

Cookbook for West Central Elementary

Created by HPS Menu Planner

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Yogurt String Cheese and Chex Cereal

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31697 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| YOGURT CHERRY TRPL L/F 48-4Z TRIX | 1 Each | | 186911 |
| YOGURT RASPB RNBW L/F 48-4Z TRIX | 1 Each | | 551770 |
| YOGURT VAR PK L/F 48-4Z YOPL | 1 Each | | 551751 |
| SNACK MIX STRAWB YOG WGRAIN 60-1.03Z | 3 Package | | 266020 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 3 Each | | 786580 |

Preparation Instructions

Package 1 yogurt cup with string cheese and strawberry chex.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 296.67 |
| Fat | 9.50g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 316.67mg |
| Carbohydrates | 42.00g |
| Fiber | 2.00g |
| Sugar | 17.67g |
| Protein | 11.67g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 331.33mg | Iron 0.70mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Sandwich

| | | | |
|----------------------|-----------|-----------------------|-------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-31771 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| EGG SCRMBD PTY RND GRLLD 144-1Z PAP | 1 Each | Use Brown Box/Commodity when available. | 208990 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |
| MUFFIN ENG WGRAIN SLCD 2Z 12-12CT | 1 Each | READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate. | 687131 |

Preparation Instructions

Prior to Dy of Service:

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 eggs and bring to prep area

Cook egg according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom bun then slice of cheese and top of bun on cheese.

Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.250 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 220.00 |
| Fat | 9.50g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 87.50mg |
| Sodium | 585.00mg |
| Carbohydrates | 23.00g |
| Fiber | 1.00g |
| Sugar | 1.50g |
| Protein | 12.00g |
| Vitamin A 32.73IU | Vitamin C 0.01mg |
| Calcium 186.50mg | Iron 1.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad with Croutons and Goldfish Crackers

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31726 |
| School: | West Central Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---------------------------------------|------------|
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 2 Cup | | 451730 |
| CARROT SHRD MED 2-5 RSS | 1/2 Cup | | 313408 |
| CROUTON CHS GARL WGRAIN 250-.5Z | 4 Package | | 661022 |
| CRACKER GLDFSH XTRA WGRAIN 300-.75Z | 2 Package | | 745481 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Cup | 2 oz portion cup or 1/4 cup per salad | 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 |

Preparation Instructions

In each salad container: place 1 cup romaine lettuce. 1/4 cup shredded carrots, 2 packages of croutons, 1 goldfish cracker, and option for ham and cheese cups OR egg and cheese cups

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

Amount Per Serving

| | |
|----------------------------|-------------------------|
| Calories | 381.89 |
| Fat | 19.75g |
| SaturatedFat | 7.50g |
| Trans Fat | 0.00g |
| Cholesterol | 125.03mg |
| Sodium | 821.70mg |
| Carbohydrates | 35.73g |
| Fiber | 1.75g |
| Sugar | 3.62g |
| Protein | 17.46g |
| Vitamin A 3901.96IU | Vitamin C 1.92mg |
| Calcium 256.50mg | Iron 4.20mg |

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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

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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 |

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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 |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Frosted Pop-Tart

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 4.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31731 |

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Fruitable Vegetable Juice

| | | | |
|----------------------|-------------------------|-----------------------|-----------|
| Servings: | 3.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31732 |
| School: | West Central Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| JUICE FRUITABLES PLUS TROP 40-4.23FLZ | 1 Each | | 272122 |
| JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ | 1 Each | | 597380 |
| JUICE FRUITABLES PLUS PNCH 40-4.23FLZ | 1 Each | | 604802 |

Preparation Instructions

Note: Counts towards the weekly juice allotment

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 53.33 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 30.00mg | | |
| Carbohydrates | 12.67g | | |
| Fiber | 0.00g | | |
| Sugar | 10.67g | | |
| Protein | 0.00g | | |
| Vitamin A | 333.33IU | Vitamin C | 40.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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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 |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Yogurt

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31730 |
| School: | West Central Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| YOGURT CHERRY TRPL L/F 48-4Z TRIX | 1 Each | | 186911 |
| YOGURT RASPB RNBW L/F 48-4Z TRIX | 1 Each | | 551770 |
| YOGURT VAR PK L/F 48-4Z YOPL | 1 Each | | 551751 |

