

Cookbook for Akron School

Created by HPS Menu Planner

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Chili-300 servings

100% Fruit Juice

Assorted Pop-Tart

Assorted Variety of Cereal

Craisins

Raisels

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Strawberry Banana or Rainbow Raspberry Yogurt

Assorted Muffin Variety

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Breakfast Parfait (Lunch)

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USDA Frozen Fruit Cup

Assorted Cereal (2 ounce)

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Dipper's Delight Bento Box

Breakfast Bento Box

American Bento Box

Charcuterie Box

Scrambled Eggs with Ham

Sloppy Joe on Bun-(Beef Crumbles)

Sloppy Joe -(Commodity Hamburger)

Turkey Manhattan

Turkey & Noodles (Akron)

Akron Taco Salad

TV Middle Griddle

BBQ Chicken Bites

Viking Pizza Burger

Pulled Pork Taco

Mango Slaw

Mini French Toast

Glazed Carrots

Pulled Pork Sandwich

White Pepper Gravy

Chicken Gravy

Salad Bar

Servings:	84.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9202
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK STIX BF HNY PEPRD 216CT	40 Each		402053
CHEESE COTTAGE SML 1 4-5 GCHC	1 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
CHEESE CHED MLD SHRD 4-5 LOL	12 3/4 Cup		150250
Ham, 97% Fat Free, Cooked , Water Added, Sliced	59 7/9 Ounce		100187
EGG HRD CKD DCD IQF 4-5 GCHC	18 Tablespoon		192198
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	22 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ IW 168-1Z LOL	17 Each		786580
LETTUCE ROMAINE CHOP 6-2 RSS	84 Cup		735787
Grape Tomatoes	7/8 Cup		749041
CARROT STIX STRAIGHT CUT 2-5 RSS	30 Each		576646
CUCUMBER 1-24CT MARKON	3 3/4 Cup		238653
PEPPERS GREEN STRP 3/4 2-3 RSS	1 1/4 Ounce		849995
CELERY STIX 4-3 RSS	0 Cup		781592
BEAN GARBANZO 6-10 GCHC	1 Cup		118753
PEAS FRZN 30	0 Cup	BAKE	100350
BANANA TURNING 40 P/L	18 Each		200999
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	5 Each		198013
GRAPES RED SDLSS 18AVG MRKN	11 1/2 Cup		197831

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	21 Package	BAKE	473171
CRACKER GLDFSH CHED WGRAIN 300-.75Z	34 Package		736280
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	9 Package	READY_TO_EAT Ready to Eat	893711
Savory Bites Wheat Crackers	12 Each		74131
DRESSING RNCH CLSC CUP 120-1FLZ LTHSE	38 Each	READY_TO_EAT Open, pour and enjoy!	750851
DRESSING FREN HNY PKT 120-1.5Z MARZ	17 Each		266515
Zee Zees Sunflower Kernels, Roasted	18 Each		B87860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.298
Grain	0.798
Fruit	0.247
GreenVeg	0.500
RedVeg	0.056
OtherVeg	0.045
Legumes	0.012
Starch	0.000

Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	419.00
Fat	23.19g
SaturatedFat	7.30g
Trans Fat	0.00g
Cholesterol	53.24mg
Sodium	694.86mg
Carbohydrates	38.71g
Fiber	3.83g
Sugar	18.24g
Protein	15.76g
Vitamin A	1021.84IU
Vitamin C	11.44mg
Calcium	241.56mg
Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cereal Variety

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9210
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	704280
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190

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: 18.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	108.57		
Fat	1.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	151.99mg		
Carbohydrates	23.83g		
Fiber	2.03g		
Sugar	7.00g		
Protein	2.02g		
Vitamin A	27.78IU	Vitamin C	0.20mg
Calcium	63.24mg	Iron	3.89mg

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Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9217
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
Turkey Breast Deli	1 Ounce		100121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/2 Ounce		100018
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

Layer ham, turkey, and cheese on sub bun.

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	280.55		
Fat	9.90g		
SaturatedFat	4.45g		
Trans Fat	0.00g		
Cholesterol	44.86mg		
Sodium	684.35mg		
Carbohydrates	32.27g		
Fiber	2.00g		
Sugar	5.32g		
Protein	17.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Black Bean Salsa

Servings:	34.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9218
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN, KERNEL YELLOW IQF FROZEN	1 Cup		4328233
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN		231981
SALSA 103Z 6-10 REDG	1 #10 CAN	READY_TO_EAT None	452841

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	0.380
OtherVeg	0.000
Legumes	0.380
Starch	0.000

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	117.86
Fat	0.06g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	308.91mg
Carbohydrates	22.10g
Fiber	3.80g
Sugar	3.13g
Protein	5.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.86mg	Iron 3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9219
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
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	2.750
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	340.00
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	310.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	24.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 30.00mg **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

Baked Beans

Servings:	46.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9220
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GCHC	3 #10 CAN		118826
SUGAR BROWN LT 12-2 GFS	1/4 Cup		314641
SUGAR CANE GRANUL 25 GCHC	1/4 Cup		108642
KETCHUP CAN NAT LO SOD 6-10 REDG	3 Cup		200621
SAUCE BBQ 4-1GAL SWTBRAY	3 Cup		655937
SPICE ONION POWDER 19Z TRDE	1/2 Cup		126993
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221
MOLASSES 4-1GAL P/L	1 Cup		234303

Preparation Instructions

1. Drain 3 can of beans and place in pan.
2. Add all other ingredients to pan and make sure combined together.
3. Bake at 350 degrees for 45 minutes

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	0.750
Starch	0.000

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	300.17
Fat	1.69g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	851.47mg
Carbohydrates	65.13g
Fiber	8.43g
Sugar	31.11g
Protein	11.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 98.26mg	Iron 3.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toasted Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9232
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	2 Slice		231053
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Teaspoon		299405
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	2 Slice		100018

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	376.67
Fat	18.33g
SaturatedFat	9.67g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	610.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	5.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	51.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9233
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	3 #5 CAN		101427
1% LOW FAT MILK	8 HALF-PINT	8 cartons or 2 quarts	4752
Tap Water for Recipes	2 Quart		000001WTR

Preparation Instructions

Put all ingredients into a pan and heat until at temperature.

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: 51.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	90.88
Fat	0.39g
SaturatedFat	0.24g
Trans Fat	0.00g
Cholesterol	2.35mg
Sodium	419.84mg
Carbohydrates	18.43g
Fiber	0.84g
Sugar	11.75g
Protein	2.93g
Vitamin A 1.57IU	Vitamin C 0.31mg
Calcium 21.41mg	Iron 0.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Sweet & Sour Chicken

Servings:	214.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9242
School:	Akron 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
SAUCE SWT & SOUR 6-64Z MINR	15 Cup		534811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.378
Grain	0.689
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 214.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	195.36
Fat	10.05g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	15.04mg
Sodium	352.88mg
Carbohydrates	15.01g
Fiber	2.26g
Sugar	4.68g
Protein	10.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.81mg	Iron 1.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9244
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each		525480
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
SAUCE SPAGHETTI W/BITS 6-10 ANGM	2 Tablespoon		315494

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
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	262.50		
Fat	12.00g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	505.00mg		
Carbohydrates	13.00g		
Fiber	3.75g		
Sugar	2.50g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	112.50mg	Iron	1.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9245
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each		558061
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	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 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9247
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT 5SV 6-10 P/L	8 #10 CAN		562998
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	29.89
Fat	0.92g
SaturatedFat	0.58g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	150.89mg
Carbohydrates	4.31g
Fiber	2.16g
Sugar	2.16g
Protein	1.08g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 32.58mg **Iron** 0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9248
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	30 Pound		610902
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.847
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	36.74
Fat	0.94g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	16.94mg
Carbohydrates	5.65g
Fiber	3.39g
Sugar	1.13g
Protein	3.39g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.77mg	Iron 1.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Blend

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9249
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405
VEG BLND CALIF 30 KE	30 Pound		283780

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	0.968
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	40.77
Fat	0.94g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	38.71mg
Carbohydrates	6.45g
Fiber	2.58g
Sugar	2.58g
Protein	1.29g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 26.06mg **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

Corn

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9250
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405
CORN, KERNEL YELLOW IQF FROZEN	30 Pound		4328233

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	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	94.74		
Fat	2.24g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	2.55mg		
Sodium	0.00mg		
Carbohydrates	18.29g		
Fiber	0.00g		
Sugar	7.84g		
Protein	2.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.26mg	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

Pork Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9252
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each		849014
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	2.750
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	410.00
Fat	18.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	560.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	19.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 30.00mg **Iron** 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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-9253
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	270.00
Fat	17.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	715.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	4.00g
Protein	10.00g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 60.11mg	Iron 1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun-(Commodity Hamburger)

Servings:	78.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9254
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	UNPREPARED	100158
KETCHUP CAN NAT LO SOD 6-10 REDG	4 Cup	READY_TO_EAT None	200621
SAUCE BBQ 4-1GAL SWTBRAY	5 Cup		655937
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SUGAR CANE GRANUL 25 GCHC	1 Cup		108642
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup		223255
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	78 Each		517810

Preparation Instructions

No Preparation Instructions available.

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: 78.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	325.71
Fat	10.69g
SaturatedFat	3.06g
Trans Fat	1.53g
Cholesterol	0.00mg
Sodium	410.47mg
Carbohydrates	40.69g
Fiber	3.04g
Sugar	18.08g
Protein	16.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.48mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Goulash

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9255
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	4 Pound		654550
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/2 #10 CAN		852759
TOMATO DCD I/JCE MW 6-10 GCHC	1/2 #10 CAN		246131
SPICE ONION POWDER 19Z TRDE	2 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SUGAR BROWN LT 12-2 P/L	1/4 Cup		860311
BEEF CRMBL CKD 6-5	3 Pound	Or, cooked USDA ground beef.	674312
SEASONING ITAL HRB 6Z TRDE	1 Tablespoon		428574

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	237.48		
Fat	4.17g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	472.76mg		
Carbohydrates	39.13g		
Fiber	4.36g		
Sugar	8.66g		
Protein	12.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.72mg	Iron	1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	450.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9261
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 1/5 Pound	30 lbs. cooked ground beef	100158
BEAN KIDNY RD DK LO SOD 6-10 P/L	24 #10 CAN		598002
TOMATO DCD I/JCE MW 6-10 GCHC	12 #10 CAN		246131
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SUGAR CANE GRANUL 25 GCHC	1/4 Cup		108642
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

Preparation Instructions

Mix brown ground beef, chili beans, tomato sauce, and water together. Bring to a boil and then add remainder ingredients.

