

Cookbook for New Prairie United School Corp.

Created by HPS Menu Planner

Cookbook for NEW PRAIRIE HIGH SCHOOL

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Table of Contents

Chicken Wings Boneless 2020

Strawberries

Buba's Baked Beans 2020

Garlic Green Beans 2020

Blushing Chilled Pears 2020

Spaghetti w/ Meat Sauce

Open Face Turkey 2020

Peaches 2020

Butted Corn (1-S .12)

Sesame Chicken Noodle 2020

Cobbler

ORANGE GLAZED CARROTS

Stuffed Crust Pizza 2020

Applesauce Cup

Parmesan Broccoli

All American Cheeseburger 2020

Broccoli W/ Cheese (1-G)

Salad - Mixed Garden Greens 2020

CHICKEN PATTY SANDWICH

CHICKEN BACON RANCH WRAP

ROASTED CAULIFLOWER with TURMERIC- Revised

PENNE ALFREDO & CHICKEN

BOSCO MOZZARELLA STICKS & MARINARA SAUCE

Spanish Bean Stew

Cereal Kit

Breakfast Bar Kit

Pop Tart Kit

Assorted Cereal-1 Ounce

Assorted Cereal-2 Ounce

Suncup Juice

Graham Snack

Variety of 1 ct. Pop-Tarts®

Assortment of Cereal Bar

Ground Beef Taco Meat

Refried Beans

Variety of Muffin

BBQ Pork Slider

Mini Pancakes or Waffles

Vanilla Iced Donut with Sprinkles

Apple & Eve Juice Box

Brown Rice

Orange Chicken Fillet

Ravioli

Baked Beans

Meatless Chef Salad

Ham Chef Salad

Turkey Chef Salad

Chicken Fajita Chef Salad

Taco Salad

Breaded Chicken Salad

Pulled Pork Chef Salad

PB & J Combo

Yogurt Box

Cougar Box

Ham Sub

Ham & Turkey Sub

Turkey Combo Sub

Turkey Sub

Italian Turkey

Turkey Bacon Ranch Sandwich

Chicken Wings Boneless 2020

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11890

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	200 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE BBQ 6-80FLZ SWTBRAY	1/4 Cup		212071

Preparation Instructions

Directions:

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

TRANSFER TO CONTAINER AND TOP WITH SAUCE.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	162.80		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	281.60mg		
Carbohydrates	10.68g		
Fiber	2.00g		
Sugar	0.64g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17561

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	9 Ounce		212768

Preparation Instructions

Rinse and Serve as is

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	81.60
Fat	0.80g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.60mg
Carbohydrates	20.00g
Fiber	5.20g
Sugar	12.00g
Protein	1.80g
Vitamin A 30.62IU	Vitamin C 150.02mg
Calcium 40.82mg	Iron 1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buba's Baked Beans 2020

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11945

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	1 Cup		298913
ONION DEHY CHPD 15 P/L	1 Cup		263036
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
BACON TKY CKD 12-50CT JENNO	0/1 Cup		834770
SAUCE BBQ 6-80FLZ SWTBRAY	1 Cup		212071
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2/5 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/8 Cup		860221

Preparation Instructions

MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.

POUR MIXTURE INTO BEANS AND MIX WELL.

COVER AND BAKE IN 350 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS.

STORE IN WARMER UNTIL SERVICE.

SERVE WITH #8 DIPPER for 1/2 cup serving.

TOP WITH BROKEN PIECE OF BACON

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

CCP: DISCARD LEFTOVERS

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	0.087
Starch	0.000

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	53.48		
Fat	0.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.03mg		
Sodium	207.79mg		
Carbohydrates	12.50g		
Fiber	0.70g		
Sugar	8.22g		
Protein	0.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.97mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Green Beans 2020

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17625
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN FZ 30 COMM	60 Cup	1 30 lb case	355490
OIL OLIVE PURE 4-3LTR GCHC	1 Cup		432061
GARLIC CRSHD FRESH 6-2 P/L	5 Cup		768154
SPICE PEPR BLK REST GRIND 16Z TRDE	2 1/2 Cup		225061
SALT KOSHER 12-3 DIAC	4 Cup		424307

Preparation Instructions

Directions:

WASH HANDS

1. Roast green by adding oil, garlic, salt and pepper .
2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

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

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Notes:

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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	37.53		
Fat	2.00g		
SaturatedFat	0.27g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	113.06mg		
Carbohydrates	4.13g		
Fiber	2.01g		
Sugar	1.00g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.11mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Blushing Chilled Pears 2020

Servings:	28.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16440
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	14 Cup	1 #10 CAN	110690
GELATIN MIX CHERRY 12-24Z GCHC	3 Teaspoon		524611

Preparation Instructions

1. Pour drained pears into serving line pans.
2. Sprinkle cherry gelatin over pears to give blushing color (pink to light red).
3. Cover and chill.

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

4. Portion two pear halves. Each portion provides.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

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: 28.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.61mg		
Carbohydrates	16.30g		
Fiber	2.00g		
Sugar	12.30g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.02mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22616

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	60 Pound		100158
SAUCE MARINARA A/P 6-10 REDPK	14 #10 CAN		592714
PASTA SPAGHETTI 10 2-10 KE	35 Pound		654560

Preparation Instructions

1. Brown ground beef uncovered on mediumhigh heat in a large hotel pan using combi-oven. Stir often.

Critical Control Point:

Heat to 165 °F or higher for at least 15 seconds

2. Drain meat. Return to pan.

3 Add Sauce, Stir well.

4.Cover and simmer for 1 hour.

Stir occasionally

Critical Control Point:

Heat to 165 °F or higher for at least 15 seconds

6. Bring 6 gallons of water to a rolling boil.

7. Slowly add pasta. Stir constantly until water boils again.

Cook about 8 minutes or until al dente.

Stir occasionally.

DO NOT OVERCOOK. Drain well.

Combine pasta and beef mixture in stock pot. Stir.

Transfer to a steam table pan lightly coated with pan-release spray.

Critical Control Point:

Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup)

Meal Components (SLE)

Amount Per Serving

Meat	2.047
Grain	0.800
Fruit	0.000
GreenVeg	0.000
RedVeg	0.792
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	380.64
Fat	14.67g
SaturatedFat	4.09g
Trans Fat	2.05g
Cholesterol	53.22mg
Sodium	463.00mg
Carbohydrates	42.05g
Fiber	3.71g
Sugar	6.88g
Protein	22.04g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.18mg	Iron 2.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Open Face Turkey 2020

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17527
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SKNLS CKD 2-9AVG JENNO	12 1/16 Cup	3 OZ SLICE	442763
BREAD WGRAIN SLCD 3/4 7-32Z GCHC	50 Cup		230952
GRAVY TKY RSTD 12- 50Z HRTHTSN	12 1/2 Cup	2 CANS	673595
POTATO MASH SEAS R/SOD 6-4 MCC	25 Cup	26 SERVINGS PER BAG BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560
SPICE PARSLEY FLAKES 2Z TRDE	0/1 Cup	TO GARNISH MASHED POTATO	259195

Preparation Instructions

- Follow heating instructions for turkey
- Follow heating instructions for potatoes
- follow heating instructions for gravy
- Place 4 slices of turkey on V sliced bread.
- Place a scoop of mashed potatoes inside of the V.
- Spoon/Pour the gravy over the sandwich and mashed potatoes.
- Serve immediately.

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	0.500

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	392.63
Fat	7.72g
SaturatedFat	1.42g
Trans Fat	0.00g
Cholesterol	43.59mg
Sodium	1653.03mg
Carbohydrates	53.48g
Fiber	4.84g
Sugar	5.93g
Protein	27.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.39mg	Iron 3.36mg

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Nutrition - Per 100g

No 100g Conversion Available

Peaches 2020

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22448
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	1/2 Cup		610267

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: 1.00 Cup

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Butted Corn (1-S .12)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	1 Cup		283730
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Tablespoon		184622

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	285.90		
Fat	15.00g		
SaturatedFat	2.80g		
Trans Fat	0.16g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.84mg	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

Sesame Chicken Noodle 2020

Servings:	118.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION GREEN CLPD 4-2 RSS	3 Cup		198889
SAUCE GARL SESM 4-.5GAL ASIAN	6 Cup		802870
GARLIC CHPD IN WTR 6-32Z TULK	2 1/4 Cup		322164
PEPPERS RED 11 P/L	2 Cup		321141
CHIX STRP FAJT DK MT FC 6-5 TYS	30 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
CARROT SMOOTH COIN CUT 2-5 RSS	6 Cup		313173
PASTA SPAG 51 WGRAIN 2-10	15 Cup		221460

Preparation Instructions

- Cook meat at 350
- Boil water for pasta
- cook pasta according to package directions
- dice onion, mix whole garlic red peppers and carrots.
- Put meat and pasta in equal amount in pan
- Divide sauce to equal parts per pan
- garnish with green onions
- Serve in 1c. servings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 118.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	449.68
Fat	10.51g
SaturatedFat	2.71g
Trans Fat	0.00g
Cholesterol	108.47mg
Sodium	1242.08mg
Carbohydrates	58.54g
Fiber	4.82g
Sugar	14.00g
Protein	32.00g
Vitamin A 3936.72IU	Vitamin C 5.35mg
Calcium 40.58mg	Iron 3.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cobbler

Servings:	30.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-23520

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STARCH CORN 24-1 ARGO	6 Cup		108413
SUGAR BEET GRANUL 25 GCHC	30 Cup		108588
BLUEBERRY IQF 4-5 GCHC	30 Cup		166720
CAKE MIX WHT 6-5# GILST	30 Cup		114240

Preparation Instructions

SAUCE: Mix cornstarch with 3 c. white sugar. Add enough water (@5 c.) to mixture to make a smooth, pourable consistency. Add this to 2 gallons of water. Microwave on high 3 minutes 3 times stirring in between for a total of 9 minutes. Should be thick and smooth. Add frozen blueberries. **May want to add some blueberries to sauce while cooking for color.**

BATTER: top cobbler following box instructions

Bake @300* untill lightly brown

288 - #8 Servings.

