

# **Cookbook for Prairie Heights Elementary/Middle School**

**Created by HPS Menu Planner**

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# Fruit Juice

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9541
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	66.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.70mg		
<b>Carbohydrates</b>	15.83g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	30.82mg	<b>Iron</b>	0.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Cheese Lunch Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21449

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into squares.	644182
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	Weigh	394123
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice		722360

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	315.50
<b>Fat</b>	11.46g
<b>SaturatedFat</b>	4.80g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	37.70mg
<b>Sodium</b>	1102.44mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.70g
<b>Sugar</b>	3.50g
<b>Protein</b>	22.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 313.31mg	<b>Iron</b> 1.69mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Turkey Club Wrap - Grab & Go

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21427
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce Chopped Romaine 2#	1 Cup		2784
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
BACON TOPPING 1 DCD 10 HRML	1/8 Cup		827002
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Variety of Vegetable Offering	1/2 Cup		
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<p><b>STEAM</b>  <b>PREPARATION</b>Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING</b>STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time).  <b>STAGING</b>Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

## Preparation Instructions

Wrap counts as 2.50 M/MA, 2.00 G, 0.50 fruit, 0.375 legumes, 0.50 dark green vegetable, 1/2 cup other vegetable  
Offer with milk

### Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.500
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.500
Legumes	0.375
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

Calories	784.66		
Fat	36.27g		
SaturatedFat	8.27g		
Trans Fat	0.00g		
Cholesterol	119.50mg		
Sodium	1769.23mg		
Carbohydrates	70.50g		
Fiber	12.00g		
Sugar	25.00g		
Protein	41.86g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	249.00mg	Iron	5.13mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Green Beans

<b>Servings:</b>	432.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9560
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	18 #10 CAN	BAKE	100307
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound		110611

## Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	19.86		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	288.90mg		
<b>Carbohydrates</b>	3.41g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.22mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Munchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27342

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA 6-10 REDPK	1/4 Cup		502181

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	375.00
<b>Fat</b>	16.75g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	727.50mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.20IU	<b>Vitamin C</b> 0.06mg
<b>Calcium</b> 444.18mg	<b>Iron</b> 1.86mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Sidekick Slushie

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27277
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each		863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.400
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	72.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	26.00mg		
<b>Carbohydrates</b>	17.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	950.00IU	<b>Vitamin C</b>	48.00mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken Salad - Grab & Go

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9553
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each		536620
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
PEAS FZ 30 COMM	1/4 Cup		110510
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Variety of Fresh Fruits	1/2 cup		
BEAN GARBANZO LO SOD 6-10 P/L	1/4 Cup		597991
Lettuce Chopped Romaine 2#	1 Cup		2784

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.250
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	874.00
<b>Fat</b>	44.50g
<b>SaturatedFat</b>	13.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	140.00mg
<b>Sodium</b>	1236.00mg
<b>Carbohydrates</b>	87.00g
<b>Fiber</b>	13.00g
<b>Sugar</b>	36.00g
<b>Protein</b>	32.75g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 279.00mg	<b>Iron</b> 3.09mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Graham Snack

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31624

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Ounce		288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

## Preparation Instructions

Note: All of these items count as dessert grain at lunch and only allowed 2 dessert grains for the whole week. At breakfast no dessert grain is tracked.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	122.22
<b>Fat</b>	3.78g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	118.33mg
<b>Carbohydrates</b>	20.78g
<b>Fiber</b>	1.33g
<b>Sugar</b>	7.33g
<b>Protein</b>	1.89g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 14.44mg	<b>Iron</b> 0.91mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10314
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Variety of Cereal Bowls

<b>Servings:</b>	14.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10347
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each		595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each		270401
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each		453143
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package		265803
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package		265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each		509396
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each		266052
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package		265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each		509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	108.94		
<b>Fat</b>	1.17g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	148.31mg		
<b>Carbohydrates</b>	23.71g		
<b>Fiber</b>	1.82g		
<b>Sugar</b>	7.64g		
<b>Protein</b>	1.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	66.14mg	<b>Iron</b>	3.15mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cereal Breakfast Kit

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15508
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX RS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	READY_TO_EAT Ready to eat.	585321

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	221.67
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	180.00mg
<b>Carbohydrates</b>	43.83g
<b>Fiber</b>	2.83g
<b>Sugar</b>	20.33g
<b>Protein</b>	2.67g
<b>Vitamin A</b> 366.67IU	<b>Vitamin C</b> 42.40mg
<b>Calcium</b> 105.17mg	<b>Iron</b> 4.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Meat