Bring to a boil again and boil for 10 minutes or temperature reaches 165 degree. Keep hot above 140 degrees thru serving time.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	229.27
Fat	7.09g
SaturatedFat	2.13g
Trans Fat	1.07g
Cholesterol	0.00mg
Sodium	406.01mg
Carbohydrates	25.63g
Fiber	7.59g
Sugar	3.56g
Protein	16.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 69.00mg	Iron 2.32mg

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9263
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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	375.00
Fat	17.50g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	520.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	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

Cooked Carrots

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9265
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405
CARROT SLCD C/C MED/LRG 30 GCHC	30 Pound		285680

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	0.726
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	41.02
Fat	0.94g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	48.75mg
Carbohydrates	7.58g
Fiber	3.25g
Sugar	4.33g
Protein	1.08g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 43.59mg **Iron** 0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tot Casserole

Servings:	21.00	Category:	Entree
Serving Size:	7.00 tot section	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9266
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	4 Pound	Or, cooked USDA ground beef	674312
CHEESE CHED MLD SHRD 4-5 LOL	2 Pound		150250
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	1/2 #5 CAN		488259
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Tablespoon		225037
POTATO TATER TOTS 6-5 LMBSUPR	3 Pound		233404

Preparation Instructions

Add onion powder, pepper, beef crumbles, and mushroom soup in a bowl and mix. Put in a 2 inch pan. Cover with cheese and add tots.

Bake at 350 degrees for 35 minutes with humidity at 30%.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.375

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 7.00 tot section

Amount Per Serving

Calories	471.77
Fat	31.55g
SaturatedFat	15.48g
Trans Fat	0.00g
Cholesterol	85.42mg
Sodium	797.96mg
Carbohydrates	18.29g
Fiber	1.69g
Sugar	1.10g
Protein	26.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 333.58mg	Iron 2.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas

Servings:	402.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9267
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/4 Pound		299405
PEAS FZ 30 COMM	201 Cup		110510

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	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 402.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.95		
Fat	1.09g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	2.99mg		
Sodium	58.00mg		
Carbohydrates	11.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.30mg	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 Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9268
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Teaspoon		299405
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Slice		100018
ham, cured ,97% fat free water added	1 2/9 Ounce		100187
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	2 Slice		231053

Preparation Instructions

No Preparation Instructions available.

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	366.81
Fat	16.27g
SaturatedFat	8.39g
Trans Fat	0.00g
Cholesterol	54.46mg
Sodium	758.04mg
Carbohydrates	43.44g
Fiber	4.00g
Sugar	5.72g
Protein	14.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	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

Peas & Carrots

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9269
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/10 Pound		299405
PEAS & CARROT 30 GCHC	9 1/4 Pound		285730

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	0.199
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	18.33
Fat	0.28g
SaturatedFat	0.18g
Trans Fat	0.00g
Cholesterol	0.77mg
Sodium	6.30mg
Carbohydrates	3.15g
Fiber	0.95g
Sugar	1.26g
Protein	0.63g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.08mg **Iron** 0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	49.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9270
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon		000001WTR
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
PASTA SPAGHETTI 10 4-5 GCHC	4 Pound		413370
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	7 1/2 Pound	1 1/2 bags	573201
Diced Tomatoes cnd	1 #10 CAN		100329
BEEF CRMBL CKD 6-5	1 Pound	Or, USDA cooked ground beef.	674312
SPICE GARLIC POWDER 21Z TRDE	3 Tablespoon		224839
ONION DEHY SUPER TOPPER 6-2 P/L	3 Tablespoon		223255
SEASONING ITAL HRB 6Z TRDE	1 Tablespoon		428574

Preparation Instructions

1. In large kettle bring water and salt to boil.
2. Cook noodles until tender; drain
3. Add noodles to 4 inch pan.
4. Add all other ingredients to pan and mix well.
5. Cover with foil and bake until reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	234.91		
Fat	4.86g		
SaturatedFat	1.71g		
Trans Fat	0.00g		
Cholesterol	28.13mg		
Sodium	441.28mg		
Carbohydrates	34.06g		
Fiber	2.71g		
Sugar	5.89g		
Protein	13.29g		
Vitamin A	282.94IU	Vitamin C	8.31mg
Calcium	19.75mg	Iron	2.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar- HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11311
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250
Turkey Breast Deli	4/5 Ounce		100121
Ham, Cubed Frozen	3/5 Ounce		100188-H
EGG HRD CKD DCD IQF 4-5 GCHC	2 Tablespoon		192198
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
BEAN GARBANZO 6-10 GCHC	2 Tablespoon		118753
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
PEAS GREEN IQF 30 GCHC	2 Tablespoon		285660
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/8 Cup		732451
LETTUCE SALAD SEP BAGS 4-5 RSS	1 Cup		242071
Homemade Croutons- Prairie Heights	2 Ounce		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.836
Grain	2.000
Fruit	0.000
GreenVeg	0.065
RedVeg	0.155
OtherVeg	0.063
Legumes	0.125
Starch	0.125

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	579.75
Fat	28.04g
SaturatedFat	12.04g
Trans Fat	0.00g
Cholesterol	166.42mg
Sodium	2860.16mg
Carbohydrates	52.80g
Fiber	8.64g
Sugar	13.99g
Protein	27.84g
Vitamin A 6721.45IU	Vitamin C 13.34mg
Calcium 209.22mg	Iron 1.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Dip

Servings:	512.00	Category:	Condiments or Other
Serving Size:	1.00 TBSP.	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11312
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Gallon		429406
SOUR CREAM 4-5 GCHC	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z FTHLL	2 Package		473308

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 1.00 TBSP.

Amount Per Serving			
Calories	21.07		
Fat	1.21g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	7.86mg		
Sodium	82.13mg		
Carbohydrates	2.28g		
Fiber	0.00g		
Sugar	0.79g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.16mg	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 Alfredo

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11313
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Unseasoned, chicken Strips, cooked, frozen	10 Pound		110462
SAUCE ALFREDO FZ 6-5 JTM	30 Pound		155661
PASTA ROTINI RAINBOW 4-5 GCHC	10 Pound		413340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.441
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: 160.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	352.29		
Fat	4.21g		
SaturatedFat	1.47g		
Trans Fat	0.00g		
Cholesterol	22.66mg		
Sodium	169.18mg		
Carbohydrates	63.81g		
Fiber	2.99g		
Sugar	3.66g		
Protein	16.59g		
Vitamin A	49.55IU	Vitamin C	0.00mg
Calcium	72.67mg	Iron	2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Apples

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11314
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 #10 CAN		117773
SUGAR CANE GRANUL 50 GCHC	1/2 Cup		425311
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
LEMON JUICE 100 12-32FLZ GCHC	3 Teaspoon		311227
SPICE CINNAMON GRND 5 TRDE	3 Teaspoon		224731

Preparation Instructions

Mix all ingredients together in steam table pan.

Bake at 325 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	106.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.78mg		
Carbohydrates	26.94g		
Fiber	2.16g		
Sugar	23.70g		
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

Orange Chicken

Servings:	142.00	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		327120
Minor's Zesty Orange Sauce RTI 4 x 0.5 gallon	15 Cup		33420

Preparation Instructions

Serving Size should be about 12 Pieces of popcorn chicken

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: 142.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	328.48		
Fat	14.27g		
SaturatedFat	2.74g		
Trans Fat	0.00g		
Cholesterol	21.95mg		
Sodium	384.12mg		
Carbohydrates	33.11g		
Fiber	3.29g		
Sugar	15.46g		
Protein	15.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.22mg	Iron	2.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oriental Vegetables

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11316
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ORIENTAL 30 GCHC	12 Cup		285720
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup		299405

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	31.67		
Fat	1.83g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	5.00mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.00mg	Iron	0.20mg

*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 Cheese- Mentone

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15113
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	2 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	1/8 Pound		100012
Cheese, Mozzarella, Part Skim, Shredded	1/8 Pound		100021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.242
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.539
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	158.25
Fat	2.72g
SaturatedFat	0.93g
Trans Fat	0.00g
Cholesterol	1.95mg
Sodium	587.25mg
Carbohydrates	24.88g
Fiber	6.47g
Sugar	1.12g
Protein	9.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.50mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti & Meat Sauce

Servings:	464.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15115
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	40 Pound		100158
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	45 Pound		573201
TOMATO PASTE 6-10 HUNTS	1 1/2 #10 CAN		444707
SAUCE SPAGHETTI TRAD 6-10 RAGU	8 #10 CAN		437972
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE OREGANO GRND 12Z TRDE	3 Tablespoon		513725
SEASONING ITAL HRB 6Z TRDE	3 Tablespoon		428574
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Tablespoon		225061
SUGAR CANE GRANUL 25 GCHC	4 Cup		108642
SALT SEA 36Z TRDE	5 Tablespoon		748590
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup		223255
PASTA SPAG 51 WGRAIN 2-10	20 Pound		221460

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 464.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	246.56		
Fat	9.58g		
SaturatedFat	2.83g		
Trans Fat	1.03g		
Cholesterol	42.00mg		
Sodium	415.68mg		
Carbohydrates	25.85g		
Fiber	2.64g		
Sugar	9.56g		
Protein	15.04g		
Vitamin A	179.28IU	Vitamin C	5.26mg
Calcium	25.94mg	Iron	1.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Bread

Servings:	490.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15116
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	245 Each	READY_TO_EAT	3354
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	7 Pound		299405
SPICE GARLIC POWDER 6 TRDE	1 1/4 Cup		513857
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Cup		224847

Preparation Instructions

Use leftover hamburger buns. Get buns and butter out day before. Mix butter with spices using mixer. Put on bread. Bake at 350 degrees until browned.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 490.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.71		
Fat	5.78g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	13.71mg		
Sodium	393.32mg		
Carbohydrates	10.50g		
Fiber	1.00g		
Sugar	1.50g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.37mg	Iron	4.00mg

*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:	576.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15117
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 1/2 Pound		552061
BROTH CHIX NO MSG 12-5 HRTHSTN	8 #5 CAN		261564
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 1/2 #5 CAN		695513
STARCH CORN 24-1 ARGO	1 1/2 Pound		108413
BASE CHIX 12-1 KE	1 1/2 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 576.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	11.54		
Fat	0.17g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.93mg		
Sodium	84.84mg		
Carbohydrates	2.15g		
Fiber	0.00g		
Sugar	0.17g		
Protein	0.17g		
Vitamin A	9.25IU	Vitamin C	0.00mg
Calcium	1.31mg	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

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15118
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

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	197.00		
Fat	6.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.50mg		
Sodium	512.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15119
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

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		320.00	
Fat		15.50g	
SaturatedFat		6.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		270.00mg	
Carbohydrates		21.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	9.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Bean Salsa (Mentone)

Servings:	354.00	Category:	Vegetable
Serving Size:	3.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15120
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA TOMATO FIRE RSTD 6-10	5 #10 CAN		863564
CORN CUT SWT 6-4 GCHC	18 Cup		610782
BEANS BLACK LO SOD 6-10 BUSH	5 #10 CAN		231981

