

Cookbook for WE

Created by HPS Menu Planner

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Whole Grain Cereal Assortment

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Cup

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

juice

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Apples



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Homemade Macaroni & Cheese

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34200
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	3 Gallon		000001WTR
PASTA ELBOW MACAR 51 WGRAIN 2-10	3 1/4 Pound		229941
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261
SPICE MUSTARD DRY 1 COLMANS	1 Tablespoon		400018
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon		225061

Preparation Instructions

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher.

1. Heat water to boiling.
2. Slowly add macaroni, stir constantly until water boils again. Cook about 8 minutes or until tender. Stir occasionally. Do not overcook.
3. Add cheese and spices
4. Stir until cheese is melted. The mixture is quite liquid at this stage but will thicken as it cooks and cools.
5. Portion into 2/3 cup servings or serve with a #6 scoop.

Yield: 50 servings: about 2 gallons

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	310.86
Fat	15.36g
SaturatedFat	9.54g
Trans Fat	0.00g
Cholesterol	42.40mg
Sodium	848.02mg
Carbohydrates	27.69g
Fiber	2.08g
Sugar	1.56g
Protein	14.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 448.32mg	Iron 1.04mg

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Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich W/Yogurt and Pretzels

NO IMAGE

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli w/ Cheese

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32770
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	10 2/7 Pound		110473
SAUCE MIX CHS INST 8-32Z TRIO	2/7 Package		290319
Tap Water for Recipes	2/7 Gallon	UNPREPARED	000001WTR
SALT SEA 36Z TRDE	6/7 Tablespoon		748590
SPICE PEPR BLK REST GRIND 16Z TRDE	6/7 Teaspoon		225061

Preparation Instructions

Place 12# of broccoli into each of 3 well sprayed pans.

Steam for 15 minutes or until done but still firm.

Drain if necessary.

Mix 1 gallon boiling water with 1 package cheese sauce. Stir well. Add salt and pepper. Stir well again.

Pour cheese sauce mixture over broccoli immediately after draining the broccoli. Stir lightly.

Cover pans and keep warm in 185 degree cabinet. Stir before serving.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	46.11		
Fat	0.44g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	267.37mg		
Carbohydrates	9.02g		
Fiber	3.04g		
Sugar	1.89g		
Protein	3.04g		
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

Ranch Corn

NO IMAGE

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31782

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	3 #10 CAN		100313
MARGARINE SLD 30-1 GCHC	9 Tablespoon		733061
DRESSING MIX RNCH 18-3.2Z GCHC	9 Tablespoon		766130

Preparation Instructions

In steam pan dump 3 cans of corn. Add margarine and vegetable seasoning. Heat in steamer or combi on steam for 20-30 minutes to 140-180 degrees.

Note: Can use frozen corn. Frozen corn can go in kettle and heat also. For frozen corn use 1/4 lb for each pan.

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	0.540

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.56		
Fat	2.45g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	202.42mg		
Carbohydrates	16.17g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	93.75IU	Vitamin C	0.00mg
Calcium	1.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dark Green Side Salad

NO IMAGE

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

Ingredients

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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Peaches



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32810
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
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

Fresh Apple



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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	32.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	6.00g		
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

Fresh Orange



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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

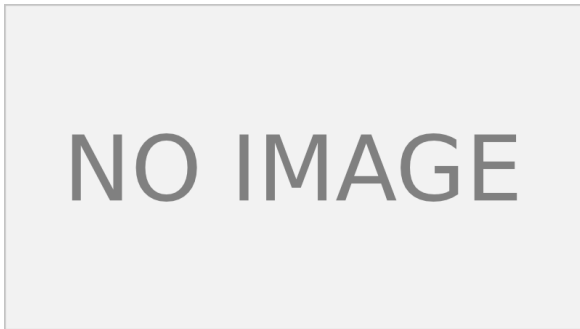
Amount Per Serving			
Calories	43.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Banana



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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Dinner Roll

NO IMAGE

Servings:	50.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31418
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll, Whole Grain, unliced 32 oz/24ct	50 Each	READY_TO_EAT	4372

Preparation Instructions

Wash hands
Put on gloves.
Place dinner rolls, in a 4 inch pan.
Top with cover and tongs
Serve immediately.
2 per serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