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: 30.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	110.89		
Fat	0.25g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.95mg		
Sodium	21.46mg		
Carbohydrates	27.18g		
Fiber	3.00g		
Sugar	19.45g		
Protein	1.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.53mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

ORANGE GLAZED CARROTS

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11650
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SPRD 6-3.5 GCHC	1/2 Cup		772361
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Cup		119997
WATER	1/2 Cup		H2O
SPICE CINNAMON GRND 15Z TRDE	1 Cup		224723
SPICE NUTMEG GRND 16Z TRDE	1 Cup		224944
CARROT SLCD C/C MED/LRG 30 GCHC	50 Cup		285680
CRANBERRY DRIED SWTND 10 OCSPR	1 Cup		350882
STARCH CORN 24-1 ARGO	1/2 Cup		108413
FLAVORING VANILLA IMIT 1-QT KE	1/2 Cup		110736

Preparation Instructions

Directions:

Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.

Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.

Fold in carrots and craisins. Bring to a boil for 3-4 minutes.

Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.

Critical Control Point: Heat to 135 °F or higher.

Place 2 qt 2 cups (about 4 lb 7 oz) glazed carrots in a steam table pan (12 x 20 x 2 ½).

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 1/2 CUP scoop

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup red/orange vegetable and 1/4 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup vegetable and 1/4 cup fruit.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.040
GreenVeg	0.000
RedVeg	1.000
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	124.11
Fat	0.72g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	76.84mg
Carbohydrates	29.60g
Fiber	4.72g
Sugar	23.68g
Protein	1.50g
Vitamin A 0.00IU	Vitamin C 0.10mg
Calcium 59.70mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Stuffed Crust Pizza 2020

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25055

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686

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 Each

Amount Per Serving

Calories	310.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	670.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 340.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Cup		726560

Preparation Instructions

Serve as is

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: 1.00 Cup

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Parmesan Broccoli

Servings:	143.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25947
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	30 Pound		549292
CHEESE PARM GRTD 4-5 PG	3 Cup		445401
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1 Cup		524948
SALT KOSHER 12-3 DIAC	2 Tablespoon		424307
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061

Preparation Instructions

1. Remove broccoli crowns
2. Steam the broccoli, in a steamer, JUST until bright green 2-7 minutes.
3. Drain thoroughly.
4. Mix together the broccoli with the parmesan cheese, salt, pepper and olive oil in hotel pans.
5. Transfer to shotguns.

CCP: Hold for hot service at 140 or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 143.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	78.04		
Fat	2.32g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	125.88mg		
Carbohydrates	10.49g		
Fiber	6.29g		
Sugar	2.10g		
Protein	7.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.17mg	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

All American Cheeseburger 2020

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 6/ 80/20 15 GCHC	50 Cup		482800
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Cup		517810
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Cup		722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	365.00
Fat	18.50g
SaturatedFat	7.25g
Trans Fat	1.00g
Cholesterol	57.50mg
Sodium	430.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 2.44mg

*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 (1-G)

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16421
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 30 COMM	30 Cup		256211
JTM Cheddar Cheese Sauce Boil in Bag	26 2/5 Cup		15013

Preparation Instructions

steam broccoli for approx 4-8 min or until crisp to the tooth, cook times will vary depending of fresh, frozen or cut size of product

Follow heating instructions for cheese

Place one cup of broccoli on tray and top with 2 oz of cheese sauce

Meal Components (SLE)

Amount Per Serving

Meat	0.120
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: 120.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	64.98		
Fat	0.96g		
SaturatedFat	0.55g		
Trans Fat	0.00g		
Cholesterol	3.37mg		
Sodium	93.53mg		
Carbohydrates	10.24g		
Fiber	6.00g		
Sugar	2.12g		
Protein	6.84g		
Vitamin A	46.64IU	Vitamin C	0.00mg
Calcium	24.28mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad - Mixed Garden Greens 2020

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22446

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD HRYS & HRYS 4-2 RSS	4 Cup		573061
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	2 Each	129631
CUCUMBER SELECT 6CT MRKN	1/8 Cup	2 Slices	592323

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.670
RedVeg	0.130
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	31.89
Fat	0.07g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	87.97mg
Carbohydrates	5.17g
Fiber	1.66g
Sugar	2.11g
Protein	2.91g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 80.75mg	Iron 2.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN PATTY SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11595
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Cup		281622
HAMBURGER BUN 3.5" WHOLE WHEAT	1 Cup		7491

Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Layer patty on bottom of bun. Top with remaining half of bun.
3. Serve.
4. Allow student to select condiment of choice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	15.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	560.00mg
Carbohydrates	36.00g
Fiber	7.00g
Sugar	5.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN BACON RANCH WRAP

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16951

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	2 Cup		110530
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
BACON TKY CKD 12-50CT JENNO	1 Cup		834770
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Cup		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.179
Grain	2.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	422.05
Fat	24.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	77.00mg
Sodium	846.00mg
Carbohydrates	23.01g
Fiber	2.01g
Sugar	0.01g
Protein	25.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.09mg	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

ROASTED CAULIFLOWER with TURMERIC- Revised

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11660
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER IQF 30 GCHC	11 2/3 Pound	12 Pounds	285600
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	5/8 Cup	1/2 cup	524948
OIL SESAME PURE 10-56Z ROLN	5/8 Cup	1/2 cup	348630
SPICE TURMERIC GRND 15Z TRDE	3 1/3 Tablespoon	3 Tbsp	514187
SALT KOSHER 12-3 DIAC	1 1/4 Tablespoon	1 Tbsp	424307

Preparation Instructions

1. Preheat convection oven to 400°F. Line 3 sheet pans with parchment paper.
2. Trim cauliflower and cut or break into 2-inch florets.
3. Whisk olive oil, sesame oil, turmeric and salt in a large bowl. Add the cauliflower and toss to coat.
4. Divide the cauliflower among the prepared sheet pans and spread in a single layer. Roast until golden, 18 to 20 minutes.
5. Any combination of oil will work, including vegetable oil. Youll want 1 cup total for 50 portions.
6. Wear rubber gloves so the turmeric doesnt stain your hands.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.230
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	53.05		
Fat	5.64g		
SaturatedFat	0.81g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	88.67mg		
Carbohydrates	0.93g		
Fiber	0.47g		
Sugar	0.47g		
Protein	0.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.43mg	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

PENNE ALFREDO & CHICKEN

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16856
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1/2 Cup		786520
ENTREE PENNE W/ALFREDO SCE 6-5	6 Cup		491074

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	379.50		
Fat	16.50g		
SaturatedFat	8.30g		
Trans Fat	0.06g		
Cholesterol	69.50mg		
Sodium	911.00mg		
Carbohydrates	31.50g		
Fiber	0.10g		
Sugar	8.00g		
Protein	25.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	400.00mg	Iron	1.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

BOSCO MOZZARELLA STICKS & MARINARA SAUCE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11599
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Cup		235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Cup		677721

Preparation Instructions

Place Bosco Sticks on a lined baking sheet.

Allow to thaw for 7-9 minutes.

Spray butter spray on the bosco sticks

Sprinkle with Ranch seasoning packet and garlic powder. Garnish with parsley

Bake at 400 until 155 temp or according to package

Place 2 sticks in a bag and hold at 135.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	353.90
Fat	11.20g
SaturatedFat	5.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	679.70mg
Carbohydrates	44.00g
Fiber	4.00g
Sugar	8.00g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spanish Bean Stew

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25949
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1 1/2 Cup		524948
GARLIC CRSHD FRESH 6-2 P/L	3 Cup		768154
ONION DCD 1/4 2-5 RSS	5 Cup		198307
SPICE PAPRIKA 16Z TRDE	4 Cup		518331
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
BEAN VEGETARIAN 6-10 COMM	8 1/8 Cup		120530
TOMATO CRSHD A/P 6-10 REDPK	3 Cup	READY_TO_EAT None	248096
VINEGAR WINE RED 5 4-1GAL GCHC	1/2 Cup		644481
SALT KOSHER COARSE 12-3 MRTN	0 Cup		153550
SPICE PEPR BLK REG FINE GRIND 16Z	2 Cup		225037
SPINACH CHPD 12-3 GCHC	4 1/2 Cup		119474
BROTH CHIX NO MSG 12-5 HRTHSTN	3 1/2 Cup		261564

Preparation Instructions

Heat oil in roasting pan.

Add garlic and saute for 2-3 min. Add onions continue to saute for 5-7 min. until the onions are translucent.

Mix in paprika and cumin

Add spinach and saute for 15 min.

Mix in beans, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 min.

Add vinegar, salt and pepper. Mix well.

Heat to 135 or higher for at least 15 seconds.

Serve 1/2 cup servings.