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	0.183
Starch	0.000

Nutrition Facts

Servings Per Recipe: 354.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving			
Calories	54.61		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	215.55mg		
Carbohydrates	10.40g		
Fiber	2.03g		
Sugar	0.67g		
Protein	2.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.65mg	Iron	0.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

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-15121
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	290.00
Fat	18.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	770.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.47mg	Iron 10.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	300.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15122
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	12 #10 CAN		570710
SUGAR BROWN MED 25 GCHC	6 Cup	UNSPECIFIED	108626
KETCHUP CAN NAT LO SOD 6-10 REDG	3 #10 CAN	READY_TO_EAT None	200621
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	18 Ounce		860221
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup		223255

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: 300.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	199.40
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	659.30mg
Carbohydrates	42.96g
Fiber	5.13g
Sugar	22.31g
Protein	7.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 51.38mg	Iron 1.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese (Mentone)

Servings:	257.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15123
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	15 Pound		229941
MILK PWD FF INST 6-5 P/L	1 2/9 Gallon	3 1/3 gallon reconstituted milk	311065
SAUCE MIX CHS INST 8-32Z TRIO	2 1/2 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/3 Pound		299405
STARCH CORN 24-1 ARGO	1 1/3 Pound		108413
Black Pepper	2/3 Teaspoon		24108

Preparation Instructions

Makes 8 pans

Meal Components (SLE)

Amount Per Serving

Meat	0.031
Grain	0.934
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 257.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	203.28
Fat	5.66g
SaturatedFat	2.86g
Trans Fat	0.00g
Cholesterol	13.66mg
Sodium	400.20mg
Carbohydrates	31.71g
Fiber	1.87g
Sugar	5.63g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.73mg	Iron 0.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jello with Whipped Topping

Servings:	300.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15124
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX ASST RED 12-24Z GCHC	8 1/2 Package		500135
TOPPING WHIP 12-32Z RICH	3 Package		307092
FLAVORING VANILLA IMIT 1-QT KE	1 Tablespoon		110736
SUGAR CANE GRANUL 25 GCHC	1 Cup		108642

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		99.00	
Fat		2.12g	
SaturatedFat		2.12g	
Trans Fat		0.01g	
Cholesterol		0.00mg	
Sodium		91.33mg	
Carbohydrates		19.91g	
Fiber		0.00g	
Sugar		19.91g	
Protein		1.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.08mg	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 Chicken on Sub Bun

Servings:	480.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15125
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	60 Pound		570533
SAUCE BBQ 4-1GAL SWTBRAY	3 1/2 Gallon		655937
BASE CHIX 12-1 KE	5 Tablespoon		160790
SUGAR BROWN MED 25 GCHC	12 Cup		108626
Aunt Millie's Whole Grain Mini Sub 2oz	480 bun		5113

Preparation Instructions

Serve 1/4 cup chicken mixture on each sub bun.

Note: If using brown box diced chicken it counts as 2 Meat/Alternative

Meal Components (SLE)

Amount Per Serving

Meat	2.300
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: 480.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	329.95		
Fat	5.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	36.67mg		
Sodium	540.89mg		
Carbohydrates	52.25g		
Fiber	2.00g		
Sugar	24.65g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15126
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	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.	281622
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	360.00
Fat	15.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	580.00mg
Carbohydrates	37.00g
Fiber	5.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.00mg	Iron 9.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	369.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15127
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	45 Pound		722330
Cheese, Cheddar Reduced fat, Shredded	18 Pound		100012
LETTUCE ROMAINE CHOP 6-2 RSS	20 Pound		735787
BEAN REFRD 6-10 P/L	5 #10 CAN		293962
CHIP NACHO CHS 6-15Z DORITOS	9 Package		842241

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.713
Grain	0.549
Fruit	0.000
GreenVeg	0.220
RedVeg	0.000
OtherVeg	0.000
Legumes	0.175
Starch	0.000

Nutrition Facts

Servings Per Recipe: 369.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	240.39		
Fat	11.27g		
SaturatedFat	4.77g		
Trans Fat	0.18g		
Cholesterol	36.54mg		
Sodium	593.38mg		
Carbohydrates	19.38g		
Fiber	4.14g		
Sugar	2.02g		
Protein	17.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.55mg	Iron	2.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15128
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN CHILI MEX STYLE 6-10 GCHC	3 #10 CAN		192015
SEASONING TACO MIX 6-9Z LAWR	1 Tablespoon		159204

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	118.97
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	570.02mg
Carbohydrates	21.64g
Fiber	5.43g
Sugar	1.08g
Protein	7.54g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.57mg	Iron 2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15129
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	10 1/2 Pound		IN110473
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.81		
Fat	3.52g		
SaturatedFat	2.24g		
Trans Fat	0.00g		
Cholesterol	9.60mg		
Sodium	25.23mg		
Carbohydrates	6.21g		
Fiber	3.44g		
Sugar	1.15g		
Protein	3.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.96mg	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

Creamed Turkey

Servings:	444.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15130
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	50 Pound	Raw weight.	100125
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	128 Ounce		552061
SOUP CRM OF CHIX 12-5 HLTHYREQ	4 #5 CAN		695513
BROTH CHIX NO MSG 12-5 HRTHSTN	24 #5 CAN		261564
BASE CHIX 12-1 KE	1 Pound		160790
STARCH CORN 24-1 ARGO	4 Pound		108413
SPICE PEPR BLK REST GRIND 16Z TRDE	4 Teaspoon		225061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 444.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	126.03		
Fat	4.61g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	32.89mg		
Sodium	592.12mg		
Carbohydrates	10.19g		
Fiber	0.00g		
Sugar	1.04g		
Protein	10.56g		
Vitamin A	31.99IU	Vitamin C	0.00mg
Calcium	9.10mg	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

Chicken & Noodles

Servings:	533.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15131
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	50 Pound		570533
BROTH CHIX NO MSG 12-5 HRTHSTN	27 #5 CAN		261564
BASE CHIX 12-1 KE	3 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	5 Teaspoon		225061
PASTA NOODL EGG FZ 4-3 REAMES	11 Package		245046

Preparation Instructions

Note: If using brown box diced chicken a serving counts as 1.50 Meat/Meat Alternative

Meal Components (SLE)

Amount Per Serving

Meat	1.726
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: 533.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving			
Calories		146.26	
Fat		3.50g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		57.24mg	
Sodium		281.50mg	
Carbohydrates		15.74g	
Fiber		0.00g	
Sugar		0.00g	
Protein		11.48g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15132
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	255.00		
Fat	8.75g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	605.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15133
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
3.5 WG Hamburger Bun	1 Each		3354

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	380.00
Fat	18.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	470.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	4.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.00mg	Iron 9.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15134
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	60 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
SAUCE MIX CHS INST 8-32Z TRIO	1 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.021
Grain	0.000
Fruit	0.000
GreenVeg	0.853
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	87.32		
Fat	2.16g		
SaturatedFat	1.14g		
Trans Fat	0.00g		
Cholesterol	5.05mg		
Sodium	256.60mg		
Carbohydrates	12.83g		
Fiber	5.12g		
Sugar	2.49g		
Protein	6.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.75mg	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

Beef Gravy

Servings:	384.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15135
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH BF NO MSG 12-49Z HRTHTN	5 #5 CAN		504599
SOUP FRENCH ONION 3-4# CAMP	1 #5 CAN		692580
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	1 #5 CAN		488259
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Package	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	552050
BASE BEEF 12-1 KE	1/3 Pound		160810
STARCH CORN 24-1 ARGO	1 Pound		108413

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	28.34		
Fat	0.69g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.09mg		
Sodium	255.08mg		
Carbohydrates	5.01g		
Fiber	0.09g		
Sugar	0.36g		
Protein	1.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.74mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cooked Carrots

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15136
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	79 3/5 Pound		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/4 Pound		299405

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.46
Fat	2.07g
SaturatedFat	0.69g
Trans Fat	0.00g
Cholesterol	26.57mg
Sodium	42.27mg
Carbohydrates	5.90g
Fiber	1.97g
Sugar	2.95g
Protein	0.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.30mg **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

Lasagna with Egg Noodles

Servings:	512.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15137
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
PASTA NOODL EGG FZ 4-3 REAMES	18 Package		245046
SAUCE SPAGHETTI TRAD 6-10 RAGU	9 #10 CAN		437972
SOUP TOMATO 12-5 CAMP	5 #5 CAN		101427
SUGAR CANE GRANUL 25 GCHC	5 Cup		108642
ONION DEHY SUPER TOPPER 6-2 P/L	2 1/4 Cup		223255
SPICE OREGANO GRND 12Z TRDE	5 1/4 Tablespoon		513725
SEASONING ITAL 6.25Z MCORM	5 1/4 Tablespoon		176420
SPICE PEPR BLK REST GRIND 16Z TRDE	5 1/4 Tablespoon		225061
SALT SEA 36Z TRDE	5 1/4 Tablespoon		748590
Cheese, Mozzarella, Part Skim, Shredded	33 3/4 Pound		100021

Preparation Instructions

1. Brown meat the day before and cool
2. Cook noodles and set aside
3. Using 3 pot in each pot combine: 3 cans spaghetti sauce, 14 lbs hamburger, 1 2/3 can tomato soup, 1 2/3 cup sugar, 3/4 cup onion, 1 3/4 T of each spice (oregano, italian seasoning, salt, and pepper)
4. Using 9-4 inch pans layer in each pan: noodles (3 quart or 1 bag for each pan total), Sauce mixture (1/3 of pot per pan), cheese (3.75 lb per pan). There will be two layers of each ingredient in each pan.
5. Cook on 325 for 20 minutes

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	377.83
Fat	17.21g
SaturatedFat	8.03g
Trans Fat	1.17g
Cholesterol	107.32mg
Sodium	565.14mg
Carbohydrates	36.23g
Fiber	0.18g
Sugar	8.25g
Protein	19.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.60mg	Iron 2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Meat

Servings:	230.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15138
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
SAUCE SLOPPY JOE 4-10 MANWICH	4 #10 CAN		860166

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 230.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	244.34
Fat	15.57g
SaturatedFat	5.19g
Trans Fat	2.60g
Cholesterol	67.49mg
Sodium	343.80mg
Carbohydrates	7.20g
Fiber	0.90g
Sugar	5.40g
Protein	19.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sauce

Servings:	97.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15139
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX CHS INST 8-32Z TRIO	2 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.729
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: 97.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	944.73
Fat	62.78g
SaturatedFat	39.36g
Trans Fat	0.00g
Cholesterol	174.92mg
Sodium	3965.92mg
Carbohydrates	40.26g
Fiber	0.00g
Sugar	3.12g
Protein	43.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1827.90mg	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 Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15141
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Each	READY_TO_EAT	100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	BAKE	336