<b>Servings:</b>	230.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27064
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	UNPREPARED	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound		427446
Cold Water	2 1/2 Gallon		0000

## Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	197.34		
<b>Fat</b>	14.02g		
<b>SaturatedFat</b>	4.67g		
<b>Trans Fat</b>	2.34g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	243.32mg		
<b>Carbohydrates</b>	1.16g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.16mg	<b>Iron</b>	0.00mg

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



## Nutrition - Per 100g

<b>Calories</b>	348.05		
<b>Fat</b>	24.72g		
<b>SaturatedFat</b>	8.24g		
<b>Trans Fat</b>	4.12g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	429.14mg		
<b>Carbohydrates</b>	2.04g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	28.84g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.04mg	<b>Iron</b>	0.00mg

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

# Tortilla Chips, Cheese and Hummus Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33470
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512

## Preparation Instructions

Package all items together.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	500.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	830.00mg		
<b>Carbohydrates</b>	61.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	406.00mg	<b>Iron</b>	2.60mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buffalo Chicken Wrap - Grab & Go

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21017
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound		570533
DRESSING RNCH BTRMLK 4-1GAL GCHC	40 Tablespoon		426598
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup		704229
LETTUCE ROMAINE CHOP 6-2 RSS	30 Cup		735787
Baby Carrots	10 Cup		
Variety of Fruit	10 Cup		
TORTILLA FLOUR LO SOD 9 16-12CT	20 Each		523610

## Preparation Instructions

Start with a large bowl, combine: chicken, hot sauce, ranch dressing, and cheese and mix well. Start with a tortilla and layer: 1-1/2 cups of lettuce and 1 cup of the bowl mixture. Fold into a wrap and cut in half. Place in a container with the fruit and carrots. Store in the cooler and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	698.65
<b>Fat</b>	36.17g
<b>SaturatedFat</b>	13.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	103.33mg
<b>Sodium</b>	1454.90mg
<b>Carbohydrates</b>	55.26g
<b>Fiber</b>	7.71g
<b>Sugar</b>	19.02g
<b>Protein</b>	37.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 271.00mg	<b>Iron</b> 3.34mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Golden Corn

<b>Servings:</b>	660.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10292
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	120 Pound	<b>STEAM</b> Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 2/3 Cup	1/3 cup per pan	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	1 Tbsp. per pan	647230

## Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 660.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	72.07		
<b>Fat</b>	1.56g		
<b>SaturatedFat</b>	0.11g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	16.09g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans

<b>Servings:</b>	264.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9546
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	9 #10 CAN		293962
Salsa, Low-Sodium, Canned	2 #10 CAN	READY_TO_EAT	100330
CHEESE CHED MLD SHRD 4-5 LOL	8 Quart	2 quart per pan	150250
SPICE CHILI POWDER HOT 5.5 TRDE	3 1/2 Tablespoon		224715
SPICE CUMIN GRND 15Z TRDE	2 2/3 Tablespoon		273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Teaspoon		225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Teaspoon		126993

## Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.248
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.098
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.441
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	184.63
<b>Fat</b>	6.13g
<b>SaturatedFat</b>	3.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.55mg
<b>Sodium</b>	589.30mg
<b>Carbohydrates</b>	22.37g
<b>Fiber</b>	6.07g
<b>Sugar</b>	1.67g
<b>Protein</b>	9.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 136.17mg	<b>Iron</b> 1.81mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33829
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Meat	1 1/2 Serving	1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.	R-27064
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Cook the beef according to Recipe #27064.
2. Crush individual bags of chips and open.
3. Add 1.5 oz (or 1/4 cup) of meat mixture to opened bag of chips. Offer 2 Tablespoons of shredded cheese and 1/4 cup of shredded lettuce with each bag of chips.
4. Serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	486.01
<b>Fat</b>	28.03g
<b>SaturatedFat</b>	8.01g
<b>Trans Fat</b>	3.50g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	644.98mg
<b>Carbohydrates</b>	29.73g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	27.53g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 51.73mg	<b>Iron</b> 0.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Pastries

<b>Servings:</b>	9.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32655
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72- 2.29Z FRUDEL	1 Each	N/A	838350
PASTRY APPL FILLD IW 72- 2.29Z FRUDEL	1 Each	N/A	838340
CRESCENT FILLD GRP 72- 2.29Z PILLS	1 Each	N/A	321752
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	N/A	321722
ROLL MINI CINNIS IW 72- 2.29Z PILLS	1 Package	N/A	894291
BAR BKFST CINN TST & CHS IW 72-2.36Z	1 Each		880415
BAR BKFST COCOA FILLED IW 72-2.43Z	1 Each		880370
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each	<p><b>READY_TO_EAT</b> Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing <b>THAW AND SERVE:</b> Thaw at room temperature for 120 minutes prior to serving. <b>WARMING UNIT:</b> Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.</p>	401034

