GRANULATED 24Z TRDE	6 1/4 Tablespoon		513881
ONION DEHY CHPD 14Z BADIA	2 Cup		430962

Preparation Instructions

1. Place beef in steam table pans
2. Steam for 15-18 minutes
3. Combine spaghetti sauce, diced tomatoes, seasonings, and onions in steam table pan
4. Add beef crumbles to sauce and steam for 20-30 minutes until temp is reached
5. Cover and hold in warmer until serving time
6. Serve 2/3 cup or #6 disher

Meal Components (SLE)

Amount Per Serving

Meat	2.240
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.516
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP (2/3)

Amount Per Serving

Calories	192.02
Fat	7.85g
SaturatedFat	3.36g
Trans Fat	0.00g
Cholesterol	28.00mg
Sodium	547.90mg
Carbohydrates	13.27g
Fiber	2.56g
Sugar	6.34g
Protein	13.76g
Vitamin A 0.20IU	Vitamin C 0.84mg
Calcium 23.50mg	Iron 2.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

CINNAMON APPLES

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 CUP (2/3)	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-8898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	4 2/3 #10 CAN		117773
FLOUR ULTRGR 25# ARDENT	1 2/3 Cup		620851
SUGAR BROWN LT 25# DOMN	4 Pound		431526
SPICE CINNAMON GRND 18Z MCORM	6 Tablespoon		127321
BUTTER BLND SLD EURO ZT 36-1 SUNGLW	2 Pound	READY_TO_EAT Ready to use.	648560
STARCH CORN 24-1 ARGO	8 1/2 Tablespoon		108413

Preparation Instructions

1. Spray one 4in hotel pan with release spray
2. Add apples to pan
3. Mix aall dry ingredients together
4. Chunk margarine into 1/2 inch chunks
5. Stir dry ingredients into apples
6. Add chunked margarine and cover with foil
7. Bake 45 minutes at 350 degrees
8. Take out of oven, stir, and bake uncovered for 15 minutes more
9. Serve 2/3 Cup or #6 disher

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.300
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP (2/3)

Amount Per Serving

Calories	67.60		
Fat	0.25g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.89mg		
Carbohydrates	15.70g		
Fiber	2.53g		
Sugar	11.03g		
Protein	0.06g		
Vitamin A	0.46IU	Vitamin C	0.01mg
Calcium	1.88mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

SLOPPY JOE

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 CUP(2/3)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2853
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD R/SOD 8-5# ADV	18 Pound		128911
SAUCE SLOPPY JOE 4-10 MANWICH	1 4/5 #10 CAN	Add 1 can of Manwich to 10# of meat. Heat to a minimum of 135 degrees F and hold for serving.	860166

Preparation Instructions

1. Place beef crumbles in steam table pans
2. Steam for 15-18 minutes or until it reaches temp
3. Mix in sauce. Reheat until temp is met
4. Hold in warmer until service
5. Serve 2/3 cup Sloppy Joe meat on bun

Meal Components (SLE)

Amount Per Serving

Meat	2.620
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP(2/3)

Amount Per Serving

Calories	189.68		
Fat	9.16g		
SaturatedFat	3.93g		
Trans Fat	0.00g		
Cholesterol	39.27mg		
Sodium	537.40mg		
Carbohydrates	10.07g		
Fiber	0.93g		
Sugar	5.59g		
Protein	15.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.18mg	Iron	2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

SWEETENED STRAWBERRIES

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 CUP(1/2)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9792
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	16 4/5 Pound	Thaw strawberries in refrigerator.	621420
SUGAR CANE GRANUL XTRA FINE 25# P/L	6 Cup		842071
24-PURIFIED WATER CUSTOM 12Z TWIST	2 Quart		955083

Preparation Instructions

1. Bring water to a boil. Add sugar and stir to create simple sugar.
2. Cool syrup.
3. Open container of thawed strawberries and pour into a large bowl.
4. Add syrup to strawberries and mix well.
5. Portion into cups using a #8 disher or a 4oz spoodle.
6. Store in cooler until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.168
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP(1/2)

Amount Per Serving

Calories	9.38**		
Fat	0.00g**		
SaturatedFat	0.00g**		
Trans Fat	0.00g**		
Cholesterol	0.00mg**		
Sodium	0.00mg**		
Carbohydrates	2.42g**		
Fiber	0.50g**		
Sugar	1.25g**		
Protein	0.17g**		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	0.00mg**	Iron	0.30mg**

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

SMOTHERED BURRITO

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 BURRITO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9347
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN IW 96-4.5Z	100 Each		124363
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	18 3/4 Cup		135271
SAUCE ENCHILADA MILD 4-1GAL GRSZ	18 3/4 Cup		598461

Preparation Instructions

1. Spray pan with release spray
2. Spread 1 cup of enchilada sauce on bottom of pan.
3. Place burritos in pan on top of sauce. Drizzle with 1 cup of enchilada sauce.
4. Spread 2 cups of cheese sauce on top of burritos, swirl sauces. Make sure ends of burritos are covered in sauce.
5. Bake at 400 degrees for 16-19 minutes until temp is reached.
6. Serve 1 burrito