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 86.67 |
| Fat | 0.50g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 5.00mg |
| Sodium | 61.67mg |
| Carbohydrates | 17.00g |
| Fiber | 0.00g |
| Sugar | 10.67g |
| Protein | 3.67g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 133.33mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

| | | | |
|----------------------|-------------------------|-----------------------|------------------|
| Servings: | 24.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31721 |
| School: | West Central Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 1/3 Cup | Melted | 191205 |
| BREAD WHL WHE PULLMAN SLCD 12-22Z | 48 Each | | 710650 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 72 Slice | | 150260 |

Preparation Instructions

Prior to day of service:

Thaw bread 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, bread, cheese, and butter and bring to prep area

Prep:

1. Melt the butter
2. Line baking sheet pan with parchment paper and then spread melted butter on top of paper
3. Layout 24 pieces of bread.
4. Put 3 slices of cheese on each piece of bread.
5. Top with remaining slice of bread
6. Spray top bread with butter flavored pan release.
7. Take an additional sheet pan and place on top of sandwiches (for improved browning)
8. Place prepared sandwiches back in cooler until ready to bake CCP: Hold at 40°F or colder until ready to bake

Bake:

Cook in a 350 degree oven for 8 minutes or until sandwiches are toasted.

Batch cook at all times as needed.

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Transfer grilled cheese sandwiches to 2-inch full size steam table pans for service. Shingle in pan for best appearance.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 327.00 |
| Fat | 17.92g |
| SaturatedFat | 9.04g |
| Trans Fat | 0.00g |
| Cholesterol | 44.10mg |
| Sodium | 894.80mg |
| Carbohydrates | 27.00g |
| Fiber | 4.00g |
| Sugar | 3.50g |
| Protein | 15.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 324.50mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

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 |

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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

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

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

Cereal Bar Variety

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 5.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-32706 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z | 1 Each | | 265931 |
| BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z | 1 Each | | 265921 |
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 Each | | 265891 |
| BAR CEREAL TRIX WGRAIN 96-1.42Z GENM | 1 Each | | 268690 |
| BAR CEREAL COCOPUFF WGRAIN 96-1.42Z | 1 Each | READY_TO_EAT Ready to eat cereal bars | 265901 |

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 160.00 | | |
| Fat | 3.50g | | |
| SaturatedFat | 0.20g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 108.00mg | | |
| Carbohydrates | 29.80g | | |
| Fiber | 3.00g | | |
| Sugar | 8.80g | | |
| Protein | 2.20g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 248.00mg | Iron | 2.14mg |

*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

Seasoned Broccoli

| | | | |
|----------------------|-------------------------|-----------------------|------------------|
| Servings: | 28.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-34914 |
| School: | West Central Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|--------------|-------------------|------------|
| Broccoli, No salt added, Frozen | 4 Pound | | 110473 |
| 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 | 0.500 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 26.25 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 24.14mg | | |
| Carbohydrates | 5.07g | | |
| Fiber | 3.00g | | |
| Sugar | 1.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Cookie

| | | | |
|----------------------|-------------|-----------------------|------------------|
| Servings: | 4.00 | Category: | Grain |
| Serving Size: | 1.00 cookie | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-32741 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| DOUGH CKY SGR BENEFIT R/F 384-1Z | 1 Each | | 230031 |
| DOUGH CKY DBL CHOC BENEFIT R/F 384-1Z | 1 Each | | 230113 |
| DOUGH CKY CANDY BENEFIT R/F 384-1Z | 1 Each | | 230011 |
| DOUGH CKY CHOC CHP WGRAIN R/F 384-1Z | 1 Each | | 234430 |

Preparation Instructions

Baking / Handling Instructions:

- [1] Separate cookies while in frozen state.
- [2] Place (4 x 6) on standard lined sheet (bun) pan.
- [3] Bake immediately in preheated oven approx. 9-12 min: Convection oven: 310°F 155°C Rack oven: 360°F 180°C Reel oven: 380°F 195°C Deck oven: 330°F 165°C
- [4] Cool at room temperature.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 cookie