Special tip for preparing dry beans: SOAKING BEANS OVERNIGHT METHOD:

Add 1 3/4 quarts cold water to every 1 pound of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.170
RedVeg	0.150
OtherVeg	0.240
Legumes	0.407
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	356.16
Fat	17.61g
SaturatedFat	2.40g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	354.98mg
Carbohydrates	41.55g
Fiber	5.96g
Sugar	11.49g
Protein	6.06g
Vitamin A 0.03IU	Vitamin C 0.16mg
Calcium 83.03mg	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

Cereal Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32854
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	208.33
Fat	3.58g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	187.50mg
Carbohydrates	42.83g
Fiber	2.50g
Sugar	19.83g
Protein	2.67g
Vitamin A 366.67IU	Vitamin C 44.90mg
Calcium 88.50mg	Iron 4.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32855
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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: 1.00 Kit

Amount Per Serving	
Calories	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32856
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
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: 1.00 Kit

Amount Per Serving	
Calories	350.00
Fat	5.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	72.00g
Fiber	5.00g
Sugar	36.00g
Protein	4.00g
Vitamin A 800.00IU	Vitamin C 63.60mg
Calcium 200.00mg	Iron 4.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal-1 Ounce

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11571

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	N/A	388190
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	N/A	264702
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	N/A	264702
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	N/A	283620

Preparation Instructions

Note: These cereal should be paired with an additional grain item or meat/meat alternative item.

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	165.25
Fat	1.83g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	232.78mg
Carbohydrates	36.46g
Fiber	3.34g
Sugar	11.08g
Protein	3.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 81.69mg	Iron 4.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal-2 Ounce

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33799
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307

Preparation Instructions

Note: No other grain is needed to be served with these cereal since they count as 2 Grain Equivalents

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	220.00
Fat	3.33g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	330.00mg
Carbohydrates	45.00g
Fiber	4.33g
Sugar	16.67g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 93.33mg	Iron 3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Suncup Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33416

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE CRAN RASPB 100 40-4.23FLZ	1 Each		214524
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE STRAWB KIWI 100 40-4.23FLZ	1 Each		214534

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	62.86		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.57mg		
Carbohydrates	15.57g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.43mg	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

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33798
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package		728760
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
Tiger Bites Grahams-Original	1 Package		40213
Tiger Bites Grahams-Chocolate	1 Package		40239

Preparation Instructions

NOTE: At lunch all graham items are considered dessert grain. Maximum weekly allowance of 2 ounce dessert grain equivalents

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	3.83g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	20.56g		
Fiber	1.22g		
Sugar	7.11g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.89mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of 1 ct. Pop-Tarts®

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33800
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	176.67		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	145.00mg		
Carbohydrates	36.67g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	166.67IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assortment of Cereal Bar

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33801
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each		265901
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each		194031
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each		194041

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	153.33
Fat	4.50g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	105.00mg
Carbohydrates	26.67g
Fiber	2.33g
Sugar	8.67g
Protein	2.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 86.67mg	Iron 1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	58.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32858
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water for Recipes	1 Quart		000001WTR
Mexican Spice Mix- New Prairie	3/4 Cup		

Preparation Instructions

1. Thaw ground beef in cooler on bottom shelf in roasting pan.
2. Break up ground beef in slotted steamtable pan.
3. Place water in bottom of solid steamtable pan.
4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees.
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
5. Add 1/4 cup Mexican Spice mix to meat while cooking.
6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle.
7. Lift slotted pan to drain water and grease.
8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 58.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	170.46		
Fat	12.39g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	153.31mg		
Carbohydrates	0.52g		
Fiber	0.11g		
Sugar	0.15g		
Protein	14.45g		
Vitamin A	123.70IU	Vitamin C	0.06mg
Calcium	0.62mg	Iron	0.13mg

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

Nutrition - Per 100g

Calories	300.63		
Fat	21.85g		
SaturatedFat	7.26g		
Trans Fat	3.63g		
Cholesterol	94.40mg		
Sodium	270.39mg		
Carbohydrates	0.92g		
Fiber	0.20g		
Sugar	0.26g		
Protein	25.48g		
Vitamin A	218.18IU	Vitamin C	0.10mg
Calcium	1.09mg	Iron	0.23mg

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

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753

Preparation Instructions

RECONSTITUTE

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	139.02
Fat	1.49g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	546.17mg
Carbohydrates	22.84g
Fiber	8.94g
Sugar	0.00g
Protein	8.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 49.65mg	Iron 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Muffin

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33802
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

Preparation Instructions

Store frozen until ready to use. Thaw overnight under refrigeration.

Note: Serve 2 per student or with an additional grain item at breakfast.

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	188.57
Fat	6.43g
SaturatedFat	1.71g
Trans Fat	0.03g
Cholesterol	24.29mg
Sodium	123.57mg
Carbohydrates	30.43g
Fiber	1.71g
Sugar	15.86g
Protein	2.71g
Vitamin A 2.06IU	Vitamin C 0.01mg
Calcium 20.15mg	Iron 0.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pork Slider

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 Ounce		675222
SAUCE BBQ 4-1GAL SWTBRAY	2 Tablespoon		655937
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	348.80		
Fat	12.10g		
SaturatedFat	4.36g		
Trans Fat	0.00g		
Cholesterol	61.20mg		
Sodium	649.20mg		
Carbohydrates	42.80g		
Fiber	2.00g		
Sugar	26.40g		
Protein	16.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.04mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes or Waffles

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11566
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220

Preparation Instructions

Heat and serve according to manufactures directions on package.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	206.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	240.00mg		
Carbohydrates	36.20g		
Fiber	3.60g		
Sugar	11.20g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.00mg	Iron	2.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vanilla Iced Donut with Sprinkles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33803
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
ICING VAN RTU HEAT NICE 1-12 RICH	2 Tablespoon		155722
SPRINKLES RAINBOW DECOR 25Z GCHC	2 Teaspoon		421620

Preparation Instructions

Directions:

CCP: Heat to 135° F or higher.

Place thawed donuts on sheet pan. Heat at 350 for 2 to 3 minutes.

Immediately brush 1/2 oz. (2 Tablespoons) glaze on hot donuts after removing from oven with a pastry brush.

Sprinkle 2 tsp of rainbow sprinkles on icing glazed donuts

Allow to cool and dry for 15 minutes on cooling rack

Donuts are ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	467.30		
Fat	19.60g		
SaturatedFat	9.30g		
Trans Fat	0.12g		
Cholesterol	0.00mg		
Sodium	305.60mg		
Carbohydrates	70.00g		
Fiber	2.50g		
Sugar	43.00g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple & Eve Juice Box

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding amount for the week.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	57.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	30.00mg
Calcium	15.00mg	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

Brown Rice

Servings:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart		000001WTR
BASE CHIX 12-1 KE	1/2 Pound		160790
RICE BRN PARBL WGRAIN 25 GCHC	8 Cup		516371
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Quart		119997
SALT KOSHER COARSE 12-3 MRTN	1 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Mix all together and cook at 350 degrees for 30 minutes. Stir and cook another 15 minutes.

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.87		
Fat	2.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	787.88mg		
Carbohydrates	28.80g		
Fiber	0.71g		
Sugar	2.07g		
Protein	2.93g		
Vitamin A	0.00IU	Vitamin C	3.47mg
Calcium	5.57mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken Fillet

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33286

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	200 Each		110921
SAUCE ORNG GINGR 4-.5GAL ASIAN	100 Ounce		802860

Preparation Instructions

CONVECTION OVEN: PLACE CHICKEN ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 16-20 MINUTES.

TOP W/ ORANGE SAUCE AND RETURN TO OVEN
PLACE IN PAN FOR SERVICE

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	130.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	285.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	7.00g		
Protein	20.00g		
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

Ravioli

Servings:	21.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	5 Pound		232950
SEASONING PIZZA ITAL MIX 12Z TRDE	1 Tablespoon		413461
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SAUCE MARINARA A/P 6-10 REDPK	8 Cup	READY_TO_EAT None	592714

Preparation Instructions

1. Spray sides and bottom of 4B pans.
2. Place 4 cups of marinara on bottom, add ravioli and cover with 4 cups marinara.
3. Sprinkle Italian seasoning and garlic powder on top.
4. Put in steamer for 30 minutes with no lid.

Frozen, leftover ravioli can be pulled out day of service.

Serving size is 3 ravioli, 21 servings per pan.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	240.14
Fat	5.68g
SaturatedFat	2.52g
Trans Fat	0.00g
Cholesterol	25.21mg
Sodium	685.90mg
Carbohydrates	30.37g
Fiber	3.54g
Sugar	5.83g
Protein	16.65g
Vitamin A 201.69IU	Vitamin C 6.05mg
Calcium 217.69mg	Iron 1.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
KETCHUP CAN 6-10 HNZ	1/2 Cup		100188
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/4 Ounce		223255
MUSTARD PKT 500-5.5GM GCHC	5 Each	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	165.56		
Fat	1.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.72mg		
Carbohydrates	33.91g		
Fiber	5.27g		
Sugar	16.70g		
Protein	7.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.92mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatless Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33225
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEED SUNFLWR KERN 200-1Z KARS	1 Ounce	1 oz. = 1 oz. eq. meat/meat alternate	504180
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	1 oz. weight = 2 fluid ounces = 1/4 cup = 1 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265
Homemade Croutons	4/5 Ounce		

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	667.45
Fat	47.45g
SaturatedFat	11.05g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1149.50mg
Carbohydrates	43.25g
Fiber	6.60g
Sugar	8.50g
Protein	19.80g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 160.00mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33226
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	533.27
Fat	31.50g
SaturatedFat	9.10g
Trans Fat	0.00g
Cholesterol	66.89mg
Sodium	1409.91mg
Carbohydrates	40.85g
Fiber	4.60g
Sugar	9.55g
Protein	20.55g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33337
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100121
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	571.92
Fat	33.54g
SaturatedFat	9.09g
Trans Fat	0.00g
Cholesterol	87.23mg
Sodium	1484.34mg
Carbohydrates	38.79g
Fiber	4.60g
Sugar	7.50g
Protein	28.70g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33338

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100117
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265
SALSA CUP 84-3Z REDG	1 Each		677802

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	531.09
Fat	25.32g
SaturatedFat	7.11g
Trans Fat	0.00g
Cholesterol	96.18mg
Sodium	1328.82mg
Carbohydrates	39.06g
Fiber	5.10g
Sugar	9.56g
Protein	26.83g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 65.00mg	Iron 1.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33339

