

Cookbook for West Central Middle/High School

Created by HPS Menu Planner

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Variety of Cereal Bowls

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31792
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package		265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each		453143
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	N/A	509434
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	N/A	268711
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.98		
Fat	1.24g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.22mg		
Carbohydrates	23.64g		
Fiber	1.66g		
Sugar	7.27g		
Protein	1.64g		
Vitamin A	45.45IU	Vitamin C	0.33mg
Calcium	75.45mg	Iron	3.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31715
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each		135470

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	62.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.25mg		
Carbohydrates	14.75g		
Fiber	0.00g		
Sugar	14.25g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	15.00mg
Calcium	11.23mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31719

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	25 Each		203260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

Preparation Instructions

Cook burger according to directions on packaging.

Serve burger patty with bun.

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: 25.00

Serving Size: 1.00 Sandwich

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

Cheeseburger

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34915
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	25 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810
CHEESE AMER 160CT SLCD R/F 6-5 LOL	25 Slice		722360

Preparation Instructions

Cook burger according to directions on packaging.
Serve burger patty with bun and cheese slice.

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: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	375.00
Fat	17.50g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	520.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34916
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY 2-5	4 Pound		801860
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

Preparation Instructions

Cook pulled pork according to directions on packaging.

Serve 2.5 ounce weight of pulled pork with with bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	330.17		
Fat	16.13g		
SaturatedFat	5.85g		
Trans Fat	0.00g		
Cholesterol	58.51mg		
Sodium	267.77mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.38mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34917
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	25 Each		281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

Preparation Instructions

Cook chicken patty according to directions on packaging.

Serve chicken patty with with bun.

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: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34918
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 Each		327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

Preparation Instructions

Cook chicken patty according to directions on packaging.

Serve chicken patty with with bun.

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: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	370.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	530.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34919
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	25 Each		209244
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

Preparation Instructions

Cook chicken according to directions on packaging.

Serve chicken with with bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	250.00
Fat	6.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	710.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	6.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Fish & Cheese Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32691
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	25 Each		643142
CHEESE AMER 160CT SLCD R/F 6-5 LOL	25 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

Preparation Instructions

Cook fish according to directions on packaging. Top with cheese. Serve on hamburger bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00
Fat	10.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	660.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	5.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	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

Breaded Pork Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34920
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	25 Each		661950
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

Preparation Instructions

Cook pork patties according to directions on packaging.

Serve pork patty with with bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	400.00		
Fat	18.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	510.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34921
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each		451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	25 Each		276142

Preparation Instructions

Cook BBQ Rib according to directions on package.

Serve BBW Rib with sub bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31695

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each		276142
MEATBALL CKD 6-5 JTM	200 Each		135071
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 #10 CAN		852759
CHEESE MOZZ SHRD 4-5 LOL	6 1/4 Cup		645170

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—
Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

—
Fill each Sub Bun with...

4 meatballs

1/8 cup (2 Tablespoons or 1 Fluid Ounce Ladle) Spaghetti Sauce

1/8 cup (or 2 Tablespoons) of Cheese

—
Wrap tray of subs and place in warmer until ready to serve.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	346.97
Fat	13.50g
SaturatedFat	5.29g
Trans Fat	0.48g
Cholesterol	37.90mg
Sodium	580.31mg
Carbohydrates	36.15g
Fiber	3.68g
Sugar	7.07g
Protein	19.78g
Vitamin A 5.60IU	Vitamin C 0.80mg
Calcium 195.09mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Trio Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31700

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	9 3/8 Pound		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	Cut in half to make two triangles	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each		276142

Preparation Instructions

Prior to day of service:

Thaw deli meat in shallow pan on the bottom shelf of the cooler

Thaw buns by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and deli meat and bring to prep area

Prep:

Place 25 bun bottoms on parchment lined baking sheet

On each bun layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese (2 triangles)

Place sub bun top on top of meat

Place prepared sandwiches back in the cooler until ready to serve or wrap each sandwich and then place back in cooler until ready to serve.