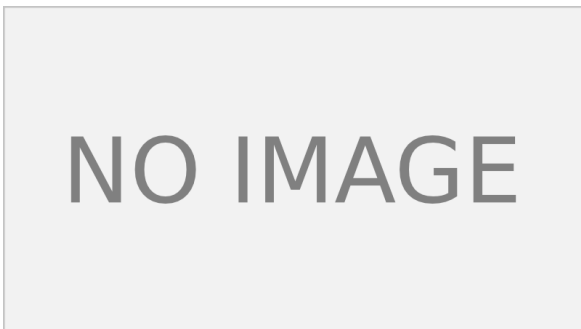
Amount Per Serving			
Calories	100.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.25mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits and Sausage Gravy



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

Ingredients

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

Preparation Instructions

Prepare Sausage Gravy

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

Assemble Sausage and Gravy over warm biscuit

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	262.48
Fat	13.80g
SaturatedFat	7.08g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	614.89mg
Carbohydrates	25.61g
Fiber	2.00g
Sugar	2.72g
Protein	10.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.33mg	Iron 1.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pineapple Chunk



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffles

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34757
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN 3.06Z 30 PRCE	150 Each		546561
WAFFLE SQ 4 WGRAIN 144-1.42Z KRUST - Krusteaz - M	50 Each	Arrange frozen waffles in a single layer on a sheet pan. Bake uncovered in a preheated convection oven at 350 degrees F using low fan speed for 4-6 minutes. Bake uncovered in a preheated conventional oven at 400 degrees F for 8-10 minutes.	671751
SYRUP PANCK CUP 200- 1.5Z GCHC	50 Each		160090

Preparation Instructions

Prepare Chicken and Waffles according to directions. Offer 1 waffle, 3 strips chicken and 1 syrup.

3 Chicken strips = 2 m/ma and 1 grain

Waffle = 1 WG

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	435.00
Fat	13.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	575.00mg
Carbohydrates	61.50g
Fiber	4.50g
Sugar	22.50g
Protein	17.00g
Vitamin A 100.00IU	Vitamin C 78.00mg
Calcium 40.00mg	Iron 2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sandwich



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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Cauliflower Bites



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31768
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ 4-1GAL SWTBRAY	50 Tablespoon		655937
CAULIFLOWER IQF 30 GCHC	25 Cup		285600

Preparation Instructions

1. Preheat oven to 450 F. Lightly spray a large non-stick baking sheet tray with oil.
2. Combine the water, flour, and garlic powder in a bowl and whisk until well combined.
3. Coat the Cauliflower pieces with the flour mixture and spread evenly on the baking sheet(s). Bake for 20 minutes. CCP: Cook to internal temperature of 135 F or higher.
4. Pour the hot sauce over the baked cauliflower and continue baking for an additional 5 minutes.
5. Serve warm and crispy day of.
6. Leftovers may be stored in cooler and served cold or reheated next day.

**Allergens: Wheat

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: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	45.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	11.00g		
Fiber	1.00g		
Sugar	9.50g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31422
School:	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

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: 2.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	16.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.80mg	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

Apricot



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Drumstick

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34779
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	50 Piece		603391
SAUCE BBQ 6-80FLZ SWTBRAY	6 1/4 Cup		212071

Preparation Instructions

BAKE

Preheat oven to 350°F.

From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release

Heat for 15-20 minutes

Gently dip the legs in the barbecue sauce or use brush the mixture onto the legs. Shake off excess.

Place chicken legs on a parchment line baking sheet and bake additional 10/15 minutes or until cooked through.

Baking time will vary.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
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	290.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	820.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	16.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	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

Vegetarian Baked Beans

NO IMAGE

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

Ingredients

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

Preparation Instructions

Instructions

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

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

Bake:

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

Convection oven: 350° F for 15 minutes.

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

Recipe Notes

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

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

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

Yield 50 servings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34780
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	3 7/10 Pound		293148
DRESSING POPPYSEED 4-1GAL PMLL	3/16 Gallon		850942

Preparation Instructions

1. Gradually toss coleslaw dressing with cabbage and mix until well coated.

*Only use as much dressing as necessary; may not need to use full amount.

CCP: Hold at 41 F or below.

