

Cookbook for Tippecanoe Valley Middle School

Created by HPS Menu Planner

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2 ct. Poptart Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15592
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	57.50mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15590
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	130.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	16.67g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Cheeseburger on Bun- MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19227
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

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	328.00		
Fat	14.00g		
SaturatedFat	5.10g		
Trans Fat	0.60g		
Cholesterol	46.50mg		
Sodium	589.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	4.50g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15575
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	Weight	202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each		282422

Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
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 Each

Amount Per Serving

Calories	384.82
Fat	15.99g
SaturatedFat	5.75g
Trans Fat	0.00g
Cholesterol	47.41mg
Sodium	689.20mg
Carbohydrates	37.00g
Fiber	3.00g
Sugar	4.00g
Protein	21.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15576
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TURKEY BRST DCD 2-5	2 Cup	Weigh	451300
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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 Each

Amount Per Serving

Calories	375.92
Fat	14.01g
SaturatedFat	5.26g
Trans Fat	0.00g
Cholesterol	40.41mg
Sodium	751.02mg
Carbohydrates	38.53g
Fiber	3.00g
Sugar	4.00g
Protein	23.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 3.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15578
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	Weigh	100117
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Each		818222
Salsa, Low-Sodium, Canned	1/4 Cup		100330
Corn, Whole Kernel, Frozen, No Salt added	1/4 Cup		100348

Preparation Instructions

Add additional vegetables as desired.
Serve with dressing packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	414.50
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	57.00mg
Sodium	533.50mg
Carbohydrates	46.00g
Fiber	8.00g
Sugar	6.50g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15580
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	353.33
Fat	13.00g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	956.67mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	1.00g
Protein	23.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.24mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15579
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.614
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.72
Fat	16.54g
SaturatedFat	6.46g
Trans Fat	0.00g
Cholesterol	93.43mg
Sodium	1337.45mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	1.00g
Protein	30.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15581
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

Serve with ranch packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.358
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	581.00
Fat	28.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	122.00mg
Sodium	2253.00mg
Carbohydrates	37.00g
Fiber	4.00g
Sugar	2.00g
Protein	41.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15583
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	5 Pound		100117
CELERY STALK 24 SZ 6CT MRKN	3 Cup		170895
SAUCE HOT REDHOT 12-23FLZ FRNKS	1 1/2 Cup		557609
CHEESE CHED MLD SHRD 4-5 LOL	5 Cup		150250
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	20 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 ½ c. buffalo sauce

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

¼ c. shr. cheese

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	456.14
Fat	18.74g
SaturatedFat	9.87g
Trans Fat	0.00g
Cholesterol	117.06mg
Sodium	2031.93mg
Carbohydrates	37.95g
Fiber	4.30g
Sugar	2.65g
Protein	34.31g
Vitamin A 803.63IU	Vitamin C 0.58mg
Calcium 366.44mg	Iron 2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Grab 'n Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15585
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
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	333.43		
Fat	13.00g		
SaturatedFat	4.57g		
Trans Fat	0.06g		
Cholesterol	45.00mg		
Sodium	850.17mg		
Carbohydrates	30.00g		
Fiber	2.70g		
Sugar	3.00g		
Protein	23.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.31mg	Iron	1.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Grab 'n Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15584
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.614
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	390.82		
Fat	16.54g		
SaturatedFat	5.86g		
Trans Fat	0.06g		
Cholesterol	93.43mg		
Sodium	1230.95mg		
Carbohydrates	30.00g		
Fiber	2.70g		
Sugar	3.00g		
Protein	30.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.31mg	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

Assorted Cereal (2 ounce)

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33149
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
Cinnamon Chex 2 oz. Bowl	1 Each		14883
Lucky Charms 2 oz. Bowl	1 Each		14884
Cocoa Puffs 2 oz. Bowl	1 Each		14885
Cinnamon Toast Crunch 2 oz. Bowl	1 Each		14886

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	3.75g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	305.00mg		
Carbohydrates	43.50g		
Fiber	3.17g		
Sugar	14.33g		
Protein	3.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.67mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Wrap Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33267
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	N/A	745370
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133
EGG HARD CKD PLD DRY PK 12- 12CT PAP	1 Each		853800
Variety of Fresh Vegetables	1/2 Cup	Combination of radish, carrots, cucumber, bell pepper, zucchini, whatever is available	

Preparation Instructions

Slice the veggies super thin (julienne).

Spread the hummus on the tortilla.

Layer the veggies on one side of the tortilla.