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Variety of Fresh Vegetables	1/2 Cup		
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
JUICE BOX FRT PNCH 100 40- 4.23FLZ	1 Each	Other flavors 4.23 z. juice box also acceptable	698240
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265
SALSA CUP 84- 3Z REDG	1 Each	READY_TO_EAT None	677802

Description	Measurement	Prep Instructions	DistPart #
Ground Beef Taco Meat	1 Serving	1. Thaw ground beef in cooler on bottom shelf in roasting pan. 2. Break up ground beef in slotted steamtable pan. 3. Place water in bottom of solid steamtable pan. 4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees. CCP: Heat to 155 degrees F or higher for at least 15 seconds. 5. Add 1/4 cup Mexican Spice mix to meat while cooking. 6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle. 7. Lift slotted pan to drain water and grease. 8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.	R-32858

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	1.000
GreenVeg	0.500
RedVeg	1.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	760.96
Fat	33.59g
SaturatedFat	9.17g
Trans Fat	2.06g
Cholesterol	73.53mg
Sodium	868.31mg
Carbohydrates	83.02g
Fiber	8.21g
Sugar	48.15g
Protein	23.75g
Vitamin A 1623.10IU	Vitamin C 24.72mg
Calcium 74.62mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	708.36
Fat	43.63g
SaturatedFat	9.78g
Trans Fat	0.00g
Cholesterol	51.82mg
Sodium	1316.32mg
Carbohydrates	52.02g
Fiber	7.87g
Sugar	8.59g
Protein	25.57g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 176.00mg	Iron 4.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce		675222
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	643.45
Fat	41.45g
SaturatedFat	11.25g
Trans Fat	0.00g
Cholesterol	94.00mg
Sodium	1208.50mg
Carbohydrates	37.75g
Fiber	4.60g
Sugar	10.50g
Protein	26.30g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB & J Combo

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32943
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

Combo consist of: Uncrstable Sandwich (Grape or Strawberry), Cheese stick, and Grain item (Cheez-its or Goldfish)

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	490.00
Fat	26.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	47.00g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 302.50mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33228
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	Can also use other varieties of 4 oz. yogurt.	885750
PEANUT BUTTER 120-1.1Z JIF	1 Each	Or 2 Tbsp. peanut butter	794301
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/2 Cup	0.50 cup = 1 oz. eq. grain	711664
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	1 Package	READY_TO_EAT Ready to serve and eat	266020

Preparation Instructions

Package all items together.

Offer with fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	620.00
Fat	27.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	430.00mg
Carbohydrates	83.00g
Fiber	4.00g
Sugar	33.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cougar Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33231
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER 120-1.1Z JIF	1 Each	OR 2 Tbsp. Peanut Butter	794301
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	Or 1 oz. string cheese or cheese stick	680130
CHIP GARDEN SALSA 64-LSSV SUNCHIP	1 Package	OR GFS 712440 OR GFS 712431	712270

Preparation Instructions

Package all items together.

Offer with fruits, vegetables, and milk.

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 Each

Amount Per Serving	
Calories	480.00
Fat	31.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	520.00mg
Carbohydrates	37.00g
Fiber	4.00g
Sugar	7.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32963
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	weight commodity/brown box	100187
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.139
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.66		
Fat	8.28g		
SaturatedFat	3.64g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	710.33mg		
Carbohydrates	33.28g		
Fiber	2.00g		
Sugar	6.14g		
Protein	16.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33345
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
Turkey Breast Deli	2 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place ham, turkey, and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.397
Grain	2.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	347.65		
Fat	10.84g		
SaturatedFat	4.91g		
Trans Fat	0.00g		
Cholesterol	72.23mg		
Sodium	1049.82mg		
Carbohydrates	38.91g		
Fiber	2.53g		
Sugar	8.01g		
Protein	27.97g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	69.25mg	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

Turkey Combo Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33347
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	6 Slice	2 slices each- bologna, ham, & salami	236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place 2 slices each meat (ham, salami, bologna) and 1 slice of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.57
Fat	14.20g
SaturatedFat	4.55g
Trans Fat	0.00g
Cholesterol	70.55mg
Sodium	1002.31mg
Carbohydrates	35.39g
Fiber	2.53g
Sugar	6.38g
Protein	20.65g
Vitamin A 187.43IU	Vitamin C 3.08mg
Calcium 123.48mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33235
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	331.02		
Fat	9.14g		
SaturatedFat	4.06g		
Trans Fat	0.00g		
Cholesterol	64.73mg		
Sodium	880.97mg		
Carbohydrates	36.42g		
Fiber	2.53g		
Sugar	6.38g		
Protein	26.85g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	69.25mg	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

Italian Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33348
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice	2 slices each meat	199721
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place 2 slices each meat (ham, salami, pepperoni) and 1 slice of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	343.25		
Fat	12.05g		
SaturatedFat	4.21g		
Trans Fat	0.00g		
Cholesterol	65.50mg		
Sodium	874.43mg		
Carbohydrates	36.38g		
Fiber	2.53g		
Sugar	6.38g		
Protein	21.45g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	95.92mg	Iron	3.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Bacon Ranch Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33343
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/8 Cup		451730
DRESSING RNCH LT LO SOD 200-12GM GCHC	1 Each		699981

Preparation Instructions

Directions:

Place 3 oz of turkey, 1 slice of cheese, and 1 slice bacon on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	357.03
Fat	12.23g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	71.49mg
Sodium	1072.79mg
Carbohydrates	35.00g
Fiber	2.39g
Sugar	6.24g
Protein	27.56g
Vitamin A 187.43IU	Vitamin C 3.08mg
Calcium 164.17mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for NEW PRAIRIE MIDDLE SCHOOL

Created by HPS Menu Planner

Table of Contents

Cereal Kit

Breakfast Bar Kit

Pop Tart Kit

PB & J Combo

Assorted Cereal-1 Ounce

Assorted Cereal-2 Ounce

Suncup Juice

Graham Snack

Ground Beef Taco Meat

Refried Beans

Brown Rice

Orange Chicken

Variety of Muffin

Assortment of Cereal Bar

Cinnamon and Sugar Donut

Apple & Eve Juice Box

Turkey Bacon Ranch Sandwich

Baked Beans

Turkey & Gravy

Cereal Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32854
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	208.33		
Fat	3.58g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	42.83g		
Fiber	2.50g		
Sugar	19.83g		
Protein	2.67g		
Vitamin A	366.67IU	Vitamin C	44.90mg
Calcium	88.50mg	Iron	4.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32855
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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: 1.00 Kit

Amount Per Serving	
Calories	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32856
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
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: 1.00 Kit

Amount Per Serving	
Calories	350.00
Fat	5.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	72.00g
Fiber	5.00g
Sugar	36.00g
Protein	4.00g
Vitamin A 800.00IU	Vitamin C 63.60mg
Calcium 200.00mg	Iron 4.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB & J Combo

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32943
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

Combo consist of: Uncrstable Sandwich (Grape or Strawberry), Cheese stick, and Grain item (Cheez-its or Goldfish)

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	490.00
Fat	26.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	47.00g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 302.50mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal-1 Ounce

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11571

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	N/A	388190
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	N/A	264702
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	N/A	264702
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	N/A	283620

Preparation Instructions

Note: These cereal should be paired with an additional grain item or meat/meat alternative item.

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	165.25
Fat	1.83g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	232.78mg
Carbohydrates	36.46g
Fiber	3.34g
Sugar	11.08g
Protein	3.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 81.69mg	Iron 4.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal-2 Ounce

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33799
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307

Preparation Instructions

Note: No other grain is needed to be served with these cereal since they count as 2 Grain Equivalents

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	220.00
Fat	3.33g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	330.00mg
Carbohydrates	45.00g
Fiber	4.33g
Sugar	16.67g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 93.33mg	Iron 3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Suncup Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33416

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE CRAN RASPB 100 40-4.23FLZ	1 Each		214524
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE STRAWB KIWI 100 40-4.23FLZ	1 Each		214534

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	62.86		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.57mg		
Carbohydrates	15.57g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.43mg	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

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33798
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package		728760
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
Tiger Bites Grahams-Original	1 Package		40213
Tiger Bites Grahams-Chocolate	1 Package		40239

Preparation Instructions

NOTE: At lunch all graham items are considered dessert grain. Maximum weekly allowance of 2 ounce dessert grain equivalents

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00
Fat	3.83g
SaturatedFat	0.94g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	110.00mg
Carbohydrates	20.56g
Fiber	1.22g
Sugar	7.11g
Protein	1.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.89mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	58.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32858
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water for Recipes	1 Quart		000001WTR
Mexican Spice Mix- New Prairie	3/4 Cup		

Preparation Instructions

1. Thaw ground beef in cooler on bottom shelf in roasting pan.
2. Break up ground beef in slotted steamtable pan.
3. Place water in bottom of solid steamtable pan.
4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees.
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
5. Add 1/4 cup Mexican Spice mix to meat while cooking.
6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle.
7. Lift slotted pan to drain water and grease.
8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 58.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	170.46		
Fat	12.39g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	153.31mg		
Carbohydrates	0.52g		
Fiber	0.11g		
Sugar	0.15g		
Protein	14.45g		
Vitamin A	123.70IU	Vitamin C	0.06mg
Calcium	0.62mg	Iron	0.13mg

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

Nutrition - Per 100g

Calories	300.63		
Fat	21.85g		
SaturatedFat	7.26g		
Trans Fat	3.63g		
Cholesterol	94.40mg		
Sodium	270.39mg		
Carbohydrates	0.92g		
Fiber	0.20g		
Sugar	0.26g		
Protein	25.48g		
Vitamin A	218.18IU	Vitamin C	0.10mg
Calcium	1.09mg	Iron	0.23mg

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

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753

Preparation Instructions

RECONSTITUTE

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	139.02
Fat	1.49g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	546.17mg
Carbohydrates	22.84g
Fiber	8.94g
Sugar	0.00g
Protein	8.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 49.65mg	Iron 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart		000001WTR
BASE CHIX 12-1 KE	1/2 Pound		160790
RICE BRN PARBL WGRAIN 25 GCHC	8 Cup		516371
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Quart		119997
SALT KOSHER COARSE 12-3 MRTN	1 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Mix all together and cook at 350 degrees for 30 minutes. Stir and cook another 15 minutes.