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	260.00		
Fat	5.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	280.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	6.00g		
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

Taco Meat

Servings:	420.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15142
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	60 Pound		722330
BEAN REFRD 6-10 P/L	5 #10 CAN		293962
SEASONING TACO MIX 6-9Z LAWR	2 Package		159204

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 420.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving			
Calories	127.70		
Fat	4.08g		
SaturatedFat	1.45g		
Trans Fat	0.21g		
Cholesterol	24.52mg		
Sodium	446.27mg		
Carbohydrates	11.30g		
Fiber	3.59g		
Sugar	1.75g		
Protein	11.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.91mg	Iron	2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	379.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15143
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	UNPREPARED	100158
BEAN KIDNY RD DK LO SOD 6-10 P/L	4 #10 CAN		598002
Diced Tomatoes cnd	4 #10 CAN	BAKE	100329
JUICE VEG 100 12-46FLZ V8	8 #5 CAN		100889
Cold Water	12 Quart		0000
SALT IODIZED 24-26Z GFS	4 Tablespoon		108308
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup		223255
SEASONING CHILI MIX 6-5.7Z LAWR	3 Package		521183
Black Pepper	3 Teaspoon	BAKE	24108

Preparation Instructions

1. Brown meat in combi oven
2. Add to 4 pots: 10 lbs cooked beef, 1 can diced tomato, 1 can kidney beans (make sure they are drained), 2 cans of V8, 3 quart water, 1 T salt, 3/4 c. chili seasoning, 3/4 teaspoon pepper, and 3/4 c. onion.
3. Bring ingredients to temperature.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 379.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	146.17
Fat	7.70g
SaturatedFat	2.52g
Trans Fat	1.26g
Cholesterol	0.00mg
Sodium	298.85mg
Carbohydrates	8.10g
Fiber	1.84g
Sugar	2.17g
Protein	11.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.07mg	Iron 0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15152
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
TOMATO CHERRY 11 MRKN	1/4 Cup		569551
EGG SHL XL A GRD 6-30CT GCHC	1/2 Each		273899
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
DRESSING RNCH 4-1GAL HVALL	1 Tablespoon	READY_TO_EAT Ready to use.	759082
DRESSING FREN RYL RED 4-1GAL PMLL	1 Tablespoon		726001
Whole Grain Garlic Butter Croutons	1 Package		111212
CRACKER RITZ 300-2CT NAB	2 Package		426962

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.750
Fruit	0.000
GreenVeg	1.000
RedVeg	0.330
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	427.77		
Fat	25.85g		
SaturatedFat	7.67g		
Trans Fat	0.00g		
Cholesterol	119.50mg		
Sodium	762.92mg		
Carbohydrates	34.75g		
Fiber	4.22g		
Sugar	10.25g		
Protein	15.72g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	93.72mg	Iron	2.60mg

*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

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		100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each		745370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	346.67
Fat	13.33g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1030.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	1.00g
Protein	21.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.48mg

*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		100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each		745370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	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

*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	Weigh	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		745370

Preparation Instructions

Serve with ranch packet.

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: 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	33.31g
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

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	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	326.77
Fat	13.33g
SaturatedFat	4.90g
Trans Fat	0.06g
Cholesterol	55.00mg
Sodium	923.50mg
Carbohydrates	30.00g
Fiber	2.70g
Sugar	3.00g
Protein	21.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.31mg	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

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	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15588
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
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	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 Each

Amount Per Serving

Calories	340.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	510.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

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

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

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-15593
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
Aunt Millies Whole Grain Hot Dog Buns	1 bun		2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	290.00
Fat	18.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	770.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.47mg	Iron 10.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad- HS

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18611
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	6 2/3 Pound		768230
CHEESE CHED MLD SHRD 4-5 LOL	8 Cup		150250
CHIP TORTL CRN YEL RND 10-16Z SHEAR	2 1/4 Pound		133288
LETTUCE ROMAINE CHOP 6-2 RSS	5 Pound		735787
DRESSING FREN RYL RED 4-1GAL PMLL	6 Cup		726001

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.320
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	382.94
Fat	24.19g
SaturatedFat	6.71g
Trans Fat	0.00g
Cholesterol	58.26mg
Sodium	687.25mg
Carbohydrates	27.35g
Fiber	2.08g
Sugar	9.28g
Protein	16.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 153.76mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib on Sub Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Rib	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19056
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	1 bun	BAKE	4339

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Rib

Amount Per Serving

Calories	340.00		
Fat	12.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	670.00mg		
Carbohydrates	39.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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

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-19057
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
HOT DOG BUN, W GRAIN, AM	1 bun	READY_TO_EAT No baking necessary.	4040

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	310.00
Fat	18.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	840.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	5.00g
Protein	12.00g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 46.11mg	Iron 10.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili for Hot Dog

Servings:	448.00	Category:	Condiments or Other
Serving Size:	2.00 TBSP.	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19058
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound		764720
SALT IODIZED 25 CARG	5 Tablespoon		108286
Black Pepper	1 Tablespoon	BAKE	24108
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
STARCH CORN 24-1 ARGO	8 Ounce		108413
SUGAR BEET GRANUL 50 GCHC	2 1/2 Cup		224413
SAUCE TOMATO MW 6-10 GCHC	1 Gallon		306347
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	3 Quart		547871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 448.00

Serving Size: 2.00 TBSP.

Amount Per Serving

Calories	120.33		
Fat	7.50g		
SaturatedFat	3.21g		
Trans Fat	0.00g		
Cholesterol	26.79mg		
Sodium	191.48mg		
Carbohydrates	4.87g		
Fiber	0.17g		
Sugar	3.73g		
Protein	7.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.61mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans- HS

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19064
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	8 #10 CAN	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098
SUGAR BROWN LT 12-2 GFS	3 3/4 Pound		314641
SUGAR CANE GRANUL 25 GCHC	2 Pound		108642
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup		860221
KETCHUP CAN NAT LO SOD 6-10 REDG	2 Cup		200621

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	0.140
Legumes	0.539
Starch	0.000

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	216.02		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	683.87mg		
Carbohydrates	46.82g		
Fiber	5.42g		
Sugar	27.02g		
Protein	7.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.34mg	Iron	2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

Servings:	270.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19065
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	20 Pound		198226
MAYONNAISE 4-1GAL KE	1 Gallon		631411
SUGAR BEET GRANUL 50 GCHC	5 Cup		224413
SALT IODIZED 25 CARG	2 Tablespoon		108286

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	0.083
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 270.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	116.39		
Fat	10.42g		
SaturatedFat	1.89g		
Trans Fat	0.00g		
Cholesterol	9.47mg		
Sodium	106.27mg		
Carbohydrates	6.17g		
Fiber	0.67g		
Sugar	4.56g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.28mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19066
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	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.	327080
Hamburger Buns	1 Each		1632

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving	
Calories	420.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	640.00mg
Carbohydrates	45.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	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

Red Applesauce

Servings:	405.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19067
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	15 #10 CAN		271497
GELATIN MIX ASST RED 12-24Z GCHC	2 Package		500135

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 405.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	412.35		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.03mg		
Carbohydrates	107.00g		
Fiber	16.00g		
Sugar	75.00g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.17mg	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

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19123
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY HOAG 3.75Z 60CT TYS	1 Each	BAKE Appliances vary, adjust accordingly. UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER. Conventional Oven 20-22 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER. Convection Oven 10-13 minutes at 350°F from frozen. DEEP_FRY Appliances vary, adjust accordingly. UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER. Deep Fry 3 1 2 - 4 minutes at 350°F from frozen. UNPREPARED	167040
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/4 Cup		315494

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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		375.00	
Fat		21.00g	
SaturatedFat		7.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		1110.00mg	
Carbohydrates		24.00g	
Fiber		3.50g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	236.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Club

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19125
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	1 bun		4339

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.745
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	565.66		
Fat	24.27g		
SaturatedFat	7.39g		
Trans Fat	0.00g		
Cholesterol	130.33mg		
Sodium	2167.55mg		
Carbohydrates	33.89g		
Fiber	1.00g		
Sugar	4.50g		
Protein	44.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

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
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	320 Each		517810

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	265.47		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	420.26mg		
Carbohydrates	38.19g		
Fiber	3.00g		
Sugar	16.39g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Viking Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19127
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	3 Ounce		764720
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
Hamburger Buns	1 Each		1632

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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	400.00		
Fat	20.25g		
SaturatedFat	8.25g		
Trans Fat	0.00g		
Cholesterol	63.75mg		
Sodium	428.75mg		
Carbohydrates	29.00g		
Fiber	1.00g		
Sugar	3.50g		
Protein	22.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19128
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	DEEP_FRY Deep fryer: deep fry at 350 degrees f for 2-3 minutes conventional oven: from the frozen state, bake at 350 degrees f in conventional oven for 14 minutes. Convection oven: from the frozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014
Hamburger Buns	1 Each		1632

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
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	420.00		
Fat	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	620.00mg		
Carbohydrates	43.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	17.00g		
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

Philly Steak & Cheese

Servings:	357.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19129

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	10 Package		720861
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	60 Pound		722110
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	357 bun		4339

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 357.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	455.06
Fat	21.46g
SaturatedFat	10.18g
Trans Fat	0.42g
Cholesterol	70.18mg
Sodium	1169.77mg
Carbohydrates	34.68g
Fiber	1.13g
Sugar	5.56g
Protein	24.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 290.15mg	Iron 1.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	225.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19130

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	50 Pound		100101
BASE CHIX 12-1 KE	6 Pound		160790
GRAVY MIX CHIX 12-15Z GCHC	4 Package	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390
PASTA NOODL EGG 1/8 MED 2-5 GCHC	40 Pound		270393

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	454.41
Fat	8.24g
SaturatedFat	0.71g
Trans Fat	0.00g
Cholesterol	138.67mg
Sodium	582.84mg
Carbohydrates	61.31g
Fiber	2.84g
Sugar	2.84g
Protein	32.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.60mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tot Casserole

Servings:	380.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19131

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	60 Pound	Or, Cooked USDA ground beef.	674312
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup		223255
CHEESE CHED MLD SHRD 4-5 LOL	20 Pound		150250
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	7 1/2 #5 CAN		488259
SPICE PEPR BLK REG FINE GRIND 16Z	10 Tablespoon		225037
POTATO TATER TOTS 6-5 LMBSUPR	70 Pound		233404

Preparation Instructions

Thaw ground beef ahead

Use 15 half steamtable pans

To each pan add:

4 # Brown Ground Beef, 1/2 cup Mushroom Soup, 4 Tablespoon of spice mixture (onion and pepper mixed together), and then sprinkle 1 1/2lb cheese on top. Layer Tator tots on top of cheese.

Bake at 350 degrees for 30 to 40 minutes or temp reaches 165 degrees.