Roll the tortilla tightly and Cut into 4 equal sections. Package the rolls with the egg into a divided container.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.500
Fruit	0.000
GreenVeg	0.250
RedVeg	0.250
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	395.00
Fat	12.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	590.00mg
Carbohydrates	56.50g
Fiber	10.00g
Sugar	7.50g
Protein	19.00g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 225.00mg	Iron 5.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Charcuterie Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33272

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice	Roll each slice and cut in half	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	Roll each slice and cut in half	244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	Cut into quarters	100036
PEPPERONI SLCD 14-16/Z 2-5 GCHC	1 Each		729981
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package		893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
Variety of Fresh Vegetables	1/2 Cup		
Variety of Fresh Fruits	1/2 cup		

Preparation Instructions

Package together in a divided container

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	468.75
Fat	15.06g
SaturatedFat	5.56g
Trans Fat	0.00g
Cholesterol	69.38mg
Sodium	1103.81mg
Carbohydrates	54.31g
Fiber	7.00g
Sugar	19.50g
Protein	26.88g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 139.00mg	Iron 2.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup		811500
SEED SUNFLWR KERN 200-1Z KARS	1 Package		504180
GRANOLA BAG IW 144-1Z FLDSTN	1 Package		649742

Preparation Instructions

Package altogether in a divided container

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 BOX

Amount Per Serving

Calories	621.94
Fat	26.25g
SaturatedFat	3.37g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	249.70mg
Carbohydrates	85.13g
Fiber	4.00g
Sugar	23.42g
Protein	16.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 154.33mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

American Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33271

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice	Roll each slice and cut in half	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	Roll each slice and cut in half	244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	Cut into quarters	100036
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package		893711

Preparation Instructions

Package together in a divided container

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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 BOX

Amount Per Serving	
Calories	365.00
Fat	14.25g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	1055.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	2.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dipper's Delight Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33268

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package		893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

Preparation Instructions

Package altogether in a divided container.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	360.00
Fat	11.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	505.00mg
Carbohydrates	49.00g
Fiber	8.00g
Sugar	6.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 186.00mg	Iron 4.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34248
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package		498492
FRENCH TST MINI ORIG IW 72-3.03Z EGGO	1 Package		498442

Preparation Instructions

Preheat Convection oven to 350 °

Single layer on sheet pan lined with parchment paper.

CCP: Heat in convection oven from frozen for 8-10 minutes.

From thawed state 5 - 6 minutes

CCP: Hold in warming unit for no longer than 3 hours

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00
Fat	4.75g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	36.00g
Fiber	3.50g
Sugar	11.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	98.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34254
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	20 Pound		100352
SUGAR BROWN MED 25 GCHC	2 Cup		108626
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

Preparation Instructions

1. Spray two medium pans with Vegalene.
2. Put 10 lbs. of frozen carrots in each pan.
3. Wait to steam till it gets closer to serving time. Steam approximately 10-12 minutes. Stir, check temp.
4. Drain slightly, add 1 cup of Brown Sugar, 1/4 cup Butter to use pan.
5. Stir, cover with lid.
6. Put in heated pass thru

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.13		
Fat	2.80g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	24.10mg		
Sodium	61.14mg		
Carbohydrates	9.94g		
Fiber	2.01g		
Sugar	6.93g		
Protein	0.00g		
Vitamin A	122.45IU	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

Walking Taco-MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19233
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weigh	722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

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 Each

Amount Per Serving	
Calories	303.10
Fat	11.80g
SaturatedFat	2.80g
Trans Fat	0.29g
Cholesterol	34.00mg
Sodium	575.70mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	3.00g
Protein	15.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans with Queso- TVMS

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21375
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Package		722110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	186.11
Fat	5.33g
SaturatedFat	3.11g
Trans Fat	0.01g
Cholesterol	16.11mg
Sodium	393.39mg
Carbohydrates	22.11g
Fiber	5.44g
Sugar	1.08g
Protein	11.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.67mg	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

Turkey Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29266
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670
Turkey Breast Deli	3 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.387
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: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	295.66		
Fat	7.77g		
SaturatedFat	3.39g		
Trans Fat	0.00g		
Cholesterol	60.33mg		
Sodium	917.55mg		
Carbohydrates	29.89g		
Fiber	1.00g		
Sugar	1.50g		
Protein	24.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.00mg	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

BBQ Chicken on Bun

Servings:	320.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19126
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	40 Pound		100101
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	2 Gallon		547871
BASE CHIX 12-1 KE	3 Tablespoon		160790
SUGAR BEET GRANUL 50 GCHC	1 1/2 Quart		224413
Hamburger Buns	320 Each		1632