CCP: Hold at 40°F or colder until ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	334.09
Fat	13.66g
SaturatedFat	4.29g
Trans Fat	0.00g
Cholesterol	70.58mg
Sodium	1071.54mg
Carbohydrates	31.02g
Fiber	2.00g
Sugar	4.50g
Protein	20.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 206.26mg	Iron 3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	4.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31787
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	8 Cup		451730
CARROT SHRD MED 2-5 RSS	1 Cup		313408
Zee Zees Sunflower Kernels, Roasted	4 Each		B87860
CROUTON CHS GARL WGRAIN 250-.5Z	8 Package		661022
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	4 Package		745481
CHEESE CHED MLD SHRD 4-5 LOL	1 1/4 Cup	2 oz portion cup or 1/4 cup =	150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Cut into 4 wedges	853800
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	weigh and put into 2 oz portion cup	202150
Chicken Fillet, Cooked, Unbreaded, Frozen	2 4/9 Ounce	1 Chicken Fillet	110921

Preparation Instructions

In each salad container: place 2 cup romaine lettuce. 1/4 cup shredded carrots, and package of sunflowers.

Students grain choice follows: 2 packages of croutons with 1 package of goldfish, 2 packages of goldfish, or 4 packages of croutons.

Students Meat/Meat Alternative choice follows:

Cheese only: 2-2 ounce containers

Cheese & Egg: 2 ounce cheese container and 1 egg

Ham & Cheese: 2 ounce cheese container and 1 container of ham

Chicken & Cheese: a serving size portion either a grilled patty or a serving of tenders, nuggets etc. and add 2 ounce cheese container

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	578.32		
Fat	35.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	101.27mg		
Sodium	976.56mg		
Carbohydrates	41.77g		
Fiber	4.77g		
Sugar	4.39g		
Protein	27.35g		
Vitamin A	3901.96IU	Vitamin C	1.67mg
Calcium	324.84mg	Iron	4.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Donuts (Chocolate or Powdered)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34922
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	295.00		
Fat	13.50g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	41.50g		
Fiber	2.50g		
Sugar	19.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cocoa or Banana Bread

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34923
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD COCOA WGRAIN SLC 70-3.4Z	1 Each		726791
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	255.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	44.00g
Fiber	2.50g
Sugar	23.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 157.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Kellogg's® Frosted Pop-Tarts®

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34924
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.25 Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.50 Grain Equivalents	865101
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Grain Equivalents	123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Grain Equivalents	452082

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: 4.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

BeneFIT Bar

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34925
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST FREN TST BENEFIT 48-2.5Z	1 Each		563413

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	282.50		
Fat	8.50g		
SaturatedFat	2.88g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	212.50mg		
Carbohydrates	47.00g		
Fiber	3.25g		
Sugar	21.50g		
Protein	4.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	Iron	3.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31692

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce		703753
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR

Preparation Instructions

STEP 1) PLACE BEANS IN A STEAM TABLE PAN.

STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR.

STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	139.02
Fat	1.49g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	546.17mg
Carbohydrates	22.84g
Fiber	8.94g
Sugar	0.00g
Protein	8.94g

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

Calcium 49.65mg **Iron** 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	26 Ounce	1 Package	166872
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

Preparation Instructions

Measure 1 gallon (3.79L) of boiling water into a 6 x 1/2 size steam table pan.

Add entire pouch of potatoes at once, using a spoon or wire whip to distribute evenly and wet all potatoes.

Let stand for 60 seconds, stir well and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.00		
Fat	0.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	248.00mg		
Carbohydrates	13.60g		
Fiber	0.80g		
Sugar	0.80g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	2.88mg
Calcium	16.00mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, No Salt Added, Canned	1 #10 CAN	Commodity	100313
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	0.500

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	86.51		
Fat	2.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.67mg		
Carbohydrates	18.41g		
Fiber	2.16g		
Sugar	7.54g		
Protein	2.16g		
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

Peppered Country Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31693

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	24 Ounce		455555
Tap Water for Recipes	4 Quart	Boiling-3 quarts and Cool Tap-1 quart	000001WTR

Preparation Instructions

1. Bring 3 quarts of water to a full rolling boil.
2. Combine 1 quart cool tap water and 1 packaged of gravy mix in a separate container. Mix with a wire whisk until lump free.
3. Pour gravy/water mixture into boiling water.
4. Stir until gravy returns to a boil. Simmer for one minute while stirring constantly.
5. Remove from heat. Pour gravy into serving container and maintain internal gravy temperature at 165F during service.

