

Cookbook for Westview Jr.-Sr. High School

Created by HPS Menu Planner

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Mini Waffles or Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34157
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831

Preparation Instructions

Heat & Serve: Heat frozen in oven-able pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

NOTE: DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	206.67
Fat	6.33g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	226.67mg
Carbohydrates	36.00g
Fiber	3.67g
Sugar	11.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.67mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Breakfast Bar

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34158
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each		194041
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each		265891
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each		268690
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each		262103
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each		265901

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	153.75
Fat	3.88g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.63mg
Carbohydrates	28.50g
Fiber	2.88g
Sugar	10.75g
Protein	2.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 146.25mg	Iron 1.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar

Servings:	106.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9497
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	14 Pound		735787
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	3 Pound		100187
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 1/2 Pound	UNSPECIFIED Not currently available	570533
CHEESE CHED MLD SHRD 4-5 LOL	3 1/2 Pound		150250
EGG HRD CKD DCD IQF 4-5 GCHC	4 1/2 Pound		192198
TOMATO 4X5 VINE-RIPENED 40CT MRKN	2 Pound		703788
OLIVE GRN SLCD GRN 4-1GAL GCHC	3/4 Cup		275263
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	3 Cup		324531
PEPPERS BAN RING MILD 4-1GAL GCHC	3 Cup		466220
CARROT BABY WHL PETITE 4-5 RSS	1 Cup		768146
PEPPERS GREEN LRG 5 MRKN	2 Cup		592315
CUCUMBER SELECT 24CT MRKN	3 Cup		418439
380 - Aunt Millie's WG Honey White Bread	11 Each		380
CROUTON CHS GARL WGRAIN 250-.5Z	70 Package		661022
Ranch Spikerz Cracker	7 pouch		51210
BACON BIT IMIT FLVRD 1-10 KE	1 Cup		293628
SEED SUNFLWR RSTD SLTD 4-4 GFS	1 Cup		337910
CHEESE COTTAGE SML FF 4-5 RGNLBRND	1 Gallon		599034
DRESSING RNCH BTRMLK PKT 120-1.5Z	110 Each		266523

Description	Measurement	Prep Instructions	DistPart #
DRESSING FREN HNY PKT 120-1.5Z MARZ	6 Each		266515
DRESSING POPPYSEED 60-1.5FLZ PMLL	3 Each		832190
DRESSING HNY DIJON MSTRD 60-1.5Z MARZ	3 Each		250092

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.732
Grain	0.500
Fruit	0.000
GreenVeg	0.396
RedVeg	0.052
OtherVeg	0.185
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 106.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	472.31
Fat	36.51g
SaturatedFat	8.98g
Trans Fat	0.00g
Cholesterol	119.11mg
Sodium	1094.67mg
Carbohydrates	19.81g
Fiber	1.85g
Sugar	7.55g
Protein	19.49g
Vitamin A 142.84IU	Vitamin C 3.82mg
Calcium 176.05mg	Iron 2.41mg

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Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg, & Cheese Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34162
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	2 Tablespoon		814781
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	2 Tablespoons	150250
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700

Preparation Instructions

Place egg patty on pans. Bake at 350 for 8 - 10 min. Put shredded cheese and bacon on bottom tortilla. Wrap burrito/Assemble and hold in warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	337.20
Fat	16.68g
SaturatedFat	8.12g
Trans Fat	0.00g
Cholesterol	120.60mg
Sodium	575.80mg
Carbohydrates	31.52g
Fiber	4.00g
Sugar	2.00g
Protein	17.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 166.48mg	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

Sausage, Egg, & Cheese Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34161
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	2 Tablespoons	150250

Preparation Instructions

Place egg patty and sausage on pans. Bake at 350 for 8 - 10 min. Put shredded cheese on bottom tortilla. Wrap burrito/Assemble and hold in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	347.20
Fat	17.68g
SaturatedFat	8.12g
Trans Fat	0.00g
Cholesterol	140.60mg
Sodium	445.80mg
Carbohydrates	31.52g
Fiber	4.00g
Sugar	2.00g
Protein	17.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 166.48mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	4.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34156
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each		279991
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	190.00
Fat	7.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	151.25mg
Carbohydrates	30.50g
Fiber	1.50g
Sugar	15.25g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.75mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg, & Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34159
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each		687131