Preparation Instructions

1. Place 1/4 cup of BBQ Chicken mixture on each bun.

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: 320.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	275.47		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	480.26mg		
Carbohydrates	41.19g		
Fiber	1.00g		
Sugar	15.39g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11315
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
Minor's Zesty Orange Sauce RTI 4 x 0.5 gallon	15 Cup		33420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.640
Grain	0.320
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	166.69
Fat	4.54g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	6.98mg
Sodium	122.18mg
Carbohydrates	25.05g
Fiber	1.05g
Sugar	16.67g
Protein	4.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.52mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Backyard BBQ Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26654
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY 2-5	1 4/5 Ounce	Weight measurement. 1/4 cup or 2 ounce spoodle	801860
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup		119122
SAUCE BBQ SWEET 6-.5GAL GCHC	1/2 Teaspoon		786690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.414
Grain	0.500
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 Serving

Amount Per Serving

Calories	349.86		
Fat	18.29g		
SaturatedFat	8.61g		
Trans Fat	0.25g		
Cholesterol	63.64mg		
Sodium	817.55mg		
Carbohydrates	24.67g		
Fiber	1.03g		
Sugar	6.08g		
Protein	22.80g		
Vitamin A	11.88IU	Vitamin C	0.09mg
Calcium	314.38mg	Iron	1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans- MS

Servings:	224.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19223
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	6 #10 CAN		100364
SUGAR BROWN LT 12-2 GFS	4 Cup		314641
KETCHUP CAN NAT LO SOD 6-10 REDG	6 Cup	READY_TO_EAT None	200621
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup		223255
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	91.27		
Fat	0.65g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.86mg		
Carbohydrates	18.32g		
Fiber	3.25g		
Sugar	7.96g		
Protein	4.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26637
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	2 Each		740820
WAFFLE WGRAIN 144-1.3Z BKCRFT	2 Each		138652

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	370.00		
Fat	15.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	580.00mg		
Carbohydrates	39.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Viking Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34241
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	3 Ounce	Viking Burger	764720
Salsa, Low-Sodium, Canned	1 Tablespoon		100330
Shredded Mozzarella Cheese, Part Skim	1/4 Cup		100021
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

Cook Burgers

Top with salsa, then mozzarella cheese. Put in warmer long enough to melt cheese. Then put on a bun.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	445.00		
Fat	24.25g		
SaturatedFat	11.75g		
Trans Fat	0.00g		
Cholesterol	81.25mg		
Sodium	416.25mg		
Carbohydrates	27.00g		
Fiber	3.50g		
Sugar	5.50g		
Protein	27.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29166
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chili for Hot Do (TVHS)	1 Serving		R-19058
SAUCE CHS CHED POUCH 6-106Z LOL	1 Tablespoon		135261
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
BUN HOT DOG WGRAIN SLCD 144-6	1 Each		733411

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 Each

Amount Per Serving			
Calories	453.04		
Fat	26.71g		
SaturatedFat	9.34g		
Trans Fat	0.00g		
Cholesterol	62.41mg		
Sodium	1082.94mg		
Carbohydrates	33.98g		
Fiber	2.17g		
Sugar	8.73g		
Protein	18.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.06mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Taco

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34242
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	5 Pound		110730*
SAUCE BBQ SWEET 4-1GAL GCHC	1 1/2 Cup		435170
TORTILLA WHEAT 10 12-12CT MISSF - Mission Foods - M	20 Each		745370

Preparation Instructions

Cook pork according to package. Mix in 1 ½ cups BBQ sauce. Serve 4 ounce weight of pulled pork on tortilla shell.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	428.28
Fat	15.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	1020.00mg
Carbohydrates	46.00g
Fiber	4.24g
Sugar	11.40g
Protein	28.12g
Vitamin A 85.52IU	Vitamin C 0.64mg
Calcium 160.68mg	Iron 2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mango Slaw

Servings:	320.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34243
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MANGO CHUNKS FRSH 5 SPECLTY	15 Pound	Piazza# 7982	374683
ONION RED DCD 1/4 2-5 RSS	10 Pound	Piazza #4598	429201
PEPPERS YELLOW 20CT AVG 11 P/L	11 Pound	Piazza#6111	439746
PEPPERS JALAP SLCD 4-1GAL BAYVAL	10 Pound	Piazza#5252	794990
LIME 48CT MRKN	24 Each	Piazza#1622	197963
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	15 Pound	Piazza#0712	198226
CILANTRO CLEANED 4-1 RSS	1 Pound	Piazza#1490	219550

Preparation Instructions

Dice the jalapenos and yellow peppers. Chop the cilantro. Mix mango, onion, peppers, and cabbage together. Add enough lime juice to coat everything. Top with chopped cilantro. Gently mix together. Serve with a 4oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.375
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	25.52		
Fat	0.13g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	234.92mg		
Carbohydrates	6.19g		
Fiber	1.08g		
Sugar	3.65g		
Protein	0.62g		
Vitamin A	270.95IU	Vitamin C	44.40mg
Calcium	15.12mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Manhattan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33857
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce	weight	100121
POTATO MASH SEAS R/SOD 6-4 MCC	1/2 Cup		860560
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Tablespoon	1/4 cup prepared	552061
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	1 Slice		231053

