

Cookbook for Akron School

Created by HPS Menu Planner

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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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar

Servings:	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

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

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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

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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

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

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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

*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

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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

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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

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

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

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

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

*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 -(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

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

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

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

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

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

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

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

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
