

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

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CHICKEN & CHEESE QUESADILLA

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11569
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX & MOZZ WGRAIN 96-4.4Z	1 Piece	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	606783
SNAX CHIX BBQ WGRAIN 288-1.36Z MAX	1 Piece		231781

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	1.670
Grain	1.670
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 Piece

Amount Per Serving

Calories	236.67
Fat	7.83g
SaturatedFat	3.17g
Trans Fat	0.00g
Cholesterol	27.50mg
Sodium	408.33mg
Carbohydrates	27.67g
Fiber	2.83g
Sugar	3.83g
Protein	14.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 199.33mg	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

BEEF & CHEESE NACHOS

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12171
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	1 Ounce		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.025
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	2.40		
Fat	0.09g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.50mg		
Carbohydrates	0.40g		
Fiber	0.04g		
Sugar	0.00g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.66mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

BEEF AND CHEESE NACHOS

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12174
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	1 Ounce	Heat in warming cabinet at 165 F for 1 hour prior to serving.	163020
Ground Beef	6 3/8 Pound		
ONION RED JUMBO 25 MRKN	5 Ounce		198722
SPICE GARLIC GRANULATED 20 TRDE	1 1/2 Tablespoon		228435
Black Pepper	2/3 Tablespoon	BAKE	24108
TOMATO PASTE 26 6-10 GCHC	1 9/16 Cup		100196
24-PURIFIED WATER CUSTOM 20Z SPORT	1 Quart		955233
SPICE CHILI POWDER MILD 80Z TRDE	1/8 Cup		195164
SPICE CUMIN GRND 15Z TRDE	1 1/2 Tablespoon		273945
SPICE PAPRIKA SPANISH 16Z TRDE	1/2 Tablespoon		225002
SPICE ONION POWDER 19Z TRDE	1/2 Tablespoon		126993
SAUCE CHS CHED POUCH 6-106Z LOL	1 Cup		135261
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	Optional	528690
SAUCE CHS JALAP DIP CUP 140-3Z LOL	1 Each	Optional	526160

Preparation Instructions

1. Prepare taco meat according to recipe.

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

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

2. Place Tortilla Chips (1.5 servings or 15 chips) in a large clear nacho container. Please containers in warmer for approx. 1 hour prior to service.

3. Place 2oz. of taco meat on top of tortilla chips or on the side (student preference) at time of service. Pour 1oz of cheese sauce over meat and chips, or offer a cheese cup.

4. The following items to be available on the cold service line: Shredded Lettuce, Tomatoes, Jalapenos, Sour Cream, Salsa.

Meal Components (SLE)

Amount Per Serving

Meat	0.047
Grain	0.025
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.044
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	25.65**
Fat	1.07g**
SaturatedFat	0.62g**
Trans Fat	0.00g**
Cholesterol	2.89mg**
Sodium	61.60mg**
Carbohydrates	3.50g**
Fiber	0.34g**
Sugar	1.50g**
Protein	1.14g**
Vitamin A 0.06IU**	Vitamin C 0.21mg**
Calcium 34.23mg**	Iron 0.42mg**

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**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

HUMMUS COMBO

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13036
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hummus - ZeeZee's Original	1 Package		295161
Hummus - Red Pepper	1 Package		154161
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
YOGURT VAR PK KIDS 24-4Z YOPL	1 Each	READY_TO_EAT Ready to eat	411042
Baby Carrots	1/2 Cup	UNSPECIFIED None	
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Use original or red pepper hummus. Add two pkgs. of pretzels a pkg of carrots and a yogurt.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	527.50
Fat	8.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	537.50mg
Carbohydrates	93.50g
Fiber	3.00g
Sugar	36.00g
Protein	20.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 0.80mg

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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

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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

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

Nutrition - Per 100g

No 100g Conversion Available

Tiger Fries (.5-S, .5-RO)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16565
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	3 Ounce		273660
FRIES 3/8 R/C 6-5 STLTH	2 Ounce		614149

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	240.37		
Fat	8.88g		
SaturatedFat	1.82g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	378.97mg		
Carbohydrates	36.99g		
Fiber	2.65g		
Sugar	7.00g		
Protein	2.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.14mg	Iron	0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lime-Honey Fruit Salad (1-F)

Servings:	1.00	Category:	Fruit
Serving Size:	3.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16576
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA 138CT MRKN	3 Piece		569392
PEAR 95-110CT MRKN	2 Each		198056
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
GRAPES GREEN SEEDLESS 17AVG	1 Cup		197858
STARCH CORN 24-1 ARGO	1 Teaspoon		108413
HONEY SQZ BTL 16Z 4-3CT GCHC	1/4 Cup		217523
SPICE POPPY SEED WHOLE 20Z TRDE	1/2 Teaspoon		225134
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1/4 Cup		567581