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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	23.98		
Fat	0.80g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	122.55mg		
Carbohydrates	3.73g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.13mg	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

Cheese Lasagna Roll Up

Servings:	36.00	Category:	Entree
Serving Size:	1.00 roll	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31686

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	36 Each		234041
SAUCE SPAGHETTI FCY 6-10 REDPK	1 #10 CAN		852759

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather your pans, spatula, sauce, and lasagna roll ups and take to prep area

Wash hands thoroughly

Prep:

Open cans of sauce

Wash hands and put on gloves

Pour 3 cups of sauce in the bottom of a 2" counter pan (1/4 can per pan)

Place the roll ups in the pan turning once to cover the tops with sauce (each pan holds 18)

Cover with the remaining 1/4 can of sauce

Put a lid on the pan and place in steamer or Rational on steam until it reaches 160°F for 15 seconds

CCP: Cook to an internal temperature of 165° F

SOP: Batch cook as needed for service

Hold: Serve immediately if possible if not hold in warming cabinet at 135°F

CCP: Hold at or above 135°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 roll

Amount Per Serving

Calories	274.37
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	704.21mg
Carbohydrates	36.36g
Fiber	4.45g
Sugar	9.91g
Protein	17.45g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 317.18mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce

Servings:	42.00	Category:	Entree
Serving Size:	5.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34913

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound		573201
PASTA SPAGHETTI 20 THIN 20 GCHC	3 Pound		108332
Tap Water for Recipes	3 Gallon	UNPREPARED	000001WTR
SALT IODIZED 18-2.25 GCHC	3 Tablespoon		350732

Preparation Instructions

Wah hands. Refer to our Standard Operation Procedures (SOP).

For sauce, place sealed bad in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

CAUTION: Open bag carefully to avoid being burned.

For noodles, use 1 gallon of boiling water per pound of pasta. When water has reached a boil, add 1 tablespoon of salt per gallon to bring out pasta's natural flavors. Stir pasta occasionally to prevent sticking and keep water at a rolling boil. If pasta is used on a steam table, in soups, or baked dishes, reduce cook time by one-fourth. Pasta will continue to absorb moisture while baking.

For service: Serve 5.6 oz weight of sauce with 1/2 cup cooked pasta

CCP: Hot foods should be held at 135 degrees in steam tables and hot cabinets.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 5.60 Ounce

Amount Per Serving			
Calories	284.69		
Fat	7.71g		
SaturatedFat	2.86g		
Trans Fat	0.00g		
Cholesterol	56.12mg		
Sodium	801.64mg		
Carbohydrates	33.18g		
Fiber	3.18g		
Sugar	8.29g		
Protein	19.31g		
Vitamin A	660.20IU	Vitamin C	19.39mg
Calcium	50.61mg	Iron	3.07mg

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

Nutrition - Per 100g

Calories	179.33		
Fat	4.86g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	35.35mg		
Sodium	504.95mg		
Carbohydrates	20.90g		
Fiber	2.01g		
Sugar	5.22g		
Protein	12.16g		
Vitamin A	415.86IU	Vitamin C	12.21mg
Calcium	31.88mg	Iron	1.93mg

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

Seasoned Green Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31684

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	1 #10 CAN		273856
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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	21.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	239.61mg		
Carbohydrates	3.32g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.79mg	Iron	0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Brussel Sprouts

Servings:	35.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL MED 25 MRKN	5 Pound		558501
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	2 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1 Cup		502146

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, veggies, spices, oil, and pan or cookie sheet Wash hands thoroughly.

Prep:

Spray pan with spray

Mix vegetable with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

In the Convection oven cook on grilled vegetable setting or on the designated vegetable button

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy In the convection oven at 375 for 10-15 minutes.