Serving and holding: Hold at 140 degree or more.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 380.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	401.62
Fat	25.11g
SaturatedFat	10.96g
Trans Fat	0.00g
Cholesterol	57.96mg
Sodium	696.42mg
Carbohydrates	21.30g
Fiber	2.15g
Sugar	1.29g
Protein	20.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 195.79mg	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

Queso Pollo Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19132
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	Weight	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	Weight	100117
CHIP TORTL CRN YEL RND 10-16Z SHEAR	2 Ounce	Weight	133288

Preparation Instructions

1. Heat cheese sauce according to package
2. Chicken may need to be diced or shredded up depending on size of pieces.
3. Heat Chicken Fajita to 165 degrees for 15 seconds or higher
4. Serve 2 ounce weight of cheese, 3 ounce weight of chicken fajita on top of serving of tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	489.25
Fat	25.13g
SaturatedFat	8.36g
Trans Fat	0.01g
Cholesterol	94.29mg
Sodium	1191.21mg
Carbohydrates	42.76g
Fiber	4.10g
Sugar	1.76g
Protein	26.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 210.00mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	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.	558061
Hamburger Buns	1 Each		1632

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving	
Calories	390.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	700.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.00mg	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

Sloppy Joe on Bun

Servings:	224.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19134

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound		764720
SALT IODIZED 24-26Z GFS	5 Tablespoon		108308
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Tablespoon		518322
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
STARCH CORN 24-1 ARGO	8 Ounce		108413
SUGAR CANE GRANUL 25 GCHC	2 1/2 Cup		108642
SAUCE TOMATO MW 6-10 GCHC	1 Gallon		306347
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	3 Quart		547871
Hamburger Buns	224 Each		1632

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	0.140
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.66		
Fat	17.00g		
SaturatedFat	6.43g		
Trans Fat	0.00g		
Cholesterol	53.57mg		
Sodium	622.53mg		
Carbohydrates	37.74g		
Fiber	1.34g		
Sugar	10.46g		
Protein	19.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.79mg	Iron	1.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub-HS

Servings:	188.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19135

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BF CKD .5Z 4-5 GCHC	752 Each		869929
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1 #10 CAN		315494
SAUCE PIZZA W/BASL 6-10 REDPK	1 Cup		256013
Cheese, Mozzarella, Part Skim, Shredded	35 1/4 Cup		100021
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	188 bun	BAKE	4339

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.080
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 188.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	437.77
Fat	20.58g
SaturatedFat	9.08g
Trans Fat	0.67g
Cholesterol	45.42mg
Sodium	978.21mg
Carbohydrates	39.14g
Fiber	2.79g
Sugar	6.60g
Protein	19.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.17mg	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

Chili

Servings:	264.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19136
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound		764720
SAUCE TOMATO MW 6-10 GCHC	2 Cup		306347
TOMATO DCD PETITE 6-10 GCHC	6 #10 CAN		498871
Premium Taco Seasoning Mix- Reduced Sodium	36 Ounce		876805
SUGAR CANE GRANUL 50 GCHC	1 1/2 Cup		425311
BEAN CHILI MEX STYLE 6-10 GCHC	8 #10 CAN		192015

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.992
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.309
OtherVeg	0.000
Legumes	0.392
Starch	0.000

Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	283.04		
Fat	12.73g		
SaturatedFat	5.45g		
Trans Fat	0.00g		
Cholesterol	45.45mg		
Sodium	700.46mg		
Carbohydrates	21.37g		
Fiber	5.05g		
Sugar	3.70g		
Protein	18.83g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.62mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	770.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES NO MILK 6-5.75 GCHC	5 Package		118508
SALT IODIZED 25 CARG	15 Tablespoon		108286
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 1/2 Pound		299405
Tap Water for Recipes	15 Gallon	UNPREPARED	000001WTR

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	0.000
Starch	0.352

Nutrition Facts

Servings Per Recipe: 770.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	73.78
Fat	1.14g
SaturatedFat	0.73g
Trans Fat	0.00g
Cholesterol	3.12mg
Sodium	151.47mg
Carbohydrates	14.09g
Fiber	1.41g
Sugar	0.00g
Protein	1.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.87mg	Iron 0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Southwest Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19167
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY, DELI BREAST, SLICED	4 Slice		110554
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon		150250
Cheese, Mozzarella, Part Skim, Shredded	1 Tablespoon		100021
SPINACH BABY CLND 2-2 RSS	1/4 Cup		560545
DRESSING RNCH BTRMLK REF 6-.5GAL PMLL	2 Tablespoon		451381
Premium Taco Seasoning Mix- Reduced Sodium	1/2 Teaspoon		876805
TORTILLA FLOUR 12 12-12CT GRSZ	1 Each		713370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	3.500
Fruit	0.000
GreenVeg	0.125
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	648.25
Fat	29.00g
SaturatedFat	8.75g
Trans Fat	0.00g
Cholesterol	95.75mg
Sodium	1832.25mg
Carbohydrates	58.75g
Fiber	2.58g
Sugar	4.25g
Protein	43.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.25mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Super Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19171
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce		722330
SAUCE CHS NACHO DLX 6-10 GCHC	1/4 Cup		323616
CHIP TORTL CRN YEL RND 10-16Z SHEAR	2 Ounce		133288

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	443.10
Fat	21.30g
SaturatedFat	2.80g
Trans Fat	0.29g
Cholesterol	34.00mg
Sodium	1085.70mg
Carbohydrates	51.00g
Fiber	6.00g
Sugar	4.00g
Protein	17.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 101.00mg	Iron 3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Roll Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19172
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
TORTILLA FLOUR 12 12-12CT GRSZ	1 Each		713370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
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	417.00
Fat	15.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	33.00mg
Sodium	1092.00mg
Carbohydrates	55.00g
Fiber	2.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.00mg	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

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19183
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
Hamburger Buns	1 Each		1632

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	270.00
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	560.00mg
Carbohydrates	29.00g
Fiber	1.00g
Sugar	3.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19221
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	UNSPECIFIED	517810

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	410.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	570.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	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

Sloppy Joe on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19222
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	Weight	564790
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	UNSPECIFIED	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	0.130
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	285.10		
Fat	7.30g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	848.80mg		
Carbohydrates	35.00g		
Fiber	3.80g		
Sugar	12.00g		
Protein	19.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

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

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19224
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
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	250.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	710.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Queso Pollo Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19225
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	Weight	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	Weight	100117
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	13 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	369.25
Fat	19.13g
SaturatedFat	8.36g
Trans Fat	0.01g
Cholesterol	94.29mg
Sodium	1086.21mg
Carbohydrates	22.76g
Fiber	2.10g
Sugar	1.76g
Protein	24.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 0.50mg

*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

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19228
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	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.	281622
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	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 Each

Amount Per Serving	
Calories	380.00
Fat	15.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	620.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	5.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan-MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19229
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	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.	281622
Cheese, Mozzarella, Part Skim, Shredded	2 Tablespoon		100021
SAUCE SPAGHETTI FCY 6-10 REDPK	1/4 Cup		852759

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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	299.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	653.00mg		
Carbohydrates	19.50g		
Fiber	4.00g		
Sugar	3.50g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	1.90mg

*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 STHRN 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

BBQ Rib Sandwich-MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19231
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Aunt Millie's WG Sub Bun - Himes	1 Each		5157

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00
Fat	12.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	670.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	9.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	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

Philly Steak & Cheese- MS

Servings:	357.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19232
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	10 Package		720861
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	60 Pound		722110
Aunt Millie's WG Sub Bun - Himes	357 Each		5157

Preparation Instructions

Place 1/2 cup meat & cheese mixture on each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.900
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: 357.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	445.06
Fat	21.96g
SaturatedFat	10.68g
Trans Fat	0.42g
Cholesterol	70.18mg
Sodium	1169.77mg
Carbohydrates	31.68g
Fiber	4.13g
Sugar	5.56g
Protein	25.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 290.15mg	Iron 1.12mg

*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

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
Hamburger Buns	1 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: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	490.00mg		
Carbohydrates	44.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	25.00g		
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

Chicken & Noodles (Akron)

Servings:	29.00	Category:	Condiments or Other
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19942
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 Pound		570533
BROTH CHIX NO MSG 12-5 HRTHSTN	3 #5 CAN		261564
BASE CHIX 12-1 KE	2 Tablespoon		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061
PASTA NOODL EGG FZ 4-3 REAMES	1 1/4 Package		245046

Preparation Instructions

Add all ingredients in a 4 inch pan. Cover pan with paper and foil and bake at 350 degrees for 45 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.538
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: 29.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving			
Calories	264.91		
Fat	5.75g		
SaturatedFat	1.62g		
Trans Fat	0.00g		
Cholesterol	102.54mg		
Sodium	527.89mg		
Carbohydrates	32.52g		
Fiber	0.00g		
Sugar	0.00g		
Protein	18.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Boneless Wings- TVMS

Servings:	121.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21374
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	4 Package		561301
SAUCE BBQ SWEET 4-1GAL GCHC	2 Cup		435170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.256
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 121.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories	210.72		
Fat	9.04g		
SaturatedFat	2.01g		
Trans Fat	0.00g		
Cholesterol	25.12mg		
Sodium	372.58mg		
Carbohydrates	15.71g		
Fiber	3.07g		
Sugar	3.52g		
Protein	18.11g		
Vitamin A	18.85IU	Vitamin C	0.14mg
Calcium	0.15mg	Iron	1.02mg

*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

Green Bean Casserole

Servings:	38.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21956
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN	BAKE	100307
SOUP CRM OF MUSHRM 12-5 CAMP	1 #5 CAN		101346
ONION FREN FRIED 6-24Z GFS	1/2 Package		403592

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	49.36		
Fat	1.69g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.93mg		
Sodium	342.96mg		
Carbohydrates	7.03g		
Fiber	3.10g		
Sugar	1.55g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.63mg	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

Grab and Go-Pop-Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-21965
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
100% Fruit Juice	1 Each	READY_TO_DRINK	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
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 Each

Amount Per Serving

Calories	320.00
Fat	8.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	315.00mg
Carbohydrates	51.00g
Fiber	3.00g
Sugar	26.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 324.00mg	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

Ham, Egg, & Cheese Salad Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21971
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERIT BLND 4-2 RSS	6 Ounce	about 2.25 cups	165761
EGG HRD CKD DCD IQF 4-5 GCHC	2 Tablespoon		192198
Ham, Cubed Frozen	1 2/9 Ounce		100188-H
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Each

Amount Per Serving	
Calories	215.63
Fat	10.33g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	161.33mg
Sodium	272.00mg
Carbohydrates	7.20g
Fiber	3.53g
Sugar	5.20g
Protein	19.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 73.14mg	Iron 1.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grab and Go-Chips & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21975
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS CHED DIP CUP 140-3Z LOL	2 Each		528690