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 103.15 | | |
| Fat | 3.10g | | |
| SaturatedFat | 1.10g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 11.25mg | | |
| Sodium | 98.65mg | | |
| Carbohydrates | 18.50g | | |
| Fiber | 1.98g | | |
| Sugar | 9.00g | | |
| Protein | 1.70g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 8.93mg | Iron | 0.72mg |

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

Nutrition - Per 100g

No 100g Conversion Available

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

Hot Ham and Cheese Sandwich

| | | | |
|----------------------|-------------------------|-----------------------|-------------------|
| Servings: | 98.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-31687 |
| School: | West Central Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| TURKEY HAM SLCD 12-1 JENNO | 9 3/8 Pound | | 556121 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 98 Slice | | 150260 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 98 Each | | 517810 |

Preparation Instructions

Prior to day of service:

Thaw ham 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 ham and bring to prep area

Prep:

Place 24 bun bottoms on parchment lined baking sheet

On each bun place 3 slices of ham and 1 slice of cheese

Place prepared sandwiches back in the cooler until ready to bake

Take the bun tops and place them upside down on parchment lined baking sheets (24 per pan)

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

Bake:

Preheat convection oven to 350 degree and low fan

Place prepared bottom buns in oven and set timer for 3 minutes, at 3 minutes place the bun tops in oven and reset timer for 2 minutes

Cook to an internal temperature of 145°F for 15 seconds

Batch cook at all times as needed

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 1.00 Sandwich

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 244.99 |
| Fat | 8.50g |
| SaturatedFat | 3.25g |
| Trans Fat | 0.00g |
| Cholesterol | 42.50mg |
| Sodium | 644.97mg |
| Carbohydrates | 26.00g |
| Fiber | 3.00g |
| Sugar | 4.50g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 111.50mg | Iron 1.36mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Carrots

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 74.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31699 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| Carrots fzn | 15 Pound | | 100352 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 1/4 Pound | | 191205 |
| HONEY 4-6 GCHC | 1/2 Cup | | 225614 |
| SUGAR BROWN LT 12-2 P/L | 2 Cup | | 860311 |

Preparation Instructions

1. Put the frozen carrots in the steamer and cook for 15 minutes at 150 degrees.
2. Mix together the melted margarine, honey and brown sugar.
3. Pour the glaze over the carrots.
4. Toss well to coat.
5. Cover the pans and keep warm in hot boxes.

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: 74.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|---------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 70.69 | | |
| Fat | 2.45g | | |
| SaturatedFat | 0.76g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 33.41mg | | |
| Sodium | 63.77mg | | |
| Carbohydrates | 14.57g | | |
| Fiber | 2.51g | | |
| Sugar | 10.80g | | |
| 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

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 |

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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

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 |

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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 |

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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 |

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Nutrition - Per 100g

No 100g Conversion Available

Sherbet

| | | | |
|----------------------|-------------------------|-----------------------|---------------------|
| Servings: | 3.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-34942 |
| School: | West Central Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| SHERBET CUP RASPBERRY 96-4FLZ LUIGI | 1 Each | | 702440 |
| SHERBET CUP ORANGE 96-4FLZ LUIGI | 1 Each | | 563710 |
| SORBET CUP CHRY/BLUERASPB 96-4.4FLZ | 1 Each | | 602382 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 103.33 |
| Fat | 1.00g |
| SaturatedFat | 0.67g |
| Trans Fat | 0.00g |
| Cholesterol | 3.33mg |
| Sodium | 15.00mg |
| Carbohydrates | 23.33g |
| Fiber | 1.00g |
| Sugar | 19.00g |
| Protein | 0.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 40.00mg | Iron 0.39mg |

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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 |

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

| | | | |
|----------------------|-------------------------|-----------------------|---------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-34943 |
| School: | West Central Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-----------------------------------|------------|
| TURKEY HAM UNCURED 6-2 JENNO | 200 Slice | | 690041 |
| 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 4 slices of ham and 1 slice of cheese.

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 | 329.88 |
| Fat | 11.76g |
| SaturatedFat | 3.83g |
| Trans Fat | 0.00g |
| Cholesterol | 64.56mg |
| Sodium | 773.52mg |
| Carbohydrates | 33.11g |
| Fiber | 2.00g |
| Sugar | 6.58g |
| Protein | 21.99g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 152.00mg | Iron 2.73mg |

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Nutrition - Per 100g

No 100g Conversion Available