

Cookbook for WE

Created by HPS Menu Planner

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Whole Grain Cereal Assortment

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	7 Each		365790
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	7 Package		265811
CEREAL APPLCINN WGRAIN BWL 96CT GENM	6 Each		266052
CEREAL COCOA PUFFS WGRAIN R/S 96CT	6 Each		270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	6 Each		283620
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	6 Package		265782
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	6 Each		283611
CEREAL KIX BWL 96CT GENM	6 Each		600407

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.95		
Fat	1.26g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	143.91mg		
Carbohydrates	22.38g		
Fiber	1.91g		
Sugar	7.14g		
Protein	1.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	77.45mg	Iron	2.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Cup

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	10 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	10 Each		551760
YOGURT VAR PK L/F 48-4Z YOPL	10 Each		551751
YOGURT RASPB RNBW L/F 48-4Z TRIX	10 Each		551770
YOGURT VAR PK L/F RASPB/PCH 48-4Z	10 Each		551741

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	88.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	61.00mg
Carbohydrates	17.40g
Fiber	0.00g
Sugar	11.00g
Protein	3.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.00mg	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

juice

NO IMAGE

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34280

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	10 Each		698744
JUICE BOX ORNG TANGR 100 40-4.23FLZ	5 Each		698251
JUICE STRAWB KIWI 100 40-4.23FLZ	5 Each		214534
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	5 Each		214513
JUICE CRAN RASPB 100 40-4.23FLZ	5 Each		214524
JUICE BOX FRT PNCH 100 40-4.23FLZ	5 Each		698240
JUICE BOX VERY BRY 40-4.23FLZ	5 Each		698391
JUICE BOX PARADS PNCH 40-4.23FLZ	5 Each		698261
JUICE BOX GRP 100 40-4.23FLZ	5 Each		698211

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

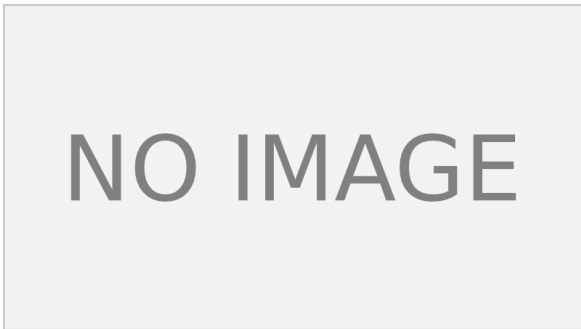
Calories	62.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	15.20g		
Fiber	0.00g		
Sugar	13.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Apples



Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34260

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	50 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

PACKAGING: 2OZ POLY BAGS IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE IS 34 -40 F. PREPARATION: OPEN AND SERVE.

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: 50.00

Serving Size: 1.00 Each

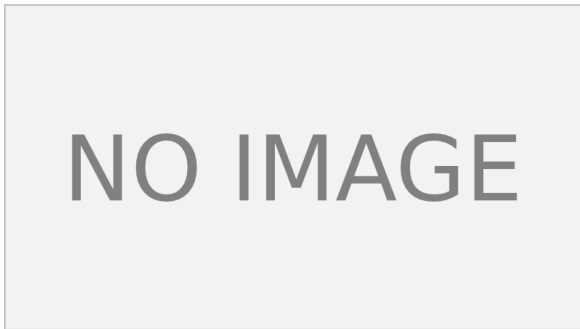
Amount Per Serving	
Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



Servings:	50.00	Category:	Vegetable
Serving Size:	4.68 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	2 #10 CAN		570710

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: 50.00

Serving Size: 4.68 Ounce

Amount Per Serving			
Calories	155.20		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	569.06mg		
Carbohydrates	31.04g		
Fiber	5.17g		
Sugar	12.42g		
Protein	7.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.73mg	Iron	1.97mg

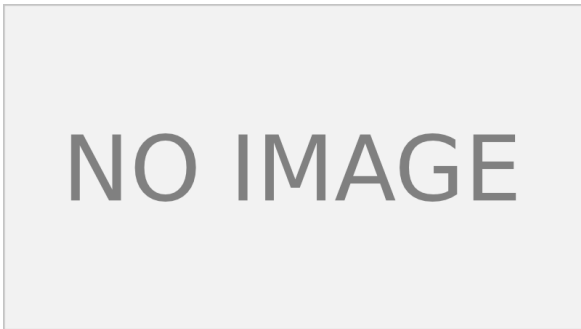
*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	116.98		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	428.91mg		
Carbohydrates	23.40g		
Fiber	3.90g		
Sugar	9.36g		
Protein	5.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.99mg	Iron	1.48mg