2. For smaller batches (~65 servings), use 1- 5# bag of cabbage to ~1 qt. dressing.

**Allergens: Egg

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.18		
Fat	4.37g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.92mg		
Carbohydrates	7.32g		
Fiber	0.79g		
Sugar	6.04g		
Protein	0.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.43mg	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

Strawberries and Blueberries



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34935
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY IQF 6-5 COMM	1/4 Cup		128272
BLUEBERRIES FZ WILD IQF 30 COMM	1/4 Cup		764740

Preparation Instructions

thaw and combined

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	39.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	10.00g		
Fiber	2.50g		
Sugar	5.00g		
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

Breakfast Banana Split topped w/Berries served w/Granola



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Slice

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35031
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	25 Slice		814301
PIZZA CHS 16 WGRAIN 4CHS SLCD 3-3CT	25 Slice		667772

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle. IMPINGEMENT OVEN: Load 1 whole pre-sliced pizza. Bake at 420°F for 6-8 minutes. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.007
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.00
Fat	16.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	530.00mg
Carbohydrates	34.50g
Fiber	3.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 385.50mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31421
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	2 #10 CAN	Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans.	118737

Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open cans, strain liquid and pour all ingredients into steam table pan.
2. Heat through. 212 degrees F, 100% moisture, 15 minutes.
3. Top with Butter, Pepper, Onion Powder
4. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.517
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1/2 cup

Amount Per Serving

Calories	20.69
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	227.63mg
Carbohydrates	3.10g
Fiber	2.07g
Sugar	1.03g
Protein	1.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.80mg	Iron 0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Carrots

NO IMAGE

Servings:	384.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY 4-6 GCHC	6 Cup		225614
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723
CARROT FZ 30 COMM	30 Pound		150390
MARGARINE SLD 30-1 GCHC	1 1/2 Cup		733061

Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, cubed margarine, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

**Allergens: Milk

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: 384.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.02		
Fat	1.23g		
SaturatedFat	0.28g		
Trans Fat	0.00g		
Cholesterol	13.13mg		
Sodium	30.39mg		
Carbohydrates	7.53g		
Fiber	1.09g		
Sugar	5.89g		
Protein	0.00g		
Vitamin A	46.88IU	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

Cinnamon Spice Baked Apples

NO IMAGE

Servings:	50.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35033
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 1/2 #10 CAN	Do NOT drain	117773
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	To make 1 lb. of butter sauce: add 2 oz (1/2 pkt) to 2 cups of warm water and stir.	209810
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1/2 Tablespoon		224944

Preparation Instructions

1. Pour apple cans into full steam-table pans.
2. Prepare butter sauce as directed.
3. Mix ground cinnamon and nutmeg into butter bud sauce.
4. Pour mixture over the apples, evenly divided, into each of the steam-table pans.
5. Bake at 350 F for ~30 minutes, or until warm and water mostly evaporated.

**Allergens: Milk

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.55mg		
Carbohydrates	14.44g		
Fiber	2.38g		
Sugar	10.69g		
Protein	0.00g		
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

Fruit Smoothie w/ Bagel



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

Ingredients

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

Preparation Instructions

Smoothie:

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

HACCP=1

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34781
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX LO SOD 12-1 LEGO	32 Teaspoon		130869
PASTA NOODL KLUSKI 1/8 2-5 GCHC	2 1/2 Pound		270385
ONION DEHY CHPD 15 P/L	1/2 Cup		263036
CARROT MATCHSTICK SHRED 2-3 RSS	2 Cup	(2 cups)	198161
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Cup	(4 oz weight)	299405
FLOUR A/P PASTRY 2-25 KING	3/4 Cup	(4 oz weight)	260231
MILK PWD INST FF 50 P/L	3/4 Cup	Mix 3/4 cup of non-fat milk to 3 1/2 cups of water	113336
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/2 Teaspoon		225037
Chicken, diced, cooked, frozen	102 Ounce	(1 1/4 gal or 6 lb 6 oz weight)	100101

Preparation Instructions

1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots. Boil, uncovered for 6 minutes. DO NOT DRAIN!
2. Melt butter. Add flour and stir until smooth.

3. Add flour mixture, milk, pepper, and diced chicken to noodles. Stir gently to combine.
4. Cook over medium heat, stirring occasionally until thickened, 6-8 minutes.
5. Pour into serving pans. Hold for 30 minutes on a 180-190 degree F steamtable to allow sufficient time for mixture to set up properly.
6. Portion with 8 ounce spoodle (1 cup).

CCP: Heat to 165 degrees F or higher for at least 15 seconds.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.040
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	203.61
Fat	5.15g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	69.20mg
Sodium	151.82mg
Carbohydrates	20.49g
Fiber	1.07g
Sugar	2.68g
Protein	16.82g
Vitamin A 856.40IU	Vitamin C 0.43mg
Calcium 33.79mg	Iron 0.81mg

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

Nutrition - Per 100g

No 100g Conversion Available