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

CCP: Hold above 135°F

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: 35.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	89.55
Fat	7.08g
SaturatedFat	0.99g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	80.20mg
Carbohydrates	5.89g
Fiber	2.43g
Sugar	1.47g
Protein	2.21g
Vitamin A 488.60IU	Vitamin C 55.08mg
Calcium 27.22mg	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

Broccoli and Cheese

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce	1 Package	135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

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: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	182.52
Fat	10.83g
SaturatedFat	6.96g
Trans Fat	0.00g
Cholesterol	30.95mg
Sodium	642.48mg
Carbohydrates	9.98g
Fiber	3.20g
Sugar	1.07g
Protein	10.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 323.42mg	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

Roasted Carrots

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32744
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	3 Pound		100352
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix carrots with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven Set on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.11		
Fat	6.93g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	22.32mg		
Sodium	95.99mg		
Carbohydrates	5.63g		
Fiber	1.86g		
Sugar	2.79g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Broccoli

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	3 Pound		110473
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix broccoli with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven S- et on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.32		
Fat	6.00g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	74.04mg		
Carbohydrates	4.15g		
Fiber	2.46g		
Sugar	0.82g		
Protein	2.46g		
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

Seasoned Mixed Vegetables

Servings:	28.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34926
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	14 Cup		111230
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	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	59.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	34.14mg		
Carbohydrates	12.07g		
Fiber	4.00g		
Sugar	3.00g		
Protein	3.00g		
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

Roasted Chicken Rice

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31794
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN RSTD CHIX FLVRD 6-24.4Z UBEN	24 2/5 Ounce	1 Box	244621
Tap Water for Recipes	6 Cup		000001WTR

Preparation Instructions

STOVETOP

1. Combine 6 cups water and contents of seasoning packet in a stock pot. Stir well to disperse seasoning in water. Add rice and mix well.
2. Bring to a vigorous boil. Remove from heat. Cover tightly until MOST of the water is absorbed (about 25 minutes).
3. Stir well. Serve immediately or transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

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: 12.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	213.50		
Fat	3.05g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	5.08mg		
Sodium	434.02mg		
Carbohydrates	40.67g		
Fiber	0.00g		
Sugar	1.02g		
Protein	5.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.13mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog with Bun

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31793
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 6/ 2-5 GCHC	25 Each		330043
BUN HOT DOG WHT WHE 6" 12-12CT ALPH	25 Each		248141

Preparation Instructions

Cook hot dog franks according to package.

Serve hot dog frank with hot dog bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	24.50g		
SaturatedFat	8.00g		
Trans Fat	1.00g		
Cholesterol	50.00mg		
Sodium	930.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	94.97mg	Iron	2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Cauliflower

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34927
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	10 Cup		610882
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix broccoli with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven Set on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	66.50		
Fat	6.00g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	63.50mg		
Carbohydrates	2.55g		
Fiber	1.50g		
Sugar	0.50g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.50mg	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

Apple Crisp

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31714

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	3 Pound	7 cups measured	860311
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound		191205
FLOUR H&R A/P 2-25 GCHC	4 Cup		227528
OATS QUICK HOT CEREAL 12-42Z GCHC	3 Cup		240869
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Teaspoon		224944
SALT IODIZED 18-2.25 GCHC	1 Teaspoon		350732
APPLE SLCD W/P 6-10 GCHC	1 #10 CAN		117773
Applesauce cnd	1/2 #10 CAN	BAKE	110541comm

Preparation Instructions

Day Prior to service

Combine the first 7 ingredients and set aside (or do the day before and store in the refrigerator)

Prep:

Clean and sanitize prep area

Gather the pans, ingredients, topping and turn convection oven to 300 degrees to preheat Spray a 26x18x2 baking pan and add the apples and the applesauce to the pan.

Sprinkle with topping and bake in preheated 300 oven for 30 minutes.

Remove from oven and let cool on rack

Cut into 48 pieces and plate them

Yield: 48 servings per pan

Note: Non-Whole Grain item

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	250.98		
Fat	7.71g		
SaturatedFat	4.73g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	114.59mg		
Carbohydrates	45.10g		
Fiber	2.00g		
Sugar	32.17g		
Protein	1.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.50mg	Iron	0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31729

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240

Preparation Instructions

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch.

Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

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: 3.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	196.67
Fat	5.33g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	183.33mg
Carbohydrates	36.33g
Fiber	3.33g
Sugar	11.33g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.33mg	Iron 1.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31728

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package		269230

Preparation Instructions

Heat frozen pancakes in ovenable pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.