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

Tater Tots



Servings:	50.00	Category:	Vegetable
Serving Size:	2.52 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	126 Ounce		141510

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Serve 8 each per serving

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: 50.00

Serving Size: 2.52 Ounce

Amount Per Serving			
Calories	130.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	181.97		
Fat	8.40g		
SaturatedFat	1.40g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	433.93mg		
Carbohydrates	22.40g		
Fiber	2.80g		
Sugar	0.00g		
Protein	2.80g		
Vitamin A	0.00IU	Vitamin C	5.04mg
Calcium	0.00mg	Iron	0.00mg

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

Dark Green Side Salad

NO IMAGE

Servings:	36.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31754
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1 Cup	Wash, Drain, and chop 4 pounds of romaine lettuce and place 1 cup in an 8 oz tray	702609
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12- 2 GCHC	1/8 Cup	Wash, drain, and chop 1.1 pounds of carrots and add 1/8 of a cup to lettuce and tomato	273902
CUCUMBER SLCD 1/4 2-3 RSS	1 Cup		329517

Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 40*

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 36.00

Serving Size: 0.50 Cup

Amount Per Serving

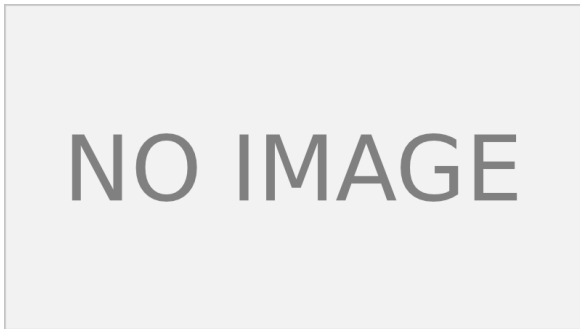
Calories	0.86		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.36mg		
Carbohydrates	0.19g		
Fiber	0.06g		
Sugar	0.11g		
Protein	0.05g		
Vitamin A	11.93IU	Vitamin C	0.21mg
Calcium	0.80mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits and Sausage Gravy



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34310
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	3 Cup	1/2 cup dry = 40 fl oz= 8 -5fl oz servings 24oz dry packet = 128 fl oz (5fl oz=26 servings) case = 1536 fl oz =307 servings of 5 fl oz portions STOVE TOP: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242420
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	50 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven	631902
SPICE PEPR BLK REG FINE GRIND 16Z	25 Teaspoon	1/2 tsp per serving	225037
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	50 Each	1 sausage patty per serving Thaw under refrigeration or prepare from frozen state. Shelf Life Frozen = 180 days Basic Preparation Heat and serve. Ready to eat.	184970

Preparation Instructions

Prepare Sausage Gravy

1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
3. Add cooked crumbled sausages, blend and mixed thoroughly.
4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray
 2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit
- 1 biscuit, 5 fl oz sausage gravy = 1 portion 4-12

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	262.48
Fat	13.80g
SaturatedFat	7.08g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	614.89mg
Carbohydrates	25.61g
Fiber	2.00g
Sugar	2.72g
Protein	10.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.33mg	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

Pineapple Chunk



Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34312
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS CUP 36-4Z DOLE	50 Cup	READY_TO_EAT Ready to Eat	216300

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.000
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	140.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	30.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Sesame Chicken Stir-Fry (ES)

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	7 Pound		150390
PEPPERS GREEN DCD SWT 12-2 GCHC	2 1/2 Pound		508632
DRESSING ASIAN SESM GINGR 4-1GAL GFS	4 1/4 Cup		166722
CHIX DCD 40 COMM	6 1/4 Pound		110530

Preparation Instructions

Thaw diced chicken: keep chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36°F to 41°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.

Meanwhile, combine carrots and green peppers in a 20 x 12 x 2 steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) for 5 minutes.

Drain excess liquid from vegetables.