Preparation Instructions

1. Cube Fruit and clean grapes
2. In a small microwave-safe bowl, combine cornstarch and lime juice until smooth. Microwave, uncovered, on high for 20 seconds; stir. Cook 15 seconds longer; stir. Stir in honey and poppy seeds.
3. In a large bowl, combine the apples, pears and grapes. Pour dressing over fruit; toss to coat. Cover and refrigerate overnight.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	17.060
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories	1982.23
Fat	1.13g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.35mg
Carbohydrates	538.84g
Fiber	87.37g
Sugar	376.18g
Protein	15.78g
Vitamin A 375.36IU	Vitamin C 24.39mg
Calcium 317.75mg	Iron 6.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Short Cake (1-G.1-F)

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16581
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SLCD 4+1 6-6.5 GCHC	1 Cup		293393
DOUGH CKY STRAWB SHRTCK WGRAIN 240-1Z	1 Each		459482
TOPPING WHIP CRM 12-10.8Z DRMWHP	2 1/2 Gram		161128

Preparation Instructions

top half Biscuit with other items and serve

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
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	270.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	110.00mg		
Carbohydrates	58.00g		
Fiber	3.00g		
Sugar	44.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chinese Style Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16784
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1/4 Cup		524948
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 7/9 Gallon		732451
SQUASH MED YEL S/N 17AVG MRKN	1 8/15 Quart		198935
PEPPERS RED DOMESTIC 23 MRKN	3 Quart		560715
CARROT JUMBO 10 P/L	3 Quart		592293
WATER	1 Cup		H2O
SAUCE SOY 4-1GAL GCHC	1 Cup		124524
SPICE GARLIC POWDER 16Z BADIA	1 Ounce		708481
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
GINGER FRSH 5 P/L	2 2/3 Tablespoon		552321
SPICE ALLSPICE GRND 16Z TRDE	1 1/3 Tablespoon		513601

Preparation Instructions

Directions:

Heat oil in a large stock pot.

Add broccoli. Simmer uncovered over medium-high heat for 2-3 minutes.

Add squash. Simmer uncovered over medium-high heat for 3-4 minutes.

Fold in bell peppers. Simmer uncovered over medium-high heat for 2-3 minutes.

Add carrots, water, soy sauce, garlic powder, pepper, ginger, and Asian spice. Simmer uncovered over medium-high heat for 2-3 minutes.

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

Pour 2 qt 2 cups (about 2 lb 15 oz) vegetable mixture into a steam table pan (12" x 20" x 2 1/2").

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 No. 16 scoop (1/4 cup).

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: Seasonal Vegetable Replacement Options

4: : Cauliflower, Celery, Onions, Cabbage, Green Beans, Green Peas, Zucchini, Snow Peas, Pimientos, and Water Chestnuts

5: Serving

6: NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/8 cup red/orange vegetable and 1/4 cup additional vegetable.

7: CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 3/8 cup vegetable.

8: Skip to nutrition information

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

10: Cooking Process #2: Same Day Service

11: Seasonal Vegetable Replacement Options

12: : Cauliflower, Celery, Onions, Cabbage, Green Beans, Green Peas, Zucchini, Snow Peas, Pimientos, and Water Chestnuts

13: Serving

14: NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/8 cup red/orange vegetable and 1/4 cup additional vegetable.

15: CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 3/8 cup vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.285
RedVeg	0.241
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	27.91		
Fat	0.73g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	106.34mg		
Carbohydrates	5.04g		
Fiber	1.59g		
Sugar	2.26g		
Protein	1.13g		
Vitamin A	3874.62IU	Vitamin C	52.32mg
Calcium	22.31mg	Iron	0.37mg

*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

Chicken and Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16862
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CONE WAFFLE LRG 9-22CT COLOSSO	1 Each		222704
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	10 Each		394053

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.086
Grain	2.043
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	347.14		
Fat	13.86g		
SaturatedFat	2.14g		
Trans Fat	0.00g		
Cholesterol	57.14mg		
Sodium	520.71mg		
Carbohydrates	34.29g		
Fiber	1.43g		
Sugar	7.00g		
Protein	23.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16906
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
HASHBROWN STARZ .36Z 6-5 LAMB	2 1/2 Ounce		233101
BUN CINN ULTRA IW 72-2.9Z SUPBAK	1 Each		865440

Preparation Instructions

No Preparation Instructions available.