Preparation Instructions

Cook Mashed Potatoes, prepare Gravy, and heat Turkey as directed by manufactures packaging for each product. To serve: Layer one slice of bread, then one 3 oz slice of turkey, then ½ cup of mashed potatoes, then ¼ cup of gravy to top it off.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.34
Fat	8.83g
SaturatedFat	3.04g
Trans Fat	0.00g
Cholesterol	60.99mg
Sodium	995.97mg
Carbohydrates	44.52g
Fiber	4.00g
Sugar	2.75g
Protein	24.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 88.48mg	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

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34274
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY 2-5	2 1/2 Ounce	Weight	801860
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

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 Each

Amount Per Serving	
Calories	325.71
Fat	15.79g
SaturatedFat	5.71g
Trans Fat	0.00g
Cholesterol	57.14mg
Sodium	265.71mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	20.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.25mg	Iron 1.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

White Pepper Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	0.25 Cup Prepared	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34275
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	24 Ounce		701450
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL 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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup Prepared

Amount Per Serving

Calories	46.77		
Fat	2.08g		
SaturatedFat	1.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	259.81mg		
Carbohydrates	6.24g		
Fiber	0.00g		
Sugar	1.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.31mg	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

Egg and Bacon Breakfast Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29278
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	1 Each		462489
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CROISSANT BKD PLN SLCD 64-2Z	1 Each		120861

Preparation Instructions

Note: GFS#120861 is not whole grain.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	442.86
Fat	26.86g
SaturatedFat	10.71g
Trans Fat	0.00g
Cholesterol	272.50mg
Sodium	1001.46mg
Carbohydrates	31.00g
Fiber	1.00g
Sugar	6.00g
Protein	19.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 201.00mg	Iron 2.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast SausageCroissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19230
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	1 Each		462489
SAUSAGE PTY STHR N 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
CROISSANT BKD PLN SLCD 64-2Z	1 Each	BAKE Standard Prep: Thaw to room temperature and serve.	120861

Preparation Instructions

Note: GFS#120861 is not whole grain.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	521.00
Fat	34.00g
SaturatedFat	13.70g
Trans Fat	0.00g
Cholesterol	286.00mg
Sodium	952.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	6.00g
Protein	22.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 217.00mg	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

Chicken Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34284
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 8-22.6Z TRIO	22 3/5 Ounce		290025
Tap Water for Recipes	1 Gallon	Boiling	000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER, BLEND W/WIRE WHIP & SIMMER FOR 1 MIN.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	38.93		
Fat	0.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	266.92mg		
Carbohydrates	7.79g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

TV Middle Griddle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34239
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD 12-50CT JENNO	2 Each		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Egg Patty	1 Each		110931
WAFFLE WGRAIN 144-1.3Z BKCRFT	2 Each		138652

Preparation Instructions

Cook waffles and egg patty according to packages. Layer waffle, then egg patty, then bacon, the cheese. Top with a 2nd waffle. Store in warmer to melt cheese and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	332.86		
Fat	17.36g		
SaturatedFat	3.71g		
Trans Fat	0.00g		
Cholesterol	155.00mg		
Sodium	741.46mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	13.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	2.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Swiss Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31668
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
CHEESE SWS SLCD .75Z 6-1.5 GCHC	1 Slice		327409
CROISSANT BKD PLN SLCD 64-2Z	1 Each		120861

Preparation Instructions

Note: GFS#120861 is not whole grain.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00
Fat	21.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	745.00mg
Carbohydrates	27.00g
Fiber	1.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Bites

Servings:	30.00	Category:	Entree
Serving Size:	15.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34240
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Pound	1 Bag	327120
SAUCE BBQ SWEET 4-1GAL GCHC	1 1/2 Cup		435170

Preparation Instructions

Cook chicken according to package. Mix 1 1/2 cups of BBQ sauce to one bag of popcorn chicken. Serve about 15 pieces per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 15.00 Each

Amount Per Serving

Calories	362.00		
Fat	18.79g		
SaturatedFat	3.61g		
Trans Fat	0.00g		
Cholesterol	28.91mg		
Sodium	629.95mg		
Carbohydrates	28.24g		
Fiber	4.50g		
Sugar	9.05g		
Protein	20.32g		
Vitamin A	57.02IU	Vitamin C	0.42mg
Calcium	48.16mg	Iron	2.94mg

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

Nutrition - Per 100g

No 100g Conversion Available