Add dressing, carrots, and peppers to the chicken, stirring well. Steam until tender-crisp (approximately 10 minutes). Do not overcook the vegetables.

CCP: Hold for hot service at 135°F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.490
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	189.90		
Fat	11.14g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	65.52mg		
Sodium	236.17mg		
Carbohydrates	10.77g		
Fiber	1.96g		
Sugar	5.39g		
Protein	12.00g		
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

California Casserole

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE THYME GRND 12Z TRDE	1/8 Teaspoon		513822
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon		225061
SPICE OREGANO GRND 12Z TRDE	1/4 Teaspoon		513725
SPICE PAPRIKA 16Z TRDE	1/8 Teaspoon		518331
SPICE BASIL LEAF 5.5Z TRDE	1/8 Teaspoon		513628
ONION DCD 1/4 2-5 RSS	1/3 Cup		198307
VEG BLND CALIF PREM 30 GCHC	8 1/2 Pound		285740
SOUP CRM OF CELERY 12-50Z CAMP	1 Cup		185312
MILK WHT 1 4-1GAL RGNLBRND	1/3 Cup		817801
Water	1 Quart		Water
POTATO TATER TOTS 6-5 OREI	4 3/8 Pound		141510

Preparation Instructions

Thaw and drain California blend frozen vegetables in the refrigerator overnight. If possible, reserve 1 quart of drained liquid for the casserole.

Preheat oven to 350°F. Grease a 12 x 20 x 2 pan.

In a bowl, combine spices, onion, soup, and milk.

Add thawed California blend and 2 cups of reserved liquid (or 2 cups of water) to soup and spice mixture.

Pour mixture into prepared pan. Top with frozen potato rounds. Cover with foil or lid.

Bake, covered, at 350°F for 50 60 minutes, uncovering for the final 10 minutes of baking to brown the potatoes.

CCP: Heat casserole to 165°F or higher for at least 15 seconds. CCP: Heat casserole to 165°F or higher for at least 15 seconds. CCP: Prior to service, hold at 135°F or higher.

CCP: Hold for hot service at 135°F or higher.

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	0.250

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	84.64
Fat	3.35g
SaturatedFat	0.57g
Trans Fat	0.00g
Cholesterol	0.08mg
Sodium	186.64mg
Carbohydrates	11.35g
Fiber	2.46g
Sugar	1.03g
Protein	2.07g
Vitamin A 3.16IU	Vitamin C 2.00mg
Calcium 15.81mg	Iron 0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apricot



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APRICOT HLVS PLD XL/S 6-10 GCHC	2 #10 CAN		705535

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	15.52g		
Fiber	1.03g		
Sugar	13.45g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.24mg	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

Fortune Cookie



Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34268

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	50 Each		565142

Preparation Instructions

serve as is

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.167
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	11.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	1.67g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	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

Asian Brown Rice



Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34265

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	3 Pound		516371
DRESSING ASIAN SESM GINGR 4-1GAL GFS	2 1/2 Cup		166722

Preparation Instructions

Place rice in steam table pan. Steam until tender (approximately 2025 minutes).

1. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	138.70		
Fat	5.56g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	20.76g		
Fiber	0.51g		
Sugar	1.20g		
Protein	2.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.55mg	Iron	0.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Cheese Breadstick

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34316
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each		235411
SAUCE MARINARA DIPN CUP 60-2Z HNZ	50 Each		830810

Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

DEEP_FRY

Deep Fry

1. Preheat oil to 350° F.
2. THAWED ONLY: 1-2 minutes.
3. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and

or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

THAW

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	10.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	700.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	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

Spinach Salad



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32849
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	8 Pound		560545
SEASONING ITAL HRB 6Z TRDE	3 Teaspoon		428574
VINEGAR BALSM IMPRTD 2-5LTR FAMOSO	1/2 Cup		382971
Water	1/2 Cup		Water
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1/4 Cup		292702
PRESERVE STRAWB 6-48Z SMUCK	1/4 Cup		857282
ORANGES MAND WHL L/S 6-10 GCHC	3 1/2 Quart		117897
STRAWBERRY 8 MRKN	3 1/2 Quart		212768

Preparation Instructions

Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1 2 days prior to service for maximum flavor.

Drain mandarin oranges.

Wash and slice fresh strawberries.

Lightly toss spinach, oranges, and strawberries.

Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	66.54		
Fat	1.14g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.68mg		
Carbohydrates	12.46g		
Fiber	0.48g		
Sugar	11.33g		
Protein	0.94g		
Vitamin A	0.95IU	Vitamin C	4.67mg
Calcium	25.43mg	Iron	0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

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Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34446

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	50 Package		815803
TACO FILLING BEEF REDC FAT 6-5 COMM	100 Ounce		722330
CHEESE CHED SHRD 6-5 COMM	37 Ounce		199720
LETTUCE ROMAINE RIBBONS 6-2 RSS	12 1/2 Cup		451730
SALSA CUP 84-3Z REDG	50 Each	READY_TO_EAT None	677802

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.002
Grain	2.000
Fruit	0.000
GreenVeg	0.085
RedVeg	0.582
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	375.13
Fat	16.69g
SaturatedFat	6.58g
Trans Fat	0.18g
Cholesterol	43.65mg
Sodium	797.66mg
Carbohydrates	31.32g
Fiber	3.35g
Sugar	5.35g
Protein	15.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.91mg	Iron 1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexicali Corn Salad

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	2 1/16 Quart	2 Quarts 1/4cup	100348
BEANS BLACK LO SOD 6-10 BUSH	3 1/8 Quart	3 Quarts 1/2 cup	231981
ONION RED DCD 1/4 2-5 RSS	2 3/4 Cup	Chopped	429201
TOMATO CHERRY 10 MRKN	2 3/4 Cup	Chopped	169275
PEPPERS GREEN MED 20 MRKN	1 1/3 Cup	Chopped	206059
CILANTRO CLEANED 4-1 RSS	2/3 Cup	Chopped	219550
DRESSING ITAL FF 4-1GAL KENS	1 1/3 Cup		188875
SPICE CHILI POWDER MILD 16Z TRDE	2 2/3 Teaspoon		331473
SPICE CUMIN GRND 15Z TRDE	2 2/3 Teaspoon		273945

Preparation Instructions

Wash hands and put on gloves
Thaw frozen corn in refrigerator overnight. Drain liquid.
Wash and chop/dice onions, tomatoes, and peppers.
Drain and rinse black beans thoroughly.
Mix together thawed corn, beans, and chopped fresh ingredients.
Add dressing and seasonings to vegetables and gently toss.
Serve chilled.

CCP: Hold salsa for cold service at 41°F or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.028
OtherVeg	0.053
Legumes	0.240
Starch	0.165

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	84.84		
Fat	0.34g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	176.62mg		
Carbohydrates	17.10g		
Fiber	3.34g		
Sugar	2.46g		
Protein	4.25g		
Vitamin A	14.66IU	Vitamin C	3.19mg
Calcium	43.19mg	Iron	0.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jello w/ Peaches

NO IMAGE

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34448

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	2 #10 CAN		110700
GELATIN MIX ORNG 12-24Z GCHC	2 Package		524638

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.517
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 Cup

Amount Per Serving

Calories	74.68		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.47mg		
Carbohydrates	17.55g		
Fiber	1.03g		
Sugar	16.51g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	2.70mg
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

Breakfast Banana Split topped w/Berries served w/Granola



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34508
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	25 Cup		811500
BLUEBERRY IQF 4-5 GCHC	12 1/2 Cup		166720
STRAWBERRY WHL IQF 4-5 GCHC	12 1/2 Cup		244630
Rockin'ola Pro granola	50 Ounce		4244

Preparation Instructions

Place 1/2 of banana sliced in 1/2 in a 2# boat, place 4oz (1/2 Cup) of vanilla yogurt in between slices of banana, top with 1/4 cup blueberries and 1/4 cup strawberries served w/granola

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.750
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 Serving

Amount Per Serving

Calories	315.69
Fat	5.28g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	93.63mg
Carbohydrates	60.38g
Fiber	5.72g
Sugar	34.00g
Protein	10.88g
Vitamin A 37.76IU	Vitamin C 5.14mg
Calcium 145.45mg	Iron 7.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34457

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	2 3/11 #10 CAN	1 # 10 Cans = 22.65 1/2 Cups	118737
BUTTER SUB 24-4Z BTRBUDS	1 1/7 Cup	EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS.	209810
SPICE ONION POWDER 19Z TRDE	2 3/11 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	2 3/11 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND 16Z	2 3/11 Tablespoon		225037