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	580.00
Fat	27.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1300.00mg
Carbohydrates	57.00g
Fiber	3.00g
Sugar	20.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 706.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21977
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
Hamburger Buns	1 Each		1632

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	267.00		
Fat	9.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	33.00mg		
Sodium	752.00mg		
Carbohydrates	32.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	15.00g		
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

Broccoli with Cheese Sauce

Servings:	288.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21984
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	60 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
SAUCE CHS CHED SHRP 6-10 GCHC	4 #10 CAN		150991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	79.87		
Fat	3.59g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	413.02mg		
Carbohydrates	10.72g		
Fiber	3.41g		
Sugar	3.29g		
Protein	4.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.80mg	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

Johnny Marzetti

Servings:	369.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21988
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound		764720
CHEESE AMER SHRP SHRD 4-5 LOL	20 Pound		861960
ONION SPANISH BAG JUMBO 2 50	3 Cup		570109
SALT IODIZED 18-2.25 GCHC	1/4 Cup		350732
SPICE PEPR BLK REG FINE GRIND 16Z	2 Tablespoon		225037
Tomato Paste cnd	5 #10 CAN	BAKE	110189comm
SOUP CRM OF MUSHRM LO SOD 12-5 CAMP	10 #5 CAN		514802
SOUP TOMATO 12-5 CAMP	10 #5 CAN		101427
SUGAR CANE GRANUL 50 GCHC	2 Cup		425311
PASTA NOODL KLUSKI FZ 8-3 KRZY	30 Pound		510423

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 369.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	420.57
Fat	19.31g
SaturatedFat	8.89g
Trans Fat	0.26g
Cholesterol	66.62mg
Sodium	1209.19mg
Carbohydrates	40.99g
Fiber	3.06g
Sugar	14.02g
Protein	21.61g
Vitamin A 0.04IU	Vitamin C 0.14mg
Calcium 160.07mg	Iron 1.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22333
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	102 Ounce		100101
CELERY STIX 4-3 RSS	21 Ounce		781592
ONION VIDALIA SWT 10 P/L	12 Ounce		558133
RELISH SWT PICKLE 4-1GAL GCHC	15 Ounce		517186
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE MUSTARD DRY 1 COLMANS	4 1/2 Teaspoon		400018
MAYONNAISE HVY DUTY 4-1GAL KE	3 1/4 Cup		693911

Preparation Instructions

1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise. Mix lightly until well blended. Spread 5 lb 7 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans.
2. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.
3. Portion with No. 8 scoop (½ cup).

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	188.28
Fat	13.49g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	53.24mg
Sodium	225.91mg
Carbohydrates	3.61g
Fiber	0.40g
Sugar	1.89g
Protein	12.47g
Vitamin A 0.07IU	Vitamin C 0.33mg
Calcium 11.38mg	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

Chili

Servings:	384.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22334
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	50 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
SAUCE TOMATO MW 6-10 GCHC	1 #10 CAN		306347
TOMATO DCD PETITE 6-10 GCHC	6 #10 CAN		498871
BEAN CHILI MEX STYLE 6-10 GCHC	12 #10 CAN		192015
SOUP TOMATO 12-5 CAMP	8 #5 CAN		101427

Preparation Instructions

1. Combine all ingredients to large kettle and cooked until 165 degrees.
2. Use a 8 oz scoop to portion for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.375
Starch	0.000

Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	242.93
Fat	7.29g
SaturatedFat	3.13g
Trans Fat	0.00g
Cholesterol	26.04mg
Sodium	797.83mg
Carbohydrates	24.64g
Fiber	4.88g
Sugar	5.84g
Protein	17.21g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.68mg	Iron 3.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Chicken with Rice

Servings:	74.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23477

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound		100101
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN	BAKE Bake	100364
RICE FRD VEG 4-3 AMOY	3 Pound	BAKE Preparation Notes Cook Product from Frozen: Cook times may vary according to equipment Microwave Instructions Microwave (1,100 W): On seam side, puncture 6 holes into the bag. Place seam side up and Microwave on HIGH for 14:30 Minutes. Conventional Oven Instructions Conventional Oven: Pre-heat oven to 350°F. Evenly spread 1 bag into a full hotel pan. Add a lid and place pan on the bottom rack. Cook for 45 minutes and stir every 15 minutes. Stovetop Skillet Instructions Stove Top: Pre-heat 2 TSP of vegetable oil in a non-stick skillet. Put 2 cups of rice into the skillet. Cook for 7 minutes while continuously stirring. Kitchen Steamer Instructions Steamer: On seam side, puncture 6 holes into the bag. Place seam side up and Steam for 45-50 minutes. Preparation Notes IMPORTANT: For Food safety and quality, heat to an internal temperature of 165F before eating. Keep Frozen until ready to use Caution: Contents will be VERY HOT. Stir thoroughly before serving.	198414

Preparation Instructions

Made 3.5 gallons.

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: 74.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	205.55		
Fat	2.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	45.41mg		
Sodium	109.48mg		
Carbohydrates	25.59g		
Fiber	1.75g		
Sugar	1.75g		
Protein	15.42g		
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

Strawberry Yogurt Go Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24050
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

Package all items together.

Note: Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day and fruit, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
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 Each

Amount Per Serving

Calories	455.00
Fat	14.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	520.00mg
Carbohydrates	64.50g
Fiber	3.00g
Sugar	35.50g
Protein	17.00g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 389.00mg	Iron 1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Raspberry Yogurt Go Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24051
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
Variety of Fresh Vegetables	1/2 Cup		
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222

Preparation Instructions

Package all items together.

Note: Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day and fruit, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
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 Each

Amount Per Serving

Calories	455.00
Fat	14.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	520.00mg
Carbohydrates	64.50g
Fiber	3.00g
Sugar	35.50g
Protein	17.00g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 389.00mg	Iron 1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chips and Dip Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24052
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Each		818222
SAUCE CHS CHED POUCH 6-106Z LOL	3/8 Cup	#10 Disher	135261
Salsa, Low-Sodium, Canned	1/2 Cup		100330
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133

Preparation Instructions

Package all items together.

Note: Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day and fruit, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.358
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1669.72
Fat	102.08g
SaturatedFat	60.84g
Trans Fat	0.00g
Cholesterol	265.94mg
Sodium	5718.87mg
Carbohydrates	93.89g
Fiber	12.00g
Sugar	8.00g
Protein	75.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2812.11mg	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

Garden Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24053
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	2 Ounce		100101
CHEESE CREAM WHPD TUB 12-16Z GCHC	1 Tablespoon		275362
Salsa, Low-Sodium, Canned	1/8 Cup	READY_TO_EAT	100330
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
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

Mix together salsa, cream cheese and chopped bacon. Lay out flour tortillas on a clean work surface. Put Chicken on tortilla, spread salsa mixture over the top. Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	555.73
Fat	26.33g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	122.00mg
Sodium	1797.40mg
Carbohydrates	36.75g
Fiber	5.04g
Sugar	1.04g
Protein	38.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 168.67mg	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

Fall Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24054
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SWS SLCD .75Z 6-1.5 GCHC	1 Slice	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	327409
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
APPLE FRSH SLCD 100-2Z P/L	6 Slice	BAKE READY_TO_EAT	473171
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787
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

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (cheese, turkey, apple, and then lettuce). Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Note: Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.500
Fruit	0.500
GreenVeg	0.250
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	425.00
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	845.00mg
Carbohydrates	42.00g
Fiber	5.50g
Sugar	6.50g
Protein	29.50g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 388.00mg	Iron 2.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Club Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24055
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice		244190
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
Cheese, Processed, Sliced Yellow	2 Slice		100018
TORTILLA WHEAT 10 12-12CT MISSF - Mission Foods - M	1 Each		745370

Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (turkey, ham, bacon slices, and then cheese). Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.691
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 Wrap

Amount Per Serving

Calories	620.00
Fat	33.17g
SaturatedFat	11.33g
Trans Fat	0.00g
Cholesterol	130.00mg
Sodium	2223.33mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	1.00g
Protein	41.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 3.08mg

*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

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26653
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	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.	281622
Cheese, Mozzarella, Part Skim, Shredded	2 Tablespoon		100021
SAUCE SPAGHETTI FCY 6-10 REDPK	1/4 Cup		852759
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	UNSPECIFIED	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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	439.00		
Fat	19.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	833.00mg		
Carbohydrates	44.50g		
Fiber	7.00g		
Sugar	7.50g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.00mg	Iron	2.90mg

*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	2.750
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

Beef Manhattan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26736
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK CHIX FRD CKD 54-3Z GCHC	1 Each		269816
BREAD WGRAIN SLCD 3/4 7-32Z GCHC	1 Slice		230952

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	440.00		
Fat	24.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	680.00mg		
Carbohydrates	45.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	15.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	112.00mg	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

Breakfast Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27305
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BTRMLK RND FLT 192-1Z KRUST	1 Each		645318
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY 8 MRKN	1/8 Cup		212768
BLUEBERRY 12-1PT P/L	1/8 Cup		451690
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510

Preparation Instructions

Chop strawberries and mix with blueberries. Layer the waffle in bottom of bowl, then yogurt, then fruit on top. Package granola and cheese stick with bowl together.

Meal Components (SLE)

Amount Per Serving

Meat	2.493
Grain	1.750
Fruit	0.152
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	425.03
Fat	13.88g
SaturatedFat	4.87g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	530.12mg
Carbohydrates	59.61g
Fiber	3.42g
Sugar	26.41g
Protein	15.53g
Vitamin A 13.06IU	Vitamin C 14.95mg
Calcium 333.04mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27306
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
Chicken, Diced, Cooked, Frozen	2 Ounce		100101
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

Place lettuce in container and then layer other ingredients (Diced Chicken, Cheese, Bacon) on top. Place crackers with salad.