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR 140-2.5Z RICH	1 Each	<p>BAKE</p> <p>HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.</p>	794230

## 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: 9.00

Serving Size: 1.00 Each

#### Amount Per Serving

Calories	231.38		
Fat	6.57g		
SaturatedFat	1.46g		
Trans Fat	0.05g		
Cholesterol	28.78mg		
Sodium	229.27mg		
Carbohydrates	38.67g		
Fiber	2.87g		
Sugar	12.44g		
Protein	4.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.16mg	Iron	1.71mg

\*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

<b>Servings:</b>	650.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28878
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1950 Slice		100036
BREAD WGRAIN HNY WHT 16-24Z GCHC	1300 Slice		204822
MARGARINE SLD 30-1 GCHC	20 Pound		733061

## Preparation Instructions

1. Melt the butter and spread it on sheet pans with a brush.
2. Layout 20 pieces of bread per pan.
3. Put 3 slices of cheese on each piece of bread.
4. Then dip the top bread in butter and put it butter side up on the cheese.
5. Cook in a 350 degree oven for 8 minutes.
6. Hold in hot boxes until service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 650.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	398.46		
<b>Fat</b>	20.33g		
<b>SaturatedFat</b>	8.93g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.50mg		
<b>Sodium</b>	738.31mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	738.46IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable, Yogurt, & Goldfish

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33472
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	2 Each		885750
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	2 Package		745481

## Preparation Instructions

Package all items together.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	460.00
<b>Fat</b>	19.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	535.00mg
<b>Carbohydrates</b>	60.50g
<b>Fiber</b>	5.00g
<b>Sugar</b>	25.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 163.50mg	<b>Iron</b> 1.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Chicken Salad - Grab & Go

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21429
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 Cup	<p><b>MICROWAVE</b>            Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. <b>MICROWAVE: (1100W)</b> Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. <b>MICROWAVE: (2200W)</b> Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. <b>STOVE TOP:</b> Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. <b>STEAMER:</b> Arrange product in a half-size steam table pan. Steam for 15 minutes. <b>CONVECTION OVEN:</b> Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. <b>COMBI OVEN:</b> Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 Tablespoon		712131
CHERRY TOMATOES	1/4 Cup		16P46
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
SAUCE BBQ 4-1GAL SWTBRAY	2 Tablespoon		655937

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup		
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package		818222

## Preparation Instructions

Mix the ranch and BBQ together. Put in 2 oz cups.

Put the corn & black beans in a cup.

Layer salad ingredients and add other components.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.375
<b>Legumes</b>	0.125
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	776.14
<b>Fat</b>	32.84g
<b>SaturatedFat</b>	7.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	1176.59mg
<b>Carbohydrates</b>	87.43g
<b>Fiber</b>	12.05g
<b>Sugar</b>	40.93g
<b>Protein</b>	32.55g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 161.50mg	<b>Iron</b> 2.22mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Poptart

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30008
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	176.67		
<b>Fat</b>	2.83g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	145.00mg		
<b>Carbohydrates</b>	36.67g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	166.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.80mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt, Peanut Butter Apple, & Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33468
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
PEANUT BUTTER 120-1.1Z JIF	1 Each		794301
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	395.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 20.00mg
<b>Calcium</b> 196.00mg	<b>Iron</b> 1.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken, Bacon, Ranch Wrap - Grab & Go

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21420
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
Variety of Fruit	1/2 Cup		
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
Potato Salad	2/3 Serving		R-21433

## Preparation Instructions

Start with tortilla shell, layer: ranch dressing, lettuce, bacon, and chicken. Fold into a wrap and put in the container with other items. Store in cooler and serve.

Offer milk.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	627.77
<b>Fat</b>	31.60g
<b>SaturatedFat</b>	8.20g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	116.44mg
<b>Sodium</b>	1392.34mg
<b>Carbohydrates</b>	56.56g
<b>Fiber</b>	7.66g
<b>Sugar</b>	19.73g
<b>Protein</b>	32.29g
<b>Vitamin A</b> 7.44IU	<b>Vitamin C</b> 0.16mg
<b>Calcium</b> 77.79mg	<b>Iron</b> 2.54mg

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## Nutrition - Per 100g

No 100g Conversion Available