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	0.496

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	495.00		
Fat	22.83g		
SaturatedFat	5.83g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	735.00mg		
Carbohydrates	57.67g		
Fiber	4.67g		
Sugar	16.83g		
Protein	15.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.17mg	Iron	1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Swedish Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17525
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 51 WGRAIN 2-10	2 Ounce		221482
GRAVY/SAUCE SWEDISH STYL 12-50Z GFS	1/2 Cup		219118
MEATBALL CKD 6-5 JTM	5 Each		135071
SPICE PARSLEY FLAKES 11Z TRDE	0/1 Teaspoon		513989

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	442.00		
Fat	16.00g		
SaturatedFat	6.80g		
Trans Fat	0.60g		
Cholesterol	48.00mg		
Sodium	774.00mg		
Carbohydrates	56.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	22.00g		
Vitamin A	7.00IU	Vitamin C	1.00mg
Calcium	68.00mg	Iron	4.20mg

*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

Pulled Pork Slider/ Mac and Cheese

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17528
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 2-5 AUSTBL	79 4/5 Cup	1 bag	632160
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	60 Cup		233140
ENTREE MACAR & CHS WGRAIN ELB 6-5	180 Cup	2 1/4 bag	609131

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	381.60
Fat	16.49g
SaturatedFat	7.78g
Trans Fat	0.00g
Cholesterol	66.25mg
Sodium	722.35mg
Carbohydrates	39.33g
Fiber	3.00g
Sugar	9.83g
Protein	20.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 192.54mg	Iron 1.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

MAPLE ROASTED SWEET POTATOES

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17633
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT W/MAPL SEAS CHNK 6-2.5	4 Ounce		163750

Preparation Instructions

BAKE

Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. CONVECTION OVEN: Preheat oven to 350F. Spray baking pan with non-stick cooking spray. Arrange 40oz frozen potatoes in a single layer on baking pan. Add 2 Tbsp butter (optional). Bake 15 minutes, stirring halfway through cook time to distribute seasoning. COMBI OVEN: Set hot air to 375F, steam to 75% and fan to 100%. Spray foil-covered sheet pan with non-stick cooking spray. Arrange sweet potatoes in a single layer on sheet pan. Bake on middle rack for 10 minutes, rotating tray after 5 minutes for even cooking. STANDARD OVEN: Preheat oven to 450F. Spray half-size hotel pan with non-stick spray. Arrange 40 oz. frozen potatoes in pan. Add 2 Tbsp butter. Do not cover. Bake 30 minutes, stirring after 15 minutes for even heating. MICROWAVE: (1100W) Arrange 1

2 bag (20 oz.) of frozen potatoes in microwave-safe dish. Add 1 Tbsp butter. Cover. Microwave on HIGH for 7 minutes, stirring halfway through cook time.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.520
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	720.00
Fat	20.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	960.00mg
Carbohydrates	136.00g
Fiber	16.00g
Sugar	88.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

PORK RIB B-Q

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17634
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB-B-Q CKD CN 160-2.4Z PIER	1 Each		849006
SAUCE BBQ CANNONBALL 4-1GAL KENS	1 Tablespoon		433388

Preparation Instructions

BAKE

Conventional oven: from frozen state, bake ribs in conventional oven at 350 for 15 minutes. Convection oven: from a frozen state, bake ribs in a convection oven at 350 for 12 minutes. Microwave: microwave on high for approximately 2 minutes. Microwave times vary.

Finish with BBQ Sauce

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	170.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	680.00mg		
Carbohydrates	11.50g		
Fiber	1.00g		
Sugar	8.50g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALISBURY STEAK

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17637
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE SALISBURY STK W/GRVY 4-5 GCHC	1 Each		219843

Preparation Instructions

FOLLOW PACKAGE INSTRUCTIONS
TRANSFER TO SERVES PANS

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	280.00		
Fat	20.00g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	55.00mg		
Sodium	780.00mg		
Carbohydrates	11.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.00mg	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

Carne Asada Fries 2020

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22862
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4 SS XLNG 6-4.5 MCC	28 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	200611
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	12 1/2 Pound		720861
SAUCE CHS WHT BLND 6-106Z LOL	180 Ounce		235631
SOUR CREAM PKT FF 100-1Z LOL	13 Each		853190
SALSA CUP 84-3Z REDG	13 Each	READY_TO_EAT None	677802
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	13 Ounce		466240
CILANTRO CLEANED 1 MRKN	13 Ounce		425435

Preparation Instructions

For The Fries:(200611)

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7

TO 11 MINUTES, TURNING ONCE FOR UNIFORM

For the Beef (720861)

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROX 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE.