Note: Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day and fruit, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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 salad

Amount Per Serving

Calories	468.20
Fat	19.52g
SaturatedFat	6.05g
Trans Fat	0.00g
Cholesterol	74.50mg
Sodium	977.46mg
Carbohydrates	41.67g
Fiber	3.33g
Sugar	4.00g
Protein	31.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 183.33mg	Iron 3.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27308
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
Cheese, Mozzarella, Part Skim, Shredded	1/2 Cup		100021
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
PEPPERONI SLCD 14-16/Z 2-5 GCHC	12 Each		729981

Preparation Instructions

Place flatbread and other ingredients into container together. Serve Cold.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	498.90		
Fat	28.95g		
SaturatedFat	13.95g		
Trans Fat	0.03g		
Cholesterol	72.50mg		
Sodium	1285.45mg		
Carbohydrates	47.75g		
Fiber	2.00g		
Sugar	10.00g		
Protein	24.00g		
Vitamin A	0.20IU	Vitamin C	0.06mg
Calcium	22.18mg	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

Pizza Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27310
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHEAT 10 12-12CT MISSF - 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
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
PEPPERONI SLCD 14-16/Z 2-5 GCHC	8 Each		729981

Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla Layer 2 slices of turkey, 1 slice of cheese, all pepperoni, 2 slices of turkey and then 1 slice of cheese. Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.708
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 Wrap

Amount Per Serving

Calories	423.33
Fat	19.50g
SaturatedFat	7.67g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1227.17mg
Carbohydrates	42.50g
Fiber	4.00g
Sugar	1.00g
Protein	26.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27313
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	3 Slice		466240
PEPPERS BAN RING HOT 900CT 4-1GAL	3 Slice		466251

Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla Layer 2 slices of turkey, 1 slice of cheese, jalapenos and banana peppers, 2 slices of turkey and then 1 slice of cheese. Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.028
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	355.48
Fat	13.00g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1076.67mg
Carbohydrates	36.43g
Fiber	4.43g
Sugar	1.00g
Protein	23.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.43mg	Iron 2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Cran Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27314
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE CREAM WHPD TUB 12-16Z GCHC	2 Tablespoon		275362
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1/2 Package		636402

Preparation Instructions

Chop cranberries. Combine cranberries and cream cheese together. Spread cranberry/cream cheese mixture on tortilla. Add turkey slices. Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.250
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 Wrap

Amount Per Serving

Calories	431.67
Fat	16.17g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	870.00mg
Carbohydrates	48.83g
Fiber	5.00g
Sugar	12.00g
Protein	24.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 177.33mg	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

Chili-300 servings

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27817
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	26 4/5 Pound	20 lbs. cooked ground beef	100158
BEAN KIDNY RD DK LO SOD 6-10 P/L	16 #10 CAN		598002
TOMATO DCD I/JCE MW 6-10 GCHC	8 #10 CAN		246131
SPICE CHILI POWDER MILD 16Z TRDE	1/8 Cup		331473
SUGAR CANE GRANUL 25 GCHC	1/8 Cup		108642
SALT IODIZED 24-26Z GFS	1 1/3 Tablespoon	1 Tablespoon + 1 teaspoon	108308

Preparation Instructions

Mix brown ground beef, chili beans, tomato sauce, and water together. Bring to a boil and then add remainder ingredients.

Bring to a boil again and boil for 10 minutes or temperature reaches 165 degree. Keep hot above 140 degrees thru serving time.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	229.18		
Fat	7.09g		
SaturatedFat	2.13g		
Trans Fat	1.07g		
Cholesterol	0.00mg		
Sodium	405.23mg		
Carbohydrates	25.60g		
Fiber	7.59g		
Sugar	3.53g		
Protein	16.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	69.00mg	Iron	2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28240
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
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	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28241
School:	Mentone Elementary		

Ingredients

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

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	176.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Assorted Variety of Cereal

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28242
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

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 Each

Amount Per Serving

Calories	108.00		
Fat	1.35g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	157.50mg		
Carbohydrates	23.50g		
Fiber	1.53g		
Sugar	7.75g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.10mg	Iron	2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Craisins

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28256
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
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	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	24.00g		
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

Raisels

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28257
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Raisels-Orange Burst	1 Each		5870
Raisels-Sour Watermelon Shock	1 Each		5887
Raisels-Tropical Fruit	1 Each		10569

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
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	143.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.67mg		
Carbohydrates	35.67g		
Fiber	1.33g		
Sugar	28.33g		
Protein	1.00g		
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

Sidekick Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28258
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
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	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1375.00IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28259
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
Cheese, Mozzarella, Part Skim, Shredded	1/4 Cup		100021
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	8 Each	This counts at 0.25 Meat/Meat Alternative	276662

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	1.779
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	347.37
Fat	14.37g
SaturatedFat	6.49g
Trans Fat	0.09g
Cholesterol	34.74mg
Sodium	857.84mg
Carbohydrates	39.39g
Fiber	2.70g
Sugar	9.39g
Protein	15.74g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.31mg	Iron 2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28260
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO CHERRY 11 MRKN	3 Each		569551
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Tablespoon		100012

Preparation Instructions

Package all ingredients together.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
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	40.60		
Fat	1.60g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	2.25mg		
Carbohydrates	4.00g		
Fiber	1.55g		
Sugar	2.25g		
Protein	3.15g		
Vitamin A	374.70IU	Vitamin C	6.16mg
Calcium	20.50mg	Iron	0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Banana or Rainbow Raspberry Yogurt

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28261
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

Assorted Muffin Variety

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28267
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	N/A	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	N/A	262370
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each	N/A	279991

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 muffin

Amount Per Serving

Calories	196.67		
Fat	8.33g		
SaturatedFat	1.83g		
Trans Fat	0.07g		
Cholesterol	16.67mg		
Sodium	155.00mg		
Carbohydrates	29.33g		
Fiber	0.67g		
Sugar	14.33g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.09mg	Iron	0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Pork Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28268
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	17.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	530.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.00mg	Iron 9.80mg

*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 Cheese

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28271
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	2 #10 CAN		293962
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 1/2 Pound	1/2 bag	722110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.572
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.539
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	201.55
Fat	6.16g
SaturatedFat	2.87g
Trans Fat	0.00g
Cholesterol	12.08mg
Sodium	753.09mg
Carbohydrates	25.21g
Fiber	6.51g
Sugar	1.08g
Protein	11.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Potatoes & Ham

Servings:	351.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28820

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	9 Carton	1 carton per pan	118575
Tap Water for Recipes	45 Quart	Hot Water 5 quart of water per pan	000001WTR
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 1/4 Pound		299405
Ham, Cubed Frozen	27 Pound		100188-H

Preparation Instructions

Place 1 box Potatoes in each steam table pan

Add packages of cheese (that came with potatoes) into steam table pan

Add 4 oz butter, 5 qt hot water, 3# diced ham to each steam table pan

Bake at 300 degrees 50 min.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.375

Nutrition Facts

Servings Per Recipe: 351.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	242.44
Fat	5.11g
SaturatedFat	2.44g
Trans Fat	0.00g
Cholesterol	24.31mg
Sodium	677.09mg
Carbohydrates	42.63g
Fiber	1.66g
Sugar	6.55g
Protein	8.74g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.86mg	Iron 0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28905
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	240 Each	2 bags	785860
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1 #10 CAN		315494
SAUCE PIZZA W/BASL 6-10 REDPK	1 Cup		256013
Cheese, Mozzarella, Part Skim, Shredded	15 Cup	1 ounce weight or 1/4 cup of cheese per sub	100021
White Hot Dog Bun	60 bun		3162

Preparation Instructions

Place 2 bags of meatballs, 1 can of spaghetti sauce, and 1 cup of pizza sauce in a pan. Bake 350 degrees for 45 minutes.

To serve meatball sub: Place 4 meatballs, on hot dog bun and top with 1/4 cup of cheese.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	396.18
Fat	17.50g
SaturatedFat	8.50g
Trans Fat	0.60g
Cholesterol	61.00mg
Sodium	837.55mg
Carbohydrates	35.44g
Fiber	3.43g
Sugar	8.72g
Protein	21.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.24mg	Iron 1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29034

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CARROT BABY WHL PETITE 4-5 RSS	1/8 Cup		768146
TOMATO CHERRY 11 MRKN	1/8 Cup		569551
CUCUMBER SELECT 24CT MRKN	1/8 Cup		418439
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup		100012
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	96.45		
Fat	4.69g		
SaturatedFat	2.59g		
Trans Fat	0.00g		
Cholesterol	30.47mg		
Sodium	288.51mg		
Carbohydrates	4.73g		
Fiber	1.67g		
Sugar	2.30g		
Protein	9.49g		
Vitamin A	202.02IU	Vitamin C	4.40mg
Calcium	22.89mg	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

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	475.33		
Fat	28.25g		
SaturatedFat	10.34g		
Trans Fat	0.00g		
Cholesterol	66.79mg		
Sodium	1171.48mg		
Carbohydrates	34.62g		
Fiber	2.17g		
Sugar	8.73g		
Protein	19.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	97.33mg	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

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

Note: GFS#219670 is not whole grain item.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	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

Soft Pretzel with Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29267
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	1 Each		607122
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce	weight	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	1270.00
Fat	84.50g
SaturatedFat	54.00g
Trans Fat	0.00g
Cholesterol	240.00mg
Sodium	4900.00mg
Carbohydrates	50.00g
Fiber	1.00g
Sugar	0.00g
Protein	62.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2508.00mg	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

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

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29279
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHEAT 10 12-12CT MISSF - Mission Foods - M	1 Each		745370
CHIX TNR WGRAIN FC 4-8 TYS	2 Piece		283951
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012

Preparation Instructions

Chicken Tenders: BAKE Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION: 6-8 minutes at 375°F from frozen. Coarsely chop chicken tenders.

Put 2 chopped tenders, 1/4 cup romaine, and 1/4 cup shredded cheese into tortilla. Wrap and hold for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	453.39
Fat	21.00g
SaturatedFat	7.17g
Trans Fat	0.00g
Cholesterol	36.67mg
Sodium	890.00mg
Carbohydrates	45.68g
Fiber	6.01g
Sugar	0.67g
Protein	23.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 184.09mg	Iron 3.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pico de Gallo

Servings:	12.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29299

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA LRG 25 MRKN	2 Cup	Chopped	462551
ONION RED JUMBO 25 MRKN	1 1/2 Cup	Chopped	198722
CILANTRO CLEANED 4-1 RSS	1/3 Cup	Chopped	219550
JUICE LIME 4-1GAL REALIME	2 Tablespoon		199028
SPICE GARLIC POWDER 6 TRDE	1/4 Teaspoon		513857
SALT IODIZED 18-2.25 GCHC	1/4 Teaspoon		350732

Preparation Instructions

1. Chop tomatoes, onion, and cilantro
2. Combine all ingredients in a bowl.
3. Serve immediately or cover and refrigerate for up to 3 days.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	12.57		
Fat	0.07g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	208.69mg		
Carbohydrates	3.07g		
Fiber	0.68g		
Sugar	1.47g		
Protein	0.46g		
Vitamin A	250.26IU	Vitamin C	5.44mg
Calcium	8.46mg	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

Cheese Sauce

Servings:	103.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29644

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED BASIC 6-10 CHEFM	1 #10 CAN		565695
SAUCE CHS NACHO DLX 6-10 GCHC	1 #10 CAN		323616

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 103.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	75.34		
Fat	5.27g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	2.51mg		
Sodium	467.10mg		
Carbohydrates	6.03g		
Fiber	0.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.66mg	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 Chicken Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31011

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182
Chicken, diced, cooked, frozen	2 Ounce		100101
SAUCE BBQ 4-1GAL SWTBRAY	2 Tablespoon		655937
Cheese, Mozzarella, Part Skim, Shredded	1 Tablespoon		100021
Cheese, Cheddar Reduced fat, Shredded	1 Tablespoon		100012

Preparation Instructions

Put bbq on a piece of flatbread.