Preparation Instructions

Place vegetables in covered steam table pan, add Butter Buds and seasonings. Heat in Combi oven /Steamer 140° F -160° F degrees. Can cook longer at lower temp but must reach 135

1 # 10 Can = 22 Servings

4 #10 Cans = 88 Servings

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.588
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	26.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.24mg		
Carbohydrates	4.80g		
Fiber	2.35g		
Sugar	1.17g		
Protein	1.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.01mg	Iron	0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Harvest Fries



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34456

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	6 1/4 Pound		273660
FRIES 3/8 R/C CRSPY COAT 6-5 LAMB	12 1/2 Pound		547115

Preparation Instructions

1. Spread an even mix of both fries on sheet pans.
2. Bake in a 350 degree oven for 9-13 minutes or until the temperature reaches 135 degrees.
3. Store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.000
Legumes	0.000
Starch	0.667

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	313.33		
Fat	14.67g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	500.00mg		
Carbohydrates	43.33g		
Fiber	3.33g		
Sugar	6.00g		
Protein	3.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.67mg	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

Fruit Smoothie w/ Bagel



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34509
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF PRO 4-6 DANN	50 Cup		673261
STRAWBERRY WHL IQF 4-5 GCHC	38 Cup		244630
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
BAGEL WHT WGRAIN IW 72-2Z LENDER	50 Each		217911
CHEESE CREAM LT CUP 100-1Z P/L	50 Each		549762

Preparation Instructions

Smoothie:

1. Remove ingredients from refrigerator.
2. Place yogurt and fruit (25 cup strawberry) in blender. Blend until smooth.
3. Place ingredients in a 9oz cup (GFS# - 792220) Lid (GFS# - 792201)
4. Return items to refrigerator top with remaining strawberry before serving.
5. Serve item with Bagel.

HACCP=1

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	2.000
Fruit	1.000
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 Cup

Amount Per Serving

Calories	306.70
Fat	5.70g
SaturatedFat	3.55g
Trans Fat	0.00g
Cholesterol	15.75mg
Sodium	271.43mg
Carbohydrates	55.11g
Fiber	7.83g
Sugar	20.57g
Protein	10.41g
Vitamin A 337.76IU	Vitamin C 5.14mg
Calcium 116.34mg	Iron 2.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34467
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	25 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
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 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
BUN HAMB WHT WHE 4" 10-12CT ALPH	50 Each		248151

Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on service line

50 servings 1 each

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	385.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	645.00mg		
Carbohydrates	41.50g		
Fiber	5.50g		
Sugar	4.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.02mg	Iron	3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Baked Beans

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34470
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	14 Pound	2 #10 cans	120530
ONION DCD 1/4 2-5 RSS	1 1/2 Pound		198307
PEPPERS GREEN DCD 1/4 2-3 RSS	1 Pound		198331
SPICE MUSTARD DRY 1 COLMANS	2 Teaspoon		400018
MUSTARD YELLOW 4-1GAL BRICK	5 1/4 Fluid Ounce		807651
SUGAR BROWN MED 25 GCHC	2 Pound		108626
SUGAR BEET GRANUL 50 GCHC	1 Pound		224413
TOMATO PASTE FCY 6-10 REDPK	10 Ounce		221851
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	2 1/2 Pound	1/2 #10 can	189979
VINEGAR APPLE CIDER 5 4-1GAL GCHC	2 1/3 Tablespoon	2 TB 1 TSP	430795
SMOKE LIQUID 1-QT GCHC	2 Tablespoon		242152
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SPICE ALLSPICE GRND 16Z TRDE	1 Teaspoon		513601

Preparation Instructions

Instructions

Combine beans, onions, bell peppers, ground mustard, yellow mustard, brown sugar, granulated sugar, tomato paste, pineapple tidbits, apple cider vinegar, liquid smoke, black pepper, cinnamon, and allspice in a large bowl. Stir well.

Pour 1 gallon (9 pounds 7 ounces) baked beans into a steam table pan (12 x 20 x 2½). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Bake:

Conventional oven: 375° F for 20-25 minutes.

Convection oven: 350° F for 15 minutes.

Portion with 4 fluid ounces slotted spoodle (½ cup).