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.87		
Fat	2.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	787.88mg		
Carbohydrates	28.80g		
Fiber	0.71g		
Sugar	2.07g		
Protein	2.93g		
Vitamin A	0.00IU	Vitamin C	3.47mg
Calcium	5.57mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	79.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33285

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

Preparation Instructions

Place 8# of popcorn chicken on each of 2 full size sheet pans. Bake at 375 degrees for 6-8 minutes. Pour all of the chicken into a 6 steamtable pan. Add sauce. Mix thoroughly.

Each serving should be 12 popcorn chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 79.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	276.82
Fat	14.27g
SaturatedFat	2.74g
Trans Fat	0.00g
Cholesterol	21.96mg
Sodium	436.93mg
Carbohydrates	21.85g
Fiber	3.29g
Sugar	6.77g
Protein	15.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.23mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Muffin

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33802
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

Preparation Instructions

Store frozen until ready to use. Thaw overnight under refrigeration.

Note: Serve 2 per student or with an additional grain item at breakfast.

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	188.57
Fat	6.43g
SaturatedFat	1.71g
Trans Fat	0.03g
Cholesterol	24.29mg
Sodium	123.57mg
Carbohydrates	30.43g
Fiber	1.71g
Sugar	15.86g
Protein	2.71g
Vitamin A 2.06IU	Vitamin C 0.01mg
Calcium 20.15mg	Iron 0.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assortment of Cereal Bar

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33801
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each		265901
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each		194031
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each		194041

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	153.33
Fat	4.50g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	105.00mg
Carbohydrates	26.67g
Fiber	2.33g
Sugar	8.67g
Protein	2.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 86.67mg	Iron 1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon and Sugar Donut

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Donut	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33883
School:	NEW PRAIRIE MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	100 Each		556582
SUGAR BEET GRANUL 50 GCHC	3 Cup		224413
SPICE CINNAMON GRND 5 TRDE	1/2 Cup		224731

Preparation Instructions

Place thawed donuts on sheet pan.
Heat at 350 degrees for 2 to 3 minutes.
Remove from oven and dip in cinnamon/sugar mixture.
Allow to cool and on cooling rack
Donuts are ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Donut

Amount Per Serving			
Calories	298.90		
Fat	15.60g		
SaturatedFat	7.30g		
Trans Fat	0.12g		
Cholesterol	0.00mg		
Sodium	305.60mg		
Carbohydrates	35.76g		
Fiber	2.50g		
Sugar	11.76g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple & Eve Juice Box

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding amount for the week.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	57.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	30.00mg
Calcium	15.00mg	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

Turkey Bacon Ranch Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16949

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/8 Cup		451730
DRESSING RNCH LT LO SOD 200-12GM GCHC	1 Each		699981

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	357.03
Fat	12.23g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	71.49mg
Sodium	1072.79mg
Carbohydrates	35.00g
Fiber	2.39g
Sugar	6.24g
Protein	27.56g
Vitamin A 187.43IU	Vitamin C 3.08mg
Calcium 164.17mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
KETCHUP CAN 6-10 HNZ	1/2 Cup		100188
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/4 Ounce		223255
MUSTARD PKT 500-5.5GM GCHC	5 Each	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	165.56		
Fat	1.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.72mg		
Carbohydrates	33.91g		
Fiber	5.27g		
Sugar	16.70g		
Protein	7.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.92mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33287

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce		100121
GRAVY TKY RSTD 12-50Z HRTHSTN	1/4 Cup		673595

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	159.47		
Fat	6.09g		
SaturatedFat	2.54g		
Trans Fat	0.00g		
Cholesterol	62.23mg		
Sodium	909.84mg		
Carbohydrates	7.04g		
Fiber	0.00g		
Sugar	0.00g		
Protein	19.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cookbook for NPUSC Covid 2020

Created by HPS Menu Planner

Table of Contents

Chicken Wings Boneless 2020

Curly Fries

Strawberries

Mini Corn Dogs 2020

Garlic Green Beans 2020

Blushing Chilled Pears 2020

Open Face Turkey 2020

Peaches 2020

Sesame Chicken Noodle 2020

Cobbler

Stuffed Crust Pizza 2020

Parm Broccoli 2020

Applesauce Cup

Chicken Wings Boneless 2020

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11890

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	200 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE BBQ 6-80FLZ SWTBRAY	1/4 Cup		212071

Preparation Instructions

Directions:

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

TRANSFER TO CONTAINER AND TOP WITH SAUCE.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	162.80		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	281.60mg		
Carbohydrates	10.68g		
Fiber	2.00g		
Sugar	0.64g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Curly Fries

Servings:	50.00	Category:	Vegetable
Serving Size:	4.30 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24921
School:	NPUSC Covid 2020		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 5/16 SR CRM/CHIVE 6-5 SIMPL	6 Cup		544132

Preparation Instructions

CONVECTION OVEN: Preheat oven to 375°F. Arrange fries in a single layer on sheet pans. Bake 12-15 minutes.

STANDARD OVEN: Preheat oven to 400°F. Arrange fries in a single layer on sheet pans. Bake 25-30 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.30 Ounce

Amount Per Serving			
Calories	6.00		
Fat	0.28g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	16.00mg		
Carbohydrates	0.76g		
Fiber	0.04g		
Sugar	0.00g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

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

Nutrition - Per 100g

Calories	4.92		
Fat	0.23g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.13mg		
Carbohydrates	0.62g		
Fiber	0.03g		
Sugar	0.00g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

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

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17561

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	9 Ounce		212768

Preparation Instructions

Rinse and Serve as is

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	81.60
Fat	0.80g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.60mg
Carbohydrates	20.00g
Fiber	5.20g
Sugar	12.00g
Protein	1.80g
Vitamin A 30.62IU	Vitamin C 150.02mg
Calcium 40.82mg	Iron 1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs 2020

Servings:	50.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24930
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	2 1/2 Package		722301

Preparation Instructions

Follow instructions on product

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: 6.00 Each

Amount Per Serving			
Calories	266.81		
Fat	10.70g		
SaturatedFat	1.90g		
Trans Fat	0.11g		
Cholesterol	34.01mg		
Sodium	364.85mg		
Carbohydrates	33.01g		
Fiber	2.90g		
Sugar	12.00g		
Protein	9.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.03mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Green Beans 2020

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17625
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN FZ 30 COMM	60 Cup	1 30 lb case	355490
OIL OLIVE PURE 4-3LTR GCHC	1 Cup		432061
GARLIC CRSHD FRESH 6-2 P/L	5 Cup		768154
SPICE PEPR BLK REST GRIND 16Z TRDE	2 1/2 Cup		225061
SALT KOSHER 12-3 DIAC	4 Cup		424307

Preparation Instructions

Directions:

WASH HANDS

1. Roast green by adding oil, garlic, salt and pepper .
2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

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

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Notes:

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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	37.53		
Fat	2.00g		
SaturatedFat	0.27g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	113.06mg		
Carbohydrates	4.13g		
Fiber	2.01g		
Sugar	1.00g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.11mg
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

Blushing Chilled Pears 2020

Servings:	28.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16440
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	14 Cup	1 #10 CAN	110690
GELATIN MIX CHERRY 12-24Z GCHC	3 Teaspoon		524611

Preparation Instructions

1. Pour drained pears into serving line pans.
2. Sprinkle cherry gelatin over pears to give blushing color (pink to light red).
3. Cover and chill.

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

4. Portion two pear halves. Each portion provides.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

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: 28.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.61mg		
Carbohydrates	16.30g		
Fiber	2.00g		
Sugar	12.30g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.02mg	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

Open Face Turkey 2020

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17527
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SKNLS CKD 2-9AVG JENNO	12 1/16 Cup	3 OZ SLICE	442763
BREAD WGRAIN SLCD 3/4 7-32Z GCHC	50 Cup		230952
GRAVY TKY RSTD 12- 50Z HRTHTSN	12 1/2 Cup	2 CANS	673595
POTATO MASH SEAS R/SOD 6-4 MCC	25 Cup	26 SERVINGS PER BAG BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560
SPICE PARSLEY FLAKES 2Z TRDE	0/1 Cup	TO GARNISH MASHED POTATO	259195

Preparation Instructions

Follow heating instructions for turkey

Follow heating instructions for potatoes

follow heating instructions for gravy

Place 4 slices of turkey on V sliced bread.

Place a scoop of mashed potatoes inside of the V.

Spoon/Pour the gravy over the sandwich and mashed potatoes.

Serve immediately.

