

# **Cookbook for WE**

**Created by HPS Menu Planner**

# Table of Contents

**Whole Grain Cereal Assortment**

**Yogurt Cup**

**juice**

**Sliced Apples**

**Chicken Sandwich**

**Vegetarian Baked Beans**

**Blushing Chilled Pears**

**Peanut Butter and Jelly Sandwich W/Yogurt and Pretzels**

**Dark Green Side Salad**

**Waffle Fries**

**Peaches**

**Fresh Apple**

**Fresh Orange**

**Fresh Banana**

**Pineapple Chunk**

**Salad Cucumber Creamy**

**Ham and Cheese Sandwich**

**Pull Apart Cheese Bread**

**Marinara Dipping Cup**

**Baby Carrots**

**Peach Cup**

**Fresh Orange**

**Diced Pears**

**Pasta w/ Meat Sauce**

**Buttered Corn**

**Rosy Applesauce**

**Garlic Breadstick**

**Jello w/ Peaches**

**Calzone Three Cheese**

**Steamed Broccoli**

**Fruit Smoothie w/ Bagel**

**Green Beans**

**Harvest Fries**

**Turkey, Ham and Cheese Lunch Kit**

**Strawberry Cup**

**Corn Dog**

# Whole Grain Cereal Assortment

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Cup

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# juice

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sliced Apples



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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Chicken Sandwich

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	25 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB WHT WHE 4" 10-12CT ALPH	50 Each		248151

## Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350\* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on service line

50 servings 1 each

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Vegetarian Baked Beans

NO IMAGE

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

## Ingredients

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

# Preparation Instructions

## Instructions

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

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

## Bake:

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

Convection oven: 350° F for 15 minutes.

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

## Recipe Notes

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

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

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

Yield 50 servings

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.028
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.100
<b>OtherVeg</b>	0.060
<b>Legumes</b>	0.560
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	299.74		
<b>Fat</b>	1.15g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	198.33mg		
<b>Carbohydrates</b>	64.33g		
<b>Fiber</b>	6.27g		
<b>Sugar</b>	37.88g		
<b>Protein</b>	5.68g		
<b>Vitamin A</b>	0.03IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	5.12mg	<b>Iron</b>	0.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Blushing Chilled Pears

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

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

4. Portion two pear halves and juice per serving.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peanut Butter and Jelly Sandwich W/Yogurt and Pretzels



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34933
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	1 Each		710650
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	2 Tablespoon		279013
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	450.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	63.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	27.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 190.00mg	<b>Iron</b> 2.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Dark Green Side Salad

NO IMAGE

<b>Servings:</b>	0.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31754
<b>School:</b>	DeMotte Elementary Schho		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1 Cup	Wash, Drain, and chop 4 pounds of romaine lettuce and place 1 cup in an 8 oz tray	702609
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12- 2 GCHC	1/8 Cup	Wash, drain, and chop 1.1 pounds of carrots and add 1/8 of a cup to lettuce and tomato	273902
CUCUMBER SLCD 1/4 2-3 RSS	1/8 Ounce		329517
PEPPERS GREEN STRP 3/4 2- 3 RSS	1 Ounce		849995
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Ounce		150250

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	43.46		
<b>Fat</b>	1.27g		
<b>SaturatedFat</b>	0.81g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.90mg		
<b>Sodium</b>	36.77mg		
<b>Carbohydrates</b>	6.47g		
<b>Fiber</b>	2.48g		
<b>Sugar</b>	3.54g		
<b>Protein</b>	2.47g		
<b>Vitamin A</b>	375.74IU	<b>Vitamin C</b>	6.19mg
<b>Calcium</b>	52.24mg	<b>Iron</b>	0.59mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Waffle Fries

NO IMAGE

<b>Servings:</b>	23.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32839
<b>School:</b>	DeMotte Elementary Schho		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE 6-4.5 MCC	4 1/2 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201081