Assembly: In Medium Boat, place the baked french fries, Top W/ Sliced Meat and Cheese Sauce

Student Serving,

top with sour cream, diced tomatoes, cilantro, and grated cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.071
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.065
OtherVeg	0.017
Legumes	0.000
Starch	0.747

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	982.73
Fat	62.55g
SaturatedFat	34.90g
Trans Fat	0.38g
Cholesterol	173.41mg
Sodium	3333.53mg
Carbohydrates	42.64g
Fiber	1.68g
Sugar	2.12g
Protein	54.49g
Vitamin A 140.36IU	Vitamin C 0.56mg
Calcium 1748.65mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Backyard BBQ Chicken Filet 2020

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22863
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	200 Each	1 case	561331
SAUCE BBQ 4-1GAL SWTBRAY	200 Tablespoon		655937

Preparation Instructions

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

TOP W/ BBQ 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	135.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	455.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	8.50g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	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

Chili-Cinnamon Roasted Sweet Potato Fries

2020

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22866
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT JUMBO 40 P/L	10 Pound		199079
SPICE CHILI POWDER HOT 17Z TRDE	1 Tablespoon		224707
SPICE CINNAMON GRND 15Z TRDE	2 Teaspoon		224723
SUGAR BEET GRANUL 25 GCHC	1 Tablespoon		108588
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
SPICE PEPR WHITE GRND 17Z TRDE	1/2 Teaspoon		513776
SPICE GARLIC GRANULATED 24Z TRDE	1/2 Teaspoon		513881
SALT KOSHER COARSE 12-3 MRTN	1 Teaspoon		153550

Preparation Instructions

Preheat oven to 400 degrees F.
Lightly Pan Spray baking sheet
Wash and slice potatoes into even strips
Space evenly on baking sheet
In a small bowl mix together all the spices
Sprinkle over potatoes and toss well.
Bake about 25-35 minutes

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.90
Fat	0.20g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	78.00mg
Carbohydrates	21.28g
Fiber	3.30g
Sugar	8.24g
Protein	2.00g
Vitamin A 19218.00IU	Vitamin C 19.60mg
Calcium 38.00mg	Iron 0.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

TERIYAKI CHICKEN BOWL

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22870
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	3 2/5 Ounce		154900
SAUCE TERIYAKI GLAZE 6-80Z KIKKOMAN	1 Tablespoon		311502
RICE BRN PERFECTED 25 UBEN	1/4 Cup		146404

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	317.00		
Fat	5.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	74.00mg		
Sodium	1019.10mg		
Carbohydrates	44.00g		
Fiber	0.00g		
Sugar	7.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.28mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smart Mouth HS PEP

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23751
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Smart Mouth Pepperoni pizza	1 Each		Smart Mouth Pepperoni Pizza

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	410.00		
Fat	20.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	770.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	4.00g		
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

Marinara Sauce - Basic

Servings:	150.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23961
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	3/4 Cup		524948
ONION DEHY CHPD 15 P/L	1 Cup		263036
GARLIC MINCED IN WTR 12-32Z	1 1/4 Cup		907713
Tomato Sauce	6 #10 CAN	* May use 3 cans of diced tomatoes and 3 cans of tomato sauce.	A239
SUGAR BEET GRANUL 25 GCHC	3/4 Cup		108588
SALT SEA 36Z TRDE	1/8 Cup		748590
SPICE OREGANO GRND 12Z TRDE	6 3/4 Teaspoon		513725
SPICE BASIL LEAF 26Z TRDE	6 3/4 Teaspoon		518341
SPICE PEPR RED CRUSHED 12Z TRDE	3 3/8 Teaspoon		430196

Preparation Instructions

Heat Olive Oil with minced garlic and onion in 2" pan in the oven at 350 degrees, cook until onions are sauted checking every 10 minutes.

In a 6" pan, or a kettle, add tomato sauce, stir in sugar, salt, oregano, basil and crushed red pepper. Cook until mixture begins to simmer, add onion/garlic mixture.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	16.33		
Fat	1.12g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	92.17mg		
Carbohydrates	1.68g		
Fiber	0.07g		
Sugar	0.99g		
Protein	0.11g		
Vitamin A	0.11IU	Vitamin C	0.39mg
Calcium	2.77mg	Iron	0.03mg

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

Nutrition - Per 100g

Calories	19.20		
Fat	1.32g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	108.38mg		
Carbohydrates	1.98g		
Fiber	0.08g		
Sugar	1.16g		
Protein	0.13g		
Vitamin A	0.13IU	Vitamin C	0.46mg
Calcium	3.26mg	Iron	0.03mg