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	0.500

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	392.63
Fat	7.72g
SaturatedFat	1.42g
Trans Fat	0.00g
Cholesterol	43.59mg
Sodium	1653.03mg
Carbohydrates	53.48g
Fiber	4.84g
Sugar	5.93g
Protein	27.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.39mg	Iron 3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peaches 2020

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22448
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	1/2 Cup		610267

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: 1.00 Cup

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	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

Sesame Chicken Noodle 2020

Servings:	118.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION GREEN CLPD 4-2 RSS	3 Cup		198889
SAUCE GARL SESM 4-.5GAL ASIAN	6 Cup		802870
GARLIC CHPD IN WTR 6-32Z TULK	2 1/4 Cup		322164
PEPPERS RED 11 P/L	2 Cup		321141
CHIX STRP FAJT DK MT FC 6-5 TYS	30 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
CARROT SMOOTH COIN CUT 2-5 RSS	6 Cup		313173
PASTA SPAG 51 WGRAIN 2-10	15 Cup		221460

Preparation Instructions

- Cook meat at 350
- Boil water for pasta
- cook pasta according to package directions
- dice onion, mix whole garlic red peppers and carrots.
- Put meat and pasta in equal amount in pan
- Divide sauce to equal parts per pan
- garnish with green onions
- Serve in 1c. servings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 118.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	449.68
Fat	10.51g
SaturatedFat	2.71g
Trans Fat	0.00g
Cholesterol	108.47mg
Sodium	1242.08mg
Carbohydrates	58.54g
Fiber	4.82g
Sugar	14.00g
Protein	32.00g
Vitamin A 3936.72IU	Vitamin C 5.35mg
Calcium 40.58mg	Iron 3.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cobbler

Servings:	30.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-23520

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STARCH CORN 24-1 ARGO	6 Cup		108413
SUGAR BEET GRANUL 25 GCHC	30 Cup		108588
BLUEBERRY IQF 4-5 GCHC	30 Cup		166720
CAKE MIX WHT 6-5# GILST	30 Cup		114240

Preparation Instructions

SAUCE: Mix cornstarch with 3 c. white sugar. Add enough water (@5 c.) to mixture to make a smooth, pourable consistency. Add this to 2 gallons of water. Microwave on high 3 minutes 3 times stirring in between for a total of 9 minutes. Should be thick and smooth. Add frozen blueberries. **May want to add some blueberries to sauce while cooking for color.**

BATTER: top cobbler following box instructions

Bake @300* untill lightly brown

288 - #8 Servings.

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: 30.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	110.89		
Fat	0.25g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.95mg		
Sodium	21.46mg		
Carbohydrates	27.18g		
Fiber	3.00g		
Sugar	19.45g		
Protein	1.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.53mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Stuffed Crust Pizza 2020

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25055

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686

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 Each

Amount Per Serving

Calories	310.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	670.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 340.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Parm Broccoli 2020

Servings:	143.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11669
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	30 Cup		732478
CHEESE PARM GRTD 4-5 PG	3 Cup		445401
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1 Cup		524948
BROCCOLI FZ 30 COMM	30 Cup		549292
SALT KOSHER 12-3 DIAC	2 Cup		424307
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Cup		225061

Preparation Instructions

1. Remove broccoli crowns
2. Steam the broccoli, in a steamer, JUST until bright green, 2-7 minutes.
3. Drain thoroughly.
4. Mix together the broccoli with the , Parmesan cheese, salt, pepper and olive oil in hotel pans. CCP: Hold for hot service at 140°F or higher

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 143.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	40.89		
Fat	2.38g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.25mg		
Carbohydrates	3.36g		
Fiber	1.76g		
Sugar	0.84g		
Protein	2.81g		
Vitamin A	118.94IU	Vitamin C	17.03mg
Calcium	33.14mg	Iron	0.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Cup		726560

Preparation Instructions

Serve as is

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: 1.00 Cup

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Cookbook for OLIVE ELEMENTARY SCHOOL

Created by HPS Menu Planner

Table of Contents

Cereal Kit

Breakfast Bar Kit

Pop Tart Kit

Apple & Eve Juice Box

PB & J Combo

Ham Sub

Turkey Sub

Ground Beef Taco Meat

Refried Beans

Ravioli

Brown Rice

Orange Chicken

Baked Beans

Chicken & Noodles

Cereal Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32854
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	208.33		
Fat	3.58g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	42.83g		
Fiber	2.50g		
Sugar	19.83g		
Protein	2.67g		
Vitamin A	366.67IU	Vitamin C	44.90mg
Calcium	88.50mg	Iron	4.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32855
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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: 1.00 Kit

Amount Per Serving	
Calories	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32856
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
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: 1.00 Kit

Amount Per Serving	
Calories	350.00
Fat	5.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	72.00g
Fiber	5.00g
Sugar	36.00g
Protein	4.00g
Vitamin A 800.00IU	Vitamin C 63.60mg
Calcium 200.00mg	Iron 4.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple & Eve Juice Box

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding amount for the week.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	57.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	30.00mg
Calcium	15.00mg	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

PB & J Combo

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32943
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

Combo consist of: Uncrstable Sandwich (Grape or Strawberry), Cheese stick, and Grain item (Cheez-its or Goldfish)

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	490.00
Fat	26.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	47.00g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 302.50mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32963
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	weight commodity/brown box	100187
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.139
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.66
Fat	8.28g
SaturatedFat	3.64g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	710.33mg
Carbohydrates	33.28g
Fiber	2.00g
Sugar	6.14g
Protein	16.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32962
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Turkey Breast Deli	2 Ounce	weight commodity/brown box	100121
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 2 oz of turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.44
Fat	7.52g
SaturatedFat	3.26g
Trans Fat	0.00g
Cholesterol	42.72mg
Sodium	668.36mg
Carbohydrates	31.26g
Fiber	2.00g
Sugar	4.50g
Protein	19.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	58.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32858
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water for Recipes	1 Quart		000001WTR
Mexican Spice Mix- New Prairie	3/4 Cup		

Preparation Instructions

1. Thaw ground beef in cooler on bottom shelf in roasting pan.
2. Break up ground beef in slotted steamtable pan.
3. Place water in bottom of solid steamtable pan.
4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees.
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
5. Add 1/4 cup Mexican Spice mix to meat while cooking.
6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle.
7. Lift slotted pan to drain water and grease.
8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 58.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	170.46		
Fat	12.39g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	153.31mg		
Carbohydrates	0.52g		
Fiber	0.11g		
Sugar	0.15g		
Protein	14.45g		
Vitamin A	123.70IU	Vitamin C	0.06mg
Calcium	0.62mg	Iron	0.13mg

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

Nutrition - Per 100g

Calories	300.63		
Fat	21.85g		
SaturatedFat	7.26g		
Trans Fat	3.63g		
Cholesterol	94.40mg		
Sodium	270.39mg		
Carbohydrates	0.92g		
Fiber	0.20g		
Sugar	0.26g		
Protein	25.48g		
Vitamin A	218.18IU	Vitamin C	0.10mg
Calcium	1.09mg	Iron	0.23mg

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

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753

Preparation Instructions

RECONSTITUTE

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	139.02
Fat	1.49g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	546.17mg
Carbohydrates	22.84g
Fiber	8.94g
Sugar	0.00g
Protein	8.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 49.65mg	Iron 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ravioli

Servings:	21.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	5 Pound		232950
SEASONING PIZZA ITAL MIX 12Z TRDE	1 Tablespoon		413461
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SAUCE MARINARA A/P 6-10 REDPK	8 Cup	READY_TO_EAT None	592714

Preparation Instructions

1. Spray sides and bottom of 4B pans.
2. Place 4 cups of marinara on bottom, add ravioli and cover with 4 cups marinara.
3. Sprinkle Italian seasoning and garlic powder on top.
4. Put in steamer for 30 minutes with no lid.

Frozen, leftover ravioli can be pulled out day of service.

Serving size is 3 ravioli, 21 servings per pan.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	240.14
Fat	5.68g
SaturatedFat	2.52g
Trans Fat	0.00g
Cholesterol	25.21mg
Sodium	685.90mg
Carbohydrates	30.37g
Fiber	3.54g
Sugar	5.83g
Protein	16.65g
Vitamin A 201.69IU	Vitamin C 6.05mg
Calcium 217.69mg	Iron 1.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart		000001WTR
BASE CHIX 12-1 KE	1/2 Pound		160790
RICE BRN PARBL WGRAIN 25 GCHC	8 Cup		516371
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Quart		119997
SALT KOSHER COARSE 12-3 MRTN	1 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Mix all together and cook at 350 degrees for 30 minutes. Stir and cook another 15 minutes.

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.87		
Fat	2.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	787.88mg		
Carbohydrates	28.80g		
Fiber	0.71g		
Sugar	2.07g		
Protein	2.93g		
Vitamin A	0.00IU	Vitamin C	3.47mg
Calcium	5.57mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	79.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33285

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

Preparation Instructions

Place 8# of popcorn chicken on each of 2 full size sheet pans. Bake at 375 degrees for 6-8 minutes. Pour all of the chicken into a 6 steamtable pan. Add sauce. Mix thoroughly.

Each serving should be 12 popcorn chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 79.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	276.82
Fat	14.27g
SaturatedFat	2.74g
Trans Fat	0.00g
Cholesterol	21.96mg
Sodium	436.93mg
Carbohydrates	21.85g
Fiber	3.29g
Sugar	6.77g
Protein	15.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.23mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
KETCHUP CAN 6-10 HNZ	1/2 Cup		100188
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/4 Ounce		223255
MUSTARD PKT 500-5.5GM GCHC	5 Each	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	165.56		
Fat	1.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.72mg		
Carbohydrates	33.91g		
Fiber	5.27g		
Sugar	16.70g		
Protein	7.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.92mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11655
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	2 Gallon		000001WTR
BASE CHIX 12-1 GCHC	8 Ounce	Weight	439606
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Tablespoon	1.5 teaspoons	225061
Chicken, diced, cooked, frozen	6 3/8 Pound	6 lbs. + 6 oz.	100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	3 1/8 Pound	3 lbs. + 2 oz.	270385

Preparation Instructions

1. Spray 6 inch steamtable pan with pan spray.
2. Place 2 gallons boiling water in pan. Mix chicken base in water.
3. Add pepper and diced chicken, stir.
4. Place pan in 350 degree combi oven with heat and steam for 10 minutes.
5. Remove pan from oven, add noodles and stir.
6. Place back in oven and cook for 15-20 minutes until temperature reaches 170 degrees.