## Preparation Instructions

- Do not over crowd pan or potatoes will not crisp.
- Batch cook, leaving in warming cabinet too long will cause sogginess.
- Do not cover in pans because product will become soggy.
- Serve with gloved hand.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	41.74		
<b>Fat</b>	1.74g		
<b>SaturatedFat</b>	0.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.96mg		
<b>Carbohydrates</b>	5.91g		
<b>Fiber</b>	0.35g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	36.81		
<b>Fat</b>	1.53g		
<b>SaturatedFat</b>	0.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.13mg		
<b>Carbohydrates</b>	5.21g		
<b>Fiber</b>	0.31g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.31g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Peaches



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32810
<b>School:</b>	DeMotte Elementary Schho		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1/2 Cup		268348

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Apple



<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35027
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, RED DELICIOUS, FRESH	50 Each	READY_TO_EAT	100514

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	32.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Fresh Orange



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32812
<b>School:</b>	DeMotte Elementary Schho		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/2 Cup		198021

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Piece

### Amount Per Serving

<b>Calories</b>	44.10		
<b>Fat</b>	0.25g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	10.50g		
<b>Fiber</b>	2.25g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.95g		
<b>Vitamin A</b>	207.00IU	<b>Vitamin C</b>	43.65mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	0.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Banana



<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35029
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA 13-3# P/L	50 Each		644482

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	105.00		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.20mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.30g		
<b>Vitamin A</b>	75.52IU	<b>Vitamin C</b>	10.27mg
<b>Calcium</b>	5.90mg	<b>Iron</b>	0.31mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Pineapple Chunk



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad Cucumber Creamy



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

## Ingredients

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

## Preparation Instructions

WASH HANDS.

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

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

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

Updated October 2013

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.640
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	125.95		
<b>Fat</b>	8.70g		
<b>SaturatedFat</b>	1.44g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	135.00mg		
<b>Carbohydrates</b>	13.16g		
<b>Fiber</b>	0.19g		
<b>Sugar</b>	11.56g		
<b>Protein</b>	0.19g		
<b>Vitamin A</b>	34.94IU	<b>Vitamin C</b>	0.93mg
<b>Calcium</b>	12.04mg	<b>Iron</b>	0.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham and Cheese Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34742
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	3 Slice	Thaw ham in refrigerator	690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN HAMB GOURM WGRAIN 4 10-12CT	1 Each		263191

## Preparation Instructions

1. Layout bread
2. Place 3 slices of ham on bread
3. Place 1 slice of cheese on top of ham
4. Top with bread
5. Hold in cooler until service

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	308.11
<b>Fat</b>	10.67g
<b>SaturatedFat</b>	3.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.81mg
<b>Sodium</b>	573.60mg
<b>Carbohydrates</b>	30.07g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.05g
<b>Protein</b>	22.81g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 158.50mg	<b>Iron</b> 2.52mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pull Apart Cheese Bread



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35082
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL CHS PULL APART IW 72-3.8Z	50 Each		809062

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	520.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 340.00mg	<b>Iron</b> 1.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Marinara Dipping Cup



<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35077
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 168-2.5Z REDG	50 Each	READY_TO_EAT None	679471

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	40.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	19.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baby Carrots

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31422
<b>School:</b>	DeMotte Elementary Schho		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	100 Each		786321

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable

Updated October 2013

Notes:

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.80mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peach Cup



<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35084
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peach Cups 96-4.4Z	50 Each		100241

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Orange



<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35028
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oranges, Fresh	50 HALF-CUP		100283

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	43.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Diced Pears



<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35086
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	25 Cup		110690

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pasta w/ Meat Sauce

NO IMAGE

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

## Ingredients

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

# Preparation Instructions

instructions

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

Add remaining ingredients Simmer about 1 hour.

Heat water to rolling boil. Add salt.

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

Stir into meat sauce.