Recipe Notes

CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 140° F or higher.

NSLP/SBP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) is the equivalent of 5 oz of baked beans.

Yield 50 servings

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.028
GreenVeg	0.000
RedVeg	0.100
OtherVeg	0.060
Legumes	0.560
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	299.74		
Fat	1.15g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	198.33mg		
Carbohydrates	64.33g		
Fiber	6.27g		
Sugar	37.88g		
Protein	5.68g		
Vitamin A	0.03IU	Vitamin C	0.01mg
Calcium	5.12mg	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

Blushing Chilled Pears

NO IMAGE

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31736
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	2 #10 CAN		110690
GELATIN MIX STRAWB 12-24Z GCHC	1/4 Cup		524581

Preparation Instructions

1. Pour canned pears and juice into serving line pans.
2. Sprinkle gelatin over pears to give blushing color.
3. Cover and chill.

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

4. Portion two pear halves and juice per serving.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.88		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.57mg		
Carbohydrates	17.23g		
Fiber	2.07g		
Sugar	13.10g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.04mg	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

Salad Cucumber Creamy



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31783

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
SUGAR CANE GRANUL 25 GCHC	11 Tablespoon		108642
CUCUMBER SELECT SUPER 45 MRKN	64 Cup	+/- 22 lbs	198587
DRESSING POPPYSEED 4-1GAL PMLL	3 Quart		850942

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Combined vinegar and sugar to dissolve.
3. Add sugar/vinegar to dressing and mix well.
4. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	125.95		
Fat	8.70g		
SaturatedFat	1.44g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	135.00mg		
Carbohydrates	13.16g		
Fiber	0.19g		
Sugar	11.56g		
Protein	0.19g		
Vitamin A	34.94IU	Vitamin C	0.93mg
Calcium	12.04mg	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

Meat Sauce for Spaghetti

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34477
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	35 Pound		110520
MEATBALL CKD REDC SOD .5Z 2-5 GCHC	10 Pound		610790
SAUCE TOMATO 6-10 HNZ	2 #10 CAN		376182
SAUCE SPAGHETTI FCY 6-10 REDPK	9 #10 CAN		852759
TOMATO PASTE FCY 6-10 REDPK	1 #10 CAN		221851
JUICE TOMATO 100 FRSH 12-46FLZ HV	1 #5 CAN		732790
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255
SPICE BASIL GRND 12Z TRDE	3/4 Cup		513636
SPICE OREGANO GRND 12Z TRDE	1/4 Cup		513725
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Cup		224847
SPICE CELERY SALT 32Z TRDE	4 1/3 Tablespoon		231517
SUGAR BEET GRANUL 25 GCHC	1/2 Cup		108588
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	12 1/2 Pound		229951
Water	15 Gallon		Water

Preparation Instructions

instructions

Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.

Add remaining ingredients Simmer about 1 hour.

Heat water to rolling boil. Add salt.

Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVER COOK. Drain well. Run cold water over spaghetti to cool slightly.

Stir into meat sauce.

Divide mixture equally into medium half-steam table pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans.

Portion with 8 oz ladle (1 cup) per serving.

Recipe Notes

CCP: Heat to 155° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Crediting: 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate, 38 cup of red/orange vegetable, and 1 oz grain equivalent

Meal Components (SLE)

Amount Per Serving

Meat	2.108
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	353.08
Fat	13.21g
SaturatedFat	4.25g
Trans Fat	2.10g
Cholesterol	54.66mg
Sodium	1116.44mg
Carbohydrates	38.90g
Fiber	7.71g
Sugar	13.42g
Protein	22.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.12mg	Iron 1.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Side Salad Elementary



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32481
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/10 Cup		129631
CARROTS BABY PLD 72-3Z P/L	1/10 Cup		241541
SPRING MIX HERITAGE 4-3 RSS	1/3 Cup		152222

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	42.57
Fat	0.04g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	52.24mg
Carbohydrates	9.35g
Fiber	3.46g
Sugar	4.70g
Protein	1.89g
Vitamin A 9452.12IU	Vitamin C 58.28mg
Calcium 43.60mg	Iron 0.68mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31735
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	1 Cup	BAKE	285620
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	40.33		
Fat	0.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	9.00g		
Fiber	0.33g		
Sugar	1.67g		
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