Portion with 8 oz. ladle. (1 cup)

Serving 1 cup (8 ounce ladle) provides 2 oz. eq. meat and 1 oz. eq. grain.

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

CCP: Hold 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	0.000
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	194.99
Fat	3.67g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	65.41mg
Sodium	673.49mg
Carbohydrates	20.79g
Fiber	1.00g
Sugar	1.76g
Protein	17.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.77mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for PRAIRIE VIEW ELEMENTARY SCHOOL

Created by HPS Menu Planner

Table of Contents

Cereal Kit

Breakfast Bar Kit

Pop Tart Kit

Apple & Eve Juice Box

PB & J Combo

Ham Sub

Turkey Sub

Chicken Taco Meat

Refried Beans

Ravioli

Bobcat Kit

Brown Rice

Orange Chicken

Baked Beans

Chicken & Noodles

Cereal Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32854
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	208.33		
Fat	3.58g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	42.83g		
Fiber	2.50g		
Sugar	19.83g		
Protein	2.67g		
Vitamin A	366.67IU	Vitamin C	44.90mg
Calcium	88.50mg	Iron	4.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32855
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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: 1.00 Kit

Amount Per Serving	
Calories	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32856
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
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: 1.00 Kit

Amount Per Serving	
Calories	350.00
Fat	5.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	72.00g
Fiber	5.00g
Sugar	36.00g
Protein	4.00g
Vitamin A 800.00IU	Vitamin C 63.60mg
Calcium 200.00mg	Iron 4.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple & Eve Juice Box

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding amount for the week.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	57.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	30.00mg
Calcium	15.00mg	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

PB & J Combo

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32943
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

Combo consist of: Uncrstable Sandwich (Grape or Strawberry), Cheese stick, and Grain item (Cheez-its or Goldfish)

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	490.00
Fat	26.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	47.00g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 302.50mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32963
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	weight commodity/brown box	100187
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.139
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.66
Fat	8.28g
SaturatedFat	3.64g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	710.33mg
Carbohydrates	33.28g
Fiber	2.00g
Sugar	6.14g
Protein	16.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32962
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Turkey Breast Deli	2 Ounce	weight commodity/brown box	100121
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 2 oz of turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.44
Fat	7.52g
SaturatedFat	3.26g
Trans Fat	0.00g
Cholesterol	42.72mg
Sodium	668.36mg
Carbohydrates	31.26g
Fiber	2.00g
Sugar	4.50g
Protein	19.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco Meat

Servings:	45.00	Category:	Entree
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33296

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	10 Pound		100117
Mexican Spice Mix- Bulk	3/4 Serving	Mix all ingredients and store in air tight container.	R-33288
Tap Water for Recipes	7/9 Quart		000001WTR

Preparation Instructions

1. Thaw chicken fajita in cooler.
 2. Place in slotted steamtable pan.
 3. Place water in bottom of solid steamtable pan.
 4. Place slotted pan with meat into solid pan and brown in oven until product temperature reaches 155 degrees.
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
 5. Add 1/4 cup Mexican Spice mix to meat while cooking.
 6. Remove meat from oven once appropriate temperature is reached.
 7. Lift slotted pan to drain water and grease.
 8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.
- 3.5 oz. weight chicken fajita= 2 oz. eq. meat

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 45.00

Serving Size: 3.50 Ounce

Amount Per Serving

Calories	159.99		
Fat	4.18g		
SaturatedFat	2.09g		
Trans Fat	0.00g		
Cholesterol	77.39mg		
Sodium	6517.72mg		
Carbohydrates	58.65g		
Fiber	0.00g		
Sugar	10.73g		
Protein	18.82g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	5.24mg

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

Nutrition - Per 100g

Calories	161.24		
Fat	4.22g		
SaturatedFat	2.11g		
Trans Fat	0.00g		
Cholesterol	77.99mg		
Sodium	6568.74mg		
Carbohydrates	59.11g		
Fiber	0.00g		
Sugar	10.82g		
Protein	18.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	5.28mg

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

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753

Preparation Instructions

RECONSTITUTE

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	139.02
Fat	1.49g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	546.17mg
Carbohydrates	22.84g
Fiber	8.94g
Sugar	0.00g
Protein	8.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 49.65mg	Iron 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ravioli

Servings:	21.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	5 Pound		232950
SEASONING PIZZA ITAL MIX 12Z TRDE	1 Tablespoon		413461
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SAUCE MARINARA A/P 6-10 REDPK	8 Cup	READY_TO_EAT None	592714

Preparation Instructions

1. Spray sides and bottom of 4B pans.
2. Place 4 cups of marinara on bottom, add ravioli and cover with 4 cups marinara.
3. Sprinkle Italian seasoning and garlic powder on top.
4. Put in steamer for 30 minutes with no lid.

Frozen, leftover ravioli can be pulled out day of service.

Serving size is 3 ravioli, 21 servings per pan.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	240.14
Fat	5.68g
SaturatedFat	2.52g
Trans Fat	0.00g
Cholesterol	25.21mg
Sodium	685.90mg
Carbohydrates	30.37g
Fiber	3.54g
Sugar	5.83g
Protein	16.65g
Vitamin A 201.69IU	Vitamin C 6.05mg
Calcium 217.69mg	Iron 1.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bobcat Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33284
School:	PRAIRIE VIEW ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921
Pepperidge Farm Goldfish Pretzels, Single-Serve, 0.75 Oz Each, 300/Case	1 Each		865070
Vanilla Bear Grahams	1 Each		7404
PEANUT BUTTER 120-1.1Z JIF	1 Each		794301

Preparation Instructions

Package all items together.

Grahams contribute 1 oz. eq. dessert grain. Only 2 oz. eq. dessert grain allowed to be served at lunch weekly.

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 Each

Amount Per Serving

Calories	460.00
Fat	20.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	480.00mg
Carbohydrates	58.00g
Fiber	3.00g
Sugar	19.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 129.00mg	Iron 3.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart		000001WTR
BASE CHIX 12-1 KE	1/2 Pound		160790
RICE BRN PARBL WGRAIN 25 GCHC	8 Cup		516371
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Quart		119997
SALT KOSHER COARSE 12-3 MRTN	1 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Mix all together and cook at 350 degrees for 30 minutes. Stir and cook another 15 minutes.

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.87		
Fat	2.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	787.88mg		
Carbohydrates	28.80g		
Fiber	0.71g		
Sugar	2.07g		
Protein	2.93g		
Vitamin A	0.00IU	Vitamin C	3.47mg
Calcium	5.57mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	79.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33285

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

Preparation Instructions

Place 8# of popcorn chicken on each of 2 full size sheet pans. Bake at 375 degrees for 6-8 minutes. Pour all of the chicken into a 6 steamtable pan. Add sauce. Mix thoroughly.

Each serving should be 12 popcorn chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 79.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	276.82
Fat	14.27g
SaturatedFat	2.74g
Trans Fat	0.00g
Cholesterol	21.96mg
Sodium	436.93mg
Carbohydrates	21.85g
Fiber	3.29g
Sugar	6.77g
Protein	15.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.23mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
KETCHUP CAN 6-10 HNZ	1/2 Cup		100188
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/4 Ounce		223255
MUSTARD PKT 500-5.5GM GCHC	5 Each	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	165.56		
Fat	1.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.72mg		
Carbohydrates	33.91g		
Fiber	5.27g		
Sugar	16.70g		
Protein	7.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.92mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11655
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	2 Gallon		000001WTR
BASE CHIX 12-1 GCHC	8 Ounce	Weight	439606
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Tablespoon	1.5 teaspoons	225061
Chicken, diced, cooked, frozen	6 3/8 Pound	6 lbs. + 6 oz.	100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	3 1/8 Pound	3 lbs. + 2 oz.	270385

Preparation Instructions

1. Spray 6 inch steamtable pan with pan spray.
2. Place 2 gallons boiling water in pan. Mix chicken base in water.
3. Add pepper and diced chicken, stir.
4. Place pan in 350 degree combi oven with heat and steam for 10 minutes.
5. Remove pan from oven, add noodles and stir.
6. Place back in oven and cook for 15-20 minutes until temperature reaches 170 degrees.

Portion with 8 oz. ladle. (1 cup)

Serving 1 cup (8 ounce ladle) provides 2 oz. eq. meat and 1 oz. eq. grain.