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

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

Recipe Notes

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

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

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.108
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.300
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buttered Corn



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	40.33		
<b>Fat</b>	0.33g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	0.33g		
<b>Sugar</b>	1.67g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Rosy Applesauce

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34674
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	4 1/2 Ounce		271497
GELATIN MIX RED DIET 18-2.75Z DIAC	1 Teaspoon		318518

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	454.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	104.00mg
<b>Carbohydrates</b>	117.40g
<b>Fiber</b>	18.00g
<b>Sugar</b>	81.00g
<b>Protein</b>	0.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Garlic Breadstick

NO IMAGE

<b>Servings:</b>	168.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32834
<b>School:</b>	DeMotte Elementary Schho		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARLIC 168CT NY 10081	168 Each		616500

## Preparation Instructions

BAKING INSTRUCTIONS: REMOVE BREADSTICKS FROM BAG. PLACE FLAT ON COOKING SURFACE. ALWAYS SERVE WARM. CONVENTIONAL OR TOASTER OVEN: PREHEAT OVEN TO 375 DEGREES F. PLACE BREADSTICKS FLAT ON BAKING SHEET/ALUMINUM FOIL. BAKE FOUR MINUTES OR UNTIL GOLDEN BROWN.

HOLD AT 135F. SERVE WARM WITH TONGS.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.90mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Jello w/ Peaches

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.517
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Calzone Three Cheese



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35088
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	50 Each		658591

## Preparation Instructions

Directions:

Wash hands.

1. Thaw under refrigeration.
2. Spray with non-stick cooking spray before baking for a softer crust.
3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Ounce

### Amount Per Serving

<b>Calories</b>	250.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	430.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 410.00mg	<b>Iron</b> 2.70mg

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

## Nutrition - Per 100g

<b>Calories</b>	881.85
<b>Fat</b>	17.64g
<b>SaturatedFat</b>	7.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.27mg
<b>Sodium</b>	1516.78mg
<b>Carbohydrates</b>	116.40g
<b>Fiber</b>	14.11g
<b>Sugar</b>	14.11g
<b>Protein</b>	67.02g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1446.23mg	<b>Iron</b> 9.52mg

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

# Steamed Broccoli

NO IMAGE

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32847
<b>School:</b>	DeMotte Elementary Schho		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	12 1/2 Cup		549292
SEASONING GARDEN NO SALT 19Z TRDE	2 Tablespoon		565148
MARGARINE SLD 30-1 GCHC	1/2 Cup		733061

## Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: \* Do not cook vegetables too early in the day, holding for too longer will cause the vegetables to turn mushy.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	58.00		
<b>Fat</b>	3.52g		
<b>SaturatedFat</b>	1.44g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	57.20mg		
<b>Carbohydrates</b>	5.96g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	240.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	51.15		
<b>Fat</b>	3.10g		
<b>SaturatedFat</b>	1.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	50.44mg		
<b>Carbohydrates</b>	5.26g		
<b>Fiber</b>	2.65g		
<b>Sugar</b>	0.88g		
<b>Protein</b>	2.65g		
<b>Vitamin A</b>	211.64IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Fruit Smoothie w/ Bagel



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

## Ingredients

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

## Preparation Instructions

Smoothie:

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

HACCP=1



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Green Beans

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

1 # 10 Can = 22 Servings

4 #10 Cans = 88 Servings

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.588
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Harvest Fries



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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.333
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.667

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	313.33		
<b>Fat</b>	14.67g		
<b>SaturatedFat</b>	3.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	500.00mg		
<b>Carbohydrates</b>	43.33g		
<b>Fiber</b>	3.33g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	3.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.67mg	<b>Iron</b>	1.29mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey, Ham and Cheese Lunch Kit



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35079
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM & CHS 48-4.41Z	50 Each		588400

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	720.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 1.80mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Strawberry Cup

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35078
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	50 Each		655010

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		90.00	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		22.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		18.00g	
<b>Protein</b>		1.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Corn Dog



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31419
<b>School:</b>	DeMotte Elementary Schho		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

## Preparation Instructions

Directions:

WASH HANDS.

Item Yield

1 Case = 72 Corn Dogs, Chicken, Honey Crunchy-Battered, Whole Grain, 4 Ounce, Frozen

Thawing Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

Shelf Life

FROZEN= 180 DAYS @ 0°F FROM DATE OF PRODUCTION

Basic Preparation

FROZEN: FRY - NOT RECOMMENDED CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available