*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

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: 3.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	223.33		
Fat	6.33g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	3.33mg		
Sodium	276.67mg		
Carbohydrates	37.33g		
Fiber	2.67g		
Sugar	12.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.33mg	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

Sausage, Egg and Cheese English Muffin

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-34939
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	25 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	25 Each	N/A	785880
MUFFIN ENG WGRAIN SLCD 2Z 12- 12CT	25 Each	Prior to Day of Service: Thaw muffins by placing in the storage room on bread rack.	687131

Preparation Instructions

Prior to Day of Service:

Thaw muffins by placing in the storage room on bread rack.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and eggs and bring to prep area

Cook egg and sausages according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom of english muffin then slice of cheese and sausage patty. Then add top of english muffin on top of sausage. Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	341.00
Fat	19.50g
SaturatedFat	7.20g
Trans Fat	0.00g
Cholesterol	113.50mg
Sodium	757.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	1.50g
Protein	18.00g
Vitamin A 88.73IU	Vitamin C 0.01mg
Calcium 202.50mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg and Cheese Biscuit

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-34940
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	25 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	25 Each	N/A	785880
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	25 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, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

Preparation Instructions

2 hours prior to cooking:

Thaw biscuits at room temperature.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and eggs and bring to prep area

Cook eggs, sausages, and biscuits according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom biscuit then slice of cheese and cooked sausage patty. Then place top of biscuit on sausage patty. Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	391.00
Fat	26.00g
SaturatedFat	12.20g
Trans Fat	0.00g
Cholesterol	113.50mg
Sodium	817.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	2.50g
Protein	16.00g
Vitamin A 88.73IU	Vitamin C 0.01mg
Calcium 252.50mg	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

Sausage, Egg and Cheese Croissants

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-34941
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	25 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	25 Each		785880
CROISSANT BKD PLN SLCD 64-2.5Z PILLS	25 Each		120872

Preparation Instructions

The day prior to serving

Thaw croissant at room temperature.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and eggs and bring to prep area

Cook eggs and sausages according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom of croissant then slice of cheese and cooked sausage patty. Then place top of croissant on sausage patty. Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	458.00
Fat	28.20g
SaturatedFat	11.60g
Trans Fat	0.12g
Cholesterol	113.50mg
Sodium	735.40mg
Carbohydrates	35.00g
Fiber	1.10g
Sugar	5.50g
Protein	16.60g
Vitamin A 88.73IU	Vitamin C 0.01mg
Calcium 122.21mg	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

Parmesan Potatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RED A SZ 50 MRKN	165 Ounce	10 lbs and 5 ounce	530018
OIL OLIVE POMACE 6-1GAL KE	1 1/3 Cup		502146
SPICE PEPR WHITE GRND 17Z TRDE	2 1/3 Teaspoon		513776
SALT IODIZED 18-2.25 GCHC	2 1/3 Teaspoon		350732
SPICE PARSLEY FLAKES 11Z TRDE	2 1/2 Tablespoon		513989
CHEESE BLND PARM GRTD 4-5 P/L	2 Cup		186891

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather potatoes, oil, pepper, salt, parsley, cheese, measuring utensils, cutting board, knife e, bowl, and scale and place in prep area

Wash hands and wear cutting glove

Prep:

Wash potatoes to remove any excess dirt

Cut potatoes using the Sunkist sectionizer and place them in a hotel pan that has been zeroed out on the scale

When you reach the 10 pounds 5 oz. in the pan

Mix together the oil, pepper, salt, and parsley and pour over potatoes

Toss to coat then add cheese and toss again.

Spray baking pans with pan release spray

Pour mixture onto baking sheets as needed to have a single layer of potatoes. Do not mound

Cook:

Place in Rational on Roasted potato setting or in the oven at 400*

Cook until potatoes are fork tender about 20 to 30 minutes

When done dump into 4 inch counter pan and serve immediately or hold in warmer

SOP: Batch cook as necessary to insure best end products and nutritional.

Hold:

Place in warming cart and hold above 13S°F

CCP: Hold above 13S°F

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	151.10		
Fat	7.57g		
SaturatedFat	1.39g		
Trans Fat	0.00g		
Cholesterol	5.40mg		
Sodium	564.67mg		
Carbohydrates	16.50g		
Fiber	2.09g		
Sugar	1.10g		
Protein	1.87g		
Vitamin A	1.87IU	Vitamin C	18.43mg
Calcium	37.13mg	Iron	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available