Preparation Instructions

Place egg patty on pans with bacon on top. Bake at 350 for 8 - 10 min. Put 1 slice of cheese on bottom muffin. Assemble sandwich and hold in warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	285.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	815.01mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 189.50mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34160
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each		687131

Preparation Instructions

Place egg patty and sausage on pans. Bake at 350 for 8 - 10 min. Put 1 slice of cheese on bottom muffin. Assemble sandwich and hold in warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	295.00
Fat	14.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	137.50mg
Sodium	695.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 189.50mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Soup

Servings:	672.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21756

Ingredients

Description	Measurement	Prep Instructions	DistPart #
2% Milk	16 Gallon		
SPICE ONION SALT 36Z TRDE	1/2 Cup		224979
BUTTER PRINT SLTD GRD AA 36-1 GCHC	4 1/2 Pound		191205
SALT IODIZED 25 CARG	3/4 Cup		108286
SPICE CELERY SALT 32Z TRDE	3/4 Cup		231517
SPICE PEPR BLK REG FINE GRIND 16Z	3/4 Cup		225037
HASHBROWN SHRD IQF 6-3 GCHC	18 Package		316334
BACON TOPPING 1 DCD 10 HRML	20 Pound		827002
STARCH CORN 24-1 ARGO	3 Pound		108413
CHEESE AMER 160CT SLCD 6-5 COMM	15 Pound		150260

Preparation Instructions

Heat 15 gallon Milk and Butter, add seasonings, potatoes and bacon. Heat to 190 degrees . Mix corn starch with 1 gallon milk and add to milk. Bring to boil. turn heat off and add cheese slices stirring frequently. Only use kettle on a low heat.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.125

Nutrition Facts

Servings Per Recipe: 672.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	208.09
Fat	11.88g
SaturatedFat	6.41g
Trans Fat	0.00g
Cholesterol	47.27mg
Sodium	799.21mg
Carbohydrates	14.20g
Fiber	0.86g
Sugar	5.64g
Protein	11.00g
Vitamin A 6.07IU	Vitamin C 1.62mg
Calcium 75.51mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatballs with Marinara Sauce

Servings:	53.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34182
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD BF 1Z 4-5 GCHC	10 Pound		465761
SAUCE SPAGHETTI FCY 6-10 REDPK	1 #10 CAN		852759

Preparation Instructions

Conventional Oven: Pre-heat oven to 350 degrees F. Place frozen meatballs on a cookie sheet and bake for approximately 25 minutes or until internal temperature reaches 165 degrees F. For thawed meatballs, reduce baking time by 5 minutes.

Stove Top: Place frozen meatballs in a non-stick skillet Add your favorite sauce or gravy. Simmer on medium heat for approximately 35 minutes or until internal temperature reaches 165 degrees F. For thawed meatballs, reduce heating time by approximately 5 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	295.04		
Fat	20.13g		
SaturatedFat	8.05g		
Trans Fat	1.01g		
Cholesterol	40.25mg		
Sodium	968.14mg		
Carbohydrates	13.05g		
Fiber	3.68g		
Sugar	4.34g		
Protein	15.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.92mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10431
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	3 Package		183910
Tap Water for Recipes	1 1/2 Gallon	Boiling	00001WTR
SALSA 103Z 6-10 REDG	1 1/2 #10 CAN		452841
SOUR CREAM IMIT HY-DERV 4-5 KE	2 1/2 Pound		438529

Preparation Instructions

- 1: Pour 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: Mix in salsa and sour cream, stir, and serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	257.91		
Fat	5.29g		
SaturatedFat	4.28g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	927.02mg		
Carbohydrates	39.74g		
Fiber	10.10g		
Sugar	2.81g		
Protein	10.10g		
Vitamin A	0.71IU	Vitamin C	1.00mg
Calcium	56.48mg	Iron	4.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Rodeo Wrap HS

Servings:	655.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10428
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK 4-1GAL GCHC	5 Gallon		426598
SAUCE BBQ 4-1GAL SWTBRAY	3 Gallon		655937
CHICKEN FAJITA STRIPS, COOKED, FROZEN	100 Pound		100117
Chicken, diced, cooked, frozen	40 Pound		100101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 655.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving			
Calories	310.25		
Fat	19.47g		
SaturatedFat	3.88g		
Trans Fat	0.00g		
Cholesterol	78.57mg		
Sodium	866.87mg		
Carbohydrates	12.96g		
Fiber	0.00g		
Sugar	12.37g		
Protein	18.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