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

CCP: Hold 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	0.000
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	194.99
Fat	3.67g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	65.41mg
Sodium	673.49mg
Carbohydrates	20.79g
Fiber	1.00g
Sugar	1.76g
Protein	17.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.77mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Rolling Prairie Elementary

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for ROLLING PRAIRIE ELEMENTARY SCHOOL

Created by HPS Menu Planner

Table of Contents

Cereal Kit

Breakfast Bar Kit

Pop Tart Kit

Apple & Eve Juice Box

Turkey & Ham Sub

Ham Sub

Turkey Sub

Ranch

Ground Beef Taco Meat

Orange Chicken

Brown Rice

PB & J Combo

Baked Beans

Carrots

Chicken Taco Meat

Chicken & Noodles

Refried Beans

Taco Meat

Spaghetti w/ Marinara Sauce

Cereal Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32854
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	208.33		
Fat	3.58g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	42.83g		
Fiber	2.50g		
Sugar	19.83g		
Protein	2.67g		
Vitamin A	366.67IU	Vitamin C	44.90mg
Calcium	88.50mg	Iron	4.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32855
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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: 1.00 Kit

Amount Per Serving

Calories	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32856
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
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: 1.00 Kit

Amount Per Serving	
Calories	350.00
Fat	5.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	72.00g
Fiber	5.00g
Sugar	36.00g
Protein	4.00g
Vitamin A 800.00IU	Vitamin C 63.60mg
Calcium 200.00mg	Iron 4.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple & Eve Juice Box

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding amount for the week.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	57.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	30.00mg
Calcium	15.00mg	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

Turkey & Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32964
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
Turkey Breast Deli	1 Ounce		100121
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 2 oz of turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	1.949
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: 0.00

Amount Per Serving

Calories	265.55
Fat	7.90g
SaturatedFat	3.45g
Trans Fat	0.00g
Cholesterol	39.86mg
Sodium	689.35mg
Carbohydrates	32.27g
Fiber	2.00g
Sugar	5.32g
Protein	17.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32963
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	weight commodity/brown box	100187
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.139
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.66
Fat	8.28g
SaturatedFat	3.64g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	710.33mg
Carbohydrates	33.28g
Fiber	2.00g
Sugar	6.14g
Protein	16.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32962
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Turkey Breast Deli	2 Ounce	weight commodity/brown box	100121
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 2 oz of turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.44
Fat	7.52g
SaturatedFat	3.26g
Trans Fat	0.00g
Cholesterol	42.72mg
Sodium	668.36mg
Carbohydrates	31.26g
Fiber	2.00g
Sugar	4.50g
Protein	19.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33475
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH 18-3.2Z HVALL	1 Package		192716
1 % White Milk	8 Carton		1% White
DRESSING SALAD 4-1GAL GFS	3/4 Gallon		107042

Preparation Instructions

Blend ingredients together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	88.67		
Fat	7.80g		
SaturatedFat	1.20g		
Trans Fat	0.12g		
Cholesterol	12.61mg		
Sodium	339.14mg		
Carbohydrates	3.78g		
Fiber	0.00g		
Sugar	2.28g		
Protein	0.65g		
Vitamin A	15.41IU	Vitamin C	0.01mg
Calcium	1.92mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	58.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32858
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water for Recipes	1 Quart		000001WTR
Mexican Spice Mix- New Prairie	3/4 Cup		

Preparation Instructions

1. Thaw ground beef in cooler on bottom shelf in roasting pan.
2. Break up ground beef in slotted steamtable pan.
3. Place water in bottom of solid steamtable pan.
4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees.
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
5. Add 1/4 cup Mexican Spice mix to meat while cooking.
6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle.
7. Lift slotted pan to drain water and grease.
8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 58.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	170.46		
Fat	12.39g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	153.31mg		
Carbohydrates	0.52g		
Fiber	0.11g		
Sugar	0.15g		
Protein	14.45g		
Vitamin A	123.70IU	Vitamin C	0.06mg
Calcium	0.62mg	Iron	0.13mg

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

Nutrition - Per 100g

Calories	300.63		
Fat	21.85g		
SaturatedFat	7.26g		
Trans Fat	3.63g		
Cholesterol	94.40mg		
Sodium	270.39mg		
Carbohydrates	0.92g		
Fiber	0.20g		
Sugar	0.26g		
Protein	25.48g		
Vitamin A	218.18IU	Vitamin C	0.10mg
Calcium	1.09mg	Iron	0.23mg

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

Orange Chicken

Servings:	79.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33285

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

Preparation Instructions

Place 8# of popcorn chicken on each of 2 full size sheet pans. Bake at 375 degrees for 6-8 minutes. Pour all of the chicken into a 6 steamtable pan. Add sauce. Mix thoroughly.

Each serving should be 12 popcorn chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 79.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	276.82
Fat	14.27g
SaturatedFat	2.74g
Trans Fat	0.00g
Cholesterol	21.96mg
Sodium	436.93mg
Carbohydrates	21.85g
Fiber	3.29g
Sugar	6.77g
Protein	15.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.23mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	88.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33471
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	22 Cup		516371
Tap Water for Recipes	3 Gallon		000001WTR

Preparation Instructions

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

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: 88.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	170.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB & J Combo

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32943
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

Combo consist of: Uncrstable Sandwich (Grape or Strawberry), Cheese stick, and Grain item (Cheez-its or Goldfish)

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	490.00
Fat	26.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	47.00g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 302.50mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
KETCHUP CAN 6-10 HNZ	1/2 Cup		100188
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/4 Ounce		223255
MUSTARD PKT 500-5.5GM GCHC	5 Each	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	165.56		
Fat	1.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.72mg		
Carbohydrates	33.91g		
Fiber	5.27g		
Sugar	16.70g		
Protein	7.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.92mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11976
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 30 KE	1 Cup		360240

Preparation Instructions

COOK BROCCOLI TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.011
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	0.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.17mg		
Carbohydrates	0.13g		
Fiber	0.05g		
Sugar	0.08g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.67mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco Meat

Servings:	45.00	Category:	Entree
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33296

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	10 Pound		100117
Mexican Spice Mix- Bulk	3/4 Serving	Mix all ingredients and store in air tight container.	R-33288
Tap Water for Recipes	7/9 Quart		000001WTR

Preparation Instructions

1. Thaw chicken fajita in cooler.
 2. Place in slotted steamtable pan.
 3. Place water in bottom of solid steamtable pan.
 4. Place slotted pan with meat into solid pan and brown in oven until product temperature reaches 155 degrees.
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
 5. Add 1/4 cup Mexican Spice mix to meat while cooking.
 6. Remove meat from oven once appropriate temperature is reached.
 7. Lift slotted pan to drain water and grease.
 8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.
- 3.5 oz. weight chicken fajita= 2 oz. eq. meat

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 45.00

Serving Size: 3.50 Ounce

Amount Per Serving

Calories	159.99
Fat	4.18g
SaturatedFat	2.09g
Trans Fat	0.00g
Cholesterol	77.39mg
Sodium	6517.72mg
Carbohydrates	58.65g
Fiber	0.00g
Sugar	10.73g
Protein	18.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 5.24mg

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

Nutrition - Per 100g

Calories	161.24
Fat	4.22g
SaturatedFat	2.11g
Trans Fat	0.00g
Cholesterol	77.99mg
Sodium	6568.74mg
Carbohydrates	59.11g
Fiber	0.00g
Sugar	10.82g
Protein	18.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 5.28mg

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

Chicken & Noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11655
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	2 Gallon		000001WTR
BASE CHIX 12-1 GCHC	8 Ounce	Weight	439606
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Tablespoon	1.5 teaspoons	225061
Chicken, diced, cooked, frozen	6 3/8 Pound	6 lbs. + 6 oz.	100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	3 1/8 Pound	3 lbs. + 2 oz.	270385

Preparation Instructions

1. Spray 6 inch steamtable pan with pan spray.
2. Place 2 gallons boiling water in pan. Mix chicken base in water.
3. Add pepper and diced chicken, stir.
4. Place pan in 350 degree combi oven with heat and steam for 10 minutes.
5. Remove pan from oven, add noodles and stir.
6. Place back in oven and cook for 15-20 minutes until temperature reaches 170 degrees.

Portion with 8 oz. ladle. (1 cup)

Serving 1 cup (8 ounce ladle) provides 2 oz. eq. meat and 1 oz. eq. grain.

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

CCP: Hold 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	0.000
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	194.99
Fat	3.67g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	65.41mg
Sodium	673.49mg
Carbohydrates	20.79g
Fiber	1.00g
Sugar	1.76g
Protein	17.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.77mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753

Preparation Instructions

RECONSTITUTE

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	139.02
Fat	1.49g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	546.17mg
Carbohydrates	22.84g
Fiber	8.94g
Sugar	0.00g
Protein	8.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 49.65mg	Iron 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

Servings:	58.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33474
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	9 Ounce		159204
Tap Water for Recipes	2 1/2 Pint		000001WTR

Preparation Instructions

1. Thaw ground beef in cooler on bottom shelf in roasting pan.
2. Break up ground beef in slotted steamtable pan.
3. Place water in bottom of solid steamtable pan.
4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees.
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
5. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle.
6. Lift slotted pan to drain water and grease.
7. Pour into solid pan and add taco seasoning and water. Mix well. Place back in oven and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 58.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	179.81		
Fat	12.35g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	304.42mg		
Carbohydrates	2.20g		
Fiber	1.10g		
Sugar	0.00g		
Protein	14.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

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

Nutrition - Per 100g

Calories	317.13		
Fat	21.79g		
SaturatedFat	7.26g		
Trans Fat	3.63g		
Cholesterol	94.40mg		
Sodium	536.91mg		
Carbohydrates	3.88g		
Fiber	1.94g		
Sugar	0.00g		
Protein	25.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.70mg

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

Spaghetti w/ Marinara Sauce

Servings:	42.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33469

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 2-10 KE	5 Pound		654560
SAUCE MARINARA A/P 6-10 REDPK	2 1/2 #10 CAN		592714

Preparation Instructions

1. Bring 6 gallons of water to a rolling boil.
 2. Slowly add pasta. Stir constantly until water boils again.
- Cook about 8 minutes or until al dente.
Stir occasionally.
DO NOT OVERCOOK. Drain well.
Combine pasta and sauce in stock pot. Stir.
Transfer to a steam table pan lightly coated with pan-release spray.
- Critical Control Point:
Hold for hot service at 135 °F or higher.
Portion with 8 fl oz spoodle (1 cup)
Serve with 2 oz. mozzarella cheese cup.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	269.05		
Fat	3.31g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	612.84mg		
Carbohydrates	52.57g		
Fiber	5.05g		
Sugar	9.76g		
Protein	9.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	3.29mg

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

Nutrition - Per 100g

No 100g Conversion Available