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

Stir-Fry Fajita Chicken, Squash, and Corn

Servings:	50.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25883
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATER	1 1/2 Gallon		H2O
RICE PARBL STRONGBOX 25 GCHC	3 3/4 Quart	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.	722987
SPICE GARLIC GRANULATED 24Z TRDE	2 Teaspoon		513881
SEASONING LEMON PEPR 27Z TRDE	2/7 Cup		514098
CILANTRO CLEANED 4-1 RSS	1/2 Cup		219550
OIL CANOLA 9-48FLZ P/L	1 Cup		330252
ONION SPANISH COLOSS 50 MRKN	2 Pound		198706
CHIX FAJT 30 COMM	10 3/5 Pound		154900
SQUASH BTRNUT DCD 1 4- 3 P/L	8 Pound		696134
PEPPERS RED 11 P/L	1 1/2 Quart		321141
CORN FZ 30 COMM	2 3/4 Quart		120490
CHILIES GREEN DCD 12- 26Z ORTG	1 Quart		131460
TOMATO CRSHD A/P 6-10 REDPK	1 1/8 Quart		248096
SPICE PEPR BLK CRACKED 18Z TRDE	1 1/3 Tablespoon		516856
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon		273945

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 21Z TRDE	1 1/3 Tablespoon		224839

Preparation Instructions

Directions:

Boil water.

Place 3 lb brown rice in each steam table pan (12 x 20 x 2 1/2).

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly.

Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes

Remove from oven and let stand covered for 5 minutes.

Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro.

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

Heat oil. Sauté onions for 2-3 minutes.

For 25 servings, use a large stock pot. For 50 servings, use a roasting pan/square head pan (20 7/8 x 17 3/8 x 7) on top of stove.

Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.

Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables.

DO NOT OVERCOOK.

Reduce heat to low and simmer for 2 minutes..

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

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

Portion 6 fl oz spoodle (3/4 cup) stir-fry over No. 8 scoop (1/2 cup) brown rice.

Meal Components (SLE)

Amount Per Serving

Meat	1.995
Grain	0.600
Fruit	0.000
GreenVeg	0.000
RedVeg	0.530
OtherVeg	0.090
Legumes	0.000
Starch	0.220

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00

Amount Per Serving

Calories	412.93
Fat	4.45g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	73.83mg
Sodium	1026.94mg
Carbohydrates	67.83g
Fiber	3.39g
Sugar	7.67g
Protein	24.97g
Vitamin A 480.34IU	Vitamin C 29.25mg
Calcium 43.24mg	Iron 3.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sour Cream and Chive Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25934
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 5/16 SR CRM/CHIVE 6-5 SIMPL	5 Ounce		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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00
Fat	11.67g
SaturatedFat	1.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	666.67mg
Carbohydrates	31.67g
Fiber	1.67g
Sugar	0.00g
Protein	3.33g

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

Calcium 0.00mg **Iron** 0.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Slice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25935
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	1 Cup		120500

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

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

PB & J Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33227
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	Or Strawberry- GFS 536012	527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	OR Cheddar GFS 786830 OR String Cheese GFS 786580 OR Sunflower seeds GFS 504180	786510
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	Or Goldfish GFS 736280 DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422

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	490.00
Fat	25.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	630.00mg
Carbohydrates	47.00g
Fiber	5.00g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 337.00mg	Iron 1.72mg

*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-33233
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	weight commodity/brown box	100187
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	2.139
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	277.21		
Fat	8.33g		
SaturatedFat	3.65g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	711.45mg		
Carbohydrates	37.65g		
Fiber	2.53g		
Sugar	8.01g		
Protein	16.65g		
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 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

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

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

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

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

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 SCOOPY 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

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

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

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

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

Ham Grab and Go Kit

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34286
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 2/3 Ounce	Weight	100187
CRACKER GLDFSH CHED WGRAIN 300-.75Z	3 Package		736280
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	3 Package		696871
SEED SUNFLWR KERN 200-1Z KARS	1 Package		504180
Roasted Chickpeas, Zee Zees Cruncherz, Sea Salt, 0.75 oz pack	1 Package		122493
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

Preparation Instructions

Package together 1.22 ounce weight of ham, goldfish, tortilla chip, and 1 of the following options (yogurt cup, sunflower seeds, roasted chickpeas) per meal kit.

Note: Students should be able to select milk, daily vegetable, and fruit choices to make a reimbursable meal.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	357.00
Fat	14.00g
SaturatedFat	2.17g
Trans Fat	0.00g
Cholesterol	18.00mg
Sodium	630.33mg
Carbohydrates	46.33g
Fiber	3.00g
Sugar	5.00g
Protein	14.00g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 90.00mg**	Iron 1.80mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available