Add diced chicken.

Top with mixed cheese.

Put on sheet pan and bake until at temp.

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	364.60		
Fat	10.25g		
SaturatedFat	3.15g		
Trans Fat	0.06g		
Cholesterol	53.25mg		
Sodium	762.00mg		
Carbohydrates	46.50g		
Fiber	2.70g		
Sugar	19.25g		
Protein	21.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.31mg	Iron	1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Go Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31347
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	Other flavors: GFS 551760	551770
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

Package all items together.

Note: Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day and fruit, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
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 Each

Amount Per Serving

Calories	455.00
Fat	14.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	520.00mg
Carbohydrates	64.50g
Fiber	3.00g
Sugar	35.50g
Protein	17.00g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 389.00mg	Iron 1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Pie Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31476
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Cup		811500
JUICE APPL 100 FZ 72-4FLZ SNCUP	8 Each	4 cups	135440
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	3/4 Teaspoon		224944
SUGAR BROWN LT 12-2 P/L	3 Tablespoon		860311
APPLESAUCE UNSWT 6-10 GCHC	4 Cup		271497

Preparation Instructions

1. Combine yogurt, apple juice, spices and brown sugar in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

Note: Serve with goldfish graham cracker. Student not able to take juice with smoothie, but should be able to select additional fruit serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	360.38
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	107.70mg
Carbohydrates	87.78g
Fiber	8.60g
Sugar	63.37g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 30.00mg
Calcium 161.43mg	Iron 0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Berry Patch Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31478
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	8 Cup		811490
JUICE APPL 100 FZ 72-4FLZ SNCUP	8 Each	4 cups	135440
APPLESAUCE UNSWT 6-10 GCHC	4 Cup		271497

Preparation Instructions

1. Combine yogurt and apple juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled. Refrigerate if not serving immediately. May also refrigerate overnight.

Note: Serve with goldfish graham cracker. Student not able to take juice with smoothie, but should be able to select additional fruit serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	351.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	107.70mg
Carbohydrates	85.53g
Fiber	8.60g
Sugar	61.12g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 30.00mg
Calcium 161.43mg	Iron 0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Good Morning Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31479
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Cup		811500
JUICE ORNG 100 FZ 72-4FLZ SNCUP	8 Each	4 cups	135450
APPLESAUCE UNSWT 6-10 GCHC	4 Cup		271497

Preparation Instructions

1. Combine yogurt and orange juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
 2. Add applesauce, 2 cups at a time, stirring until smooth.
 3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
 4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled. Refrigerate if not serving immediately. May also refrigerate overnight.
- Note: Serve with goldfish graham cracker. Student not able to take juice with smoothie, but should be able to select additional fruit serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	356.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	102.70mg
Carbohydrates	85.53g
Fiber	8.60g
Sugar	61.12g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 155.83mg	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

Garlic Bread w/o garlic salt

Servings:	490.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31537
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	245 Each	READY_TO_EAT	3354
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	7 Pound		299405
SPICE GARLIC POWDER 6 TRDE	1 1/4 Cup		513857

Preparation Instructions

Use leftover hamburger buns. Get buns and butter out day before. Mix butter with spices using mixer. Put on bread. Bake at 350 degrees until browned.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 490.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.71		
Fat	5.78g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	13.71mg		
Sodium	70.00mg		
Carbohydrates	10.50g		
Fiber	1.00g		
Sugar	1.50g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.37mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Cup

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31541
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD CUP IN JCE 48-4Z GCHC	1 Each		758180
ORANGES MAND IN JCE 36-4.5Z GCHC	1 Each		560912
PEACH DCD CUP L/S 48-4Z GCHC	1 Each		185150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
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	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.00mg		
Carbohydrates	15.33g		
Fiber	1.00g		
Sugar	12.33g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.67mg	Iron	0.13mg

*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

Breakfast Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31679
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 144-1.3Z BKCRFT	1 Each		138652
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup		811500
STRAWBERRY 8 MRKN	1/8 Cup		212768
BLUEBERRY 12-1PT P/L	1/8 Cup		451690
GRANOLA BAG IW 144-1Z FLDSTN	1 Package		649742

Preparation Instructions

Chop strawberries and mix with blueberries. Layer the waffle in bottom of bowl, then yogurt, then fruit on top. Package granola with bowl together.

Meal Components (SLE)

Amount Per Serving

Meat	1.493
Grain	2.000
Fruit	0.152
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	340.03
Fat	7.38g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	270.12mg
Carbohydrates	61.61g
Fiber	3.92g
Sugar	27.41g
Protein	9.03g
Vitamin A 13.06IU	Vitamin C 14.95mg
Calcium 151.04mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Parfait (Lunch)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31680
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 144-1.3Z BKCRFT	1 Each		138652
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup		811500
STRAWBERRY 8 MRKN	1/8 Cup		212768
BLUEBERRY 12-1PT P/L	1/8 Cup		451690
GRANOLA BAG IW 144-1Z FLDSTN	1 Package		649742
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510

Preparation Instructions

Chop strawberries and mix with blueberries. Layer the waffle in bottom of bowl, then yogurt, then fruit on top. Package granola and cheese stick with bowl together.

Meal Components (SLE)

Amount Per Serving

Meat	2.493
Grain	2.000
Fruit	0.152
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	430.03
Fat	13.38g
SaturatedFat	4.37g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	470.12mg
Carbohydrates	62.61g
Fiber	3.92g
Sugar	27.41g
Protein	16.03g
Vitamin A 13.06IU	Vitamin C 14.95mg
Calcium 345.04mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable- Head Start

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31777
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
Cheese, Mozzarella, Part Skim, Shredded	3/8 Cup		100021
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	8 Each	This counts at 0.25 Meat/Meat Alternative	276662

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.299
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	394.17
Fat	18.01g
SaturatedFat	9.09g
Trans Fat	0.09g
Cholesterol	47.74mg
Sodium	946.24mg
Carbohydrates	39.91g
Fiber	2.70g
Sugar	9.91g
Protein	18.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.31mg	Iron 2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

USDA Frozen Fruit Cup

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31784
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Berry Fruit Cup	1 Each	Thaw in refrigerator 3-4 hours prior to service.	110859
Peach Cups 96-4.4Z	1 Each	BAKE	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	THAW	100256

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
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	86.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.33g		
Fiber	1.67g		
Sugar	16.67g		
Protein	0.67g		
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

USDA Frozen Fruit Cup

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31785
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Berry Fruit Cup	1 Each	Thaw in refrigerator 3-4 hours prior to service.	110859
Peach Cups 96-4.4Z	1 Each	BAKE	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	THAW	100256

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
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	86.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.33g		
Fiber	1.67g		
Sugar	16.67g		
Protein	0.67g		
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

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

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

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

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

Scrambled Eggs with Ham

Servings:	45.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD IQF 20 PAP	25 Cup		148163
Ham, Cubed Frozen	6 3/4 Cup		100188-H

Preparation Instructions

Use 4 ounce spoodle or 1/2 cup to serve.

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	175.78
Fat	10.76g
SaturatedFat	4.02g
Trans Fat	0.00g
Cholesterol	432.68mg
Sodium	438.33mg
Carbohydrates	2.99g
Fiber	0.00g
Sugar	0.66g
Protein	16.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 65.66mg	Iron 1.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun-(Beef Crumbles)

Servings:	90.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33850
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	10 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
KETCHUP CAN NAT LO SOD 6-10 REDG	4 Cup		200621
SAUCE BBQ 4-1GAL SWTBRAY	5 Cup		655937
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SUGAR CANE GRANUL 25 GCHC	1 Cup		108642
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup		223255
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	90 Each		517810

Preparation Instructions

No Preparation Instructions available.

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: 90.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	289.94
Fat	7.72g
SaturatedFat	2.67g
Trans Fat	0.00g
Cholesterol	22.22mg
Sodium	453.24mg
Carbohydrates	38.60g
Fiber	3.03g
Sugar	16.20g
Protein	14.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.42mg	Iron 1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe -(Commodity Hamburger)

Servings:	78.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33851
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound		100158
KETCHUP CAN NAT LO SOD 6-10 REDG	4 Cup		200621
SAUCE BBQ 4-1GAL SWTBRAY	5 Cup		655937
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SUGAR CANE GRANUL 25 GCHC	1 Cup		108642
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup		223255

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 78.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	185.71		
Fat	9.19g		
SaturatedFat	3.06g		
Trans Fat	1.53g		
Cholesterol	0.00mg		
Sodium	230.47mg		
Carbohydrates	15.69g		
Fiber	0.04g		
Sugar	14.08g		
Protein	10.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.48mg	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

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

Turkey & Noodles (Akron)

Servings:	29.00	Category:	Condiments or Other
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33858
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	6 Pound	6 lbs of raw turkey should equal 4 lbs of cooked turkey	100125
BROTH CHIX NO MSG 12-5 HRTHSTN	3 #5 CAN		261564
BASE CHIX 12-1 KE	1 Tablespoon		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061
PASTA NOODL EGG FZ 4-3 REAMES	1 1/4 Package		245046

Preparation Instructions

Add all ingredients in a 4 inch pan. Cover pan with paper and foil. Bake at 350 degrees for 45 minutes.

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	0.000

Nutrition Facts

Servings Per Recipe: 29.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving			
Calories	357.94		
Fat	12.00g		
SaturatedFat	3.83g		
Trans Fat	0.00g		
Cholesterol	138.22mg		
Sodium	438.02mg		
Carbohydrates	31.78g		
Fiber	0.00g		
Sugar	0.00g		
Protein	31.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Akron Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33962
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
Shredded Cheddar	1/4 Cup		
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
CHIP TORTL RND YEL 5-1.5 KE	6 Piece		163020

Preparation Instructions

Cook taco meat according to directions on case.

To serve taco salad layer ingredients in following order: lettuce, taco meat, cheese, and then chips.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.500
Fruit	0.000
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 Serving

Amount Per Serving			
Calories	236.81		
Fat	11.48g		
SaturatedFat	4.91g		
Trans Fat	0.18g		
Cholesterol	41.45mg		
Sodium	412.47mg		
Carbohydrates	17.06g		
Fiber	3.35g		
Sugar	2.26g		
Protein	17.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	74.55mg	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

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

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

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	2 Tablespoon		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	3.500
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	400.00		
Fat	20.75g		
SaturatedFat	9.25g		
Trans Fat	0.00g		
Cholesterol	68.75mg		
Sodium	331.25mg		
Carbohydrates	26.50g		
Fiber	3.50g		
Sugar	5.00g		
Protein	24.75g		
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

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:	Vegetable
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

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

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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

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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

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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

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Nutrition - Per 100g

No 100g Conversion Available