Meal Components (SLE)

Amount Per Serving

Meat	1.013
Grain	0.444
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 BURRITO

Amount Per Serving

Calories	144.83
Fat	7.25g
SaturatedFat	4.26g
Trans Fat	0.00g
Cholesterol	17.22mg
Sodium	457.95mg
Carbohydrates	11.33g
Fiber	2.00g
Sugar	0.98g
Protein	7.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.75mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

GRILLED CHEESE

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2227
School:	Rowlett Middle Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Slice	Ready to eat	710650
CHEESE AMER 160CT SLCD 6-5 COMM	400 Slice	Ready to eat	150260
MARGARINE SLD 30-1 GCHC	1 1/2 Cup		733061

Preparation Instructions

1. Brush about 1Tbsp of margarine on each sheet pan. Save the rest of the margarine.
2. Place 20 slices of read on each pan, 5 down and 4 across.
3. Top each slice of bread with 4 slices of cheese.
4. Cover with remaining bread slices.
5. Brush top of sandwiches with remaining margarine, about 3Tbsp per pan.
6. Bake at 350 degrees for 10-15 minutes or until lightly browned. Do NOT overbake,
7. Hold in warmer until servie.
8. Cut diaginally in half before service.
9. Serve 1 Sandwich

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	384.00
Fat	22.64g
SaturatedFat	11.08g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1126.40mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 180.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BAKED ZITI

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9495

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	10 1/2 Pound	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
PASTA PENNE RIGATE 51 WGRAIN 2-10	6 3/5 Pound		221482
SAUCE SPAGHETTI VINE RIPE 6-10 KE	1 3/4 #10 CAN		247001
TOMATO DCD PETITE 6-10 GCHC	1/2 #10 CAN	Drain	498871
SEASONING GARLIC HRB NO SALT 19Z TRDE	3 Tablespoon		565164
CHEESE PARM GRTD 4-5 PG	2 1/4 Cup		445401
CHEESE MOZZ SHRD 4-5 LOL	3 3/10 Pound		645170

Preparation Instructions

1. Cook beef crumbles following instruction.
2. Add tomatoes, spaghetti sauce, and seasoning and mix well
3. Prepare pasta according to package directions, omitting salt. Drain.
5. Spray 2 steamtable pans (12" x 20" x 2 1/2") with pan release spray.
6. Pour enough meat sauce in each pan to lightly cover bottom of container. Then mix the remainder of the meat sauce with the cooked pasta.
7. Pour half of the meat/pasta mixture in each pan. Spoon cheese mixture into pan and mix and then spread the remaining evenly over meat/pasta mixture.
8. Then top with the remaining meat/pasta mixture and cover with foil.
9. Bake in preheated convection oven at 325 degrees for 45 minutes. CCP: Heat to 165 degrees F or higher for at least 15 seconds.
10. Remove pans from oven and uncover. Top with remaining mozzarella cheese. CCP: Hold for hot service at 135 degrees F or higher.
11. Serve with 8 oz spoodle or scoop.

Meal Components (SLE)

Amount Per Serving

Meat	2.208
Grain	1.056
Fruit	0.000
GreenVeg	0.000
RedVeg	0.065
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	274.23
Fat	9.85g
SaturatedFat	4.55g
Trans Fat	0.00g
Cholesterol	28.92mg
Sodium	538.63mg
Carbohydrates	28.16g
Fiber	3.60g
Sugar	5.67g
Protein	17.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.06mg	Iron 2.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

BOOM BOOM CHICKEN

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1000 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM 4- 1GAL KENS	12 1/2 Cup		877930

Preparation Instructions

1. Bake chicken at 350 degrees for 6-8 minutes until internal temp of 145 degrees is reached
2. Place bowls onto sheet pan
3. Remove chicken from oven and place in large mixing bowls
4. Add boom boom sauce and toss well to coat chicken (3 1/8 cup per bag)
5. Place chicken in hotel pan and put in warmer until service. Do not hold for more than 1/2 hour to preserve quality.
6. Serve 10 pieces of chicken
7. May serve on top of 1 cup of Romaine lettuce

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	410.00
Fat	29.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	800.00mg
Carbohydrates	19.00g
Fiber	3.00g
Sugar	2.00g
Protein	19.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

BROCCOLI WITH CHEESE

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 CUP(1/2)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9508

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 KE	18 Pound		359010
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup		135261

Preparation Instructions

1. Pour sauce into pan
2. Steam for 10-12 minutes, or until temp is reached
3. Place perforated pan into non-perforated pan
4. Place broccoli in perforated pan
5. Steam for 6-8 minutes, or until done
6. Drain water well
7. Add cheese sauce to cooked broccoli
8. Cover and hold in warmer no longer than 10 minutes before serving time

Meal Components (SLE)

Amount Per Serving

Meat	0.042
Grain	0.000
Fruit	0.000
GreenVeg	0.240
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 CUP(1/2)

Amount Per Serving

Calories	11.42
Fat	0.42g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	1.25mg
Sodium	26.52mg
Carbohydrates	1.41g
Fiber	0.72g
Sugar	0.24g
Protein	1.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.36mg	Iron 0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available