

Cookbook for Woodford Elementary Schools

Created by HPS Menu Planner

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Hot Cakes



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29721
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	2 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together.	156101

Preparation Instructions

THE DAY OF SERVING: REMOVE PRODUCT FROM REFRIGERATOR OR COOLER. HEAT IN A WARMER OR CONVECTION OVEN AT 175 DEGREES FOR 5 MINUTES.

Store in warmer at 140* until service

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: 2.00 Each

Amount Per Serving

Calories	180.00		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	220.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Bacon



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16747
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON LO SOD SLCD 18/22 15 FRML	2 Slice		117621

Preparation Instructions

BAKE IN OVEN AT 350°F FOR 9-13 MINUTES OR TO DESIRED DEGREE OF CRISPNESS. PRODUCT IS ON BAKEABLE PAPER.

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: 1.00

Serving Size: 2.00 Slice

Amount Per Serving

Calories	70.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	160.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.93mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peaches & Cream Parfait



Servings:	1.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14281
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT	649742
PEACH CUP 96-4.4Z COMM	1 Each		232470

Description	Measurement	Prep Instructions	DistPart #
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	READY_TO_EAT THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Layer peaches, yogurt, top with whipped top and serve with granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
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: 8.00 Serving

Amount Per Serving	
Calories	313.05
Fat	6.12g
SaturatedFat	1.95g
Trans Fat	0.01g
Cholesterol	6.67mg
Sodium	145.85mg
Carbohydrates	56.67g
Fiber	3.00g
Sugar	39.00g
Protein	8.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 193.45mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Puffs Cereal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25770
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cocoa Puffs 2 oz	1 Container		105850

Preparation Instructions

No Preparation Instructions available.

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 Serving

Amount Per Serving

Calories	230.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	220.00mg
Carbohydrates	47.00g
Fiber	3.00g
Sugar	15.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 5.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lucky Charms Cereal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25766
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840

Preparation Instructions

No Prep

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	210.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	46.00g		
Fiber	3.00g		
Sugar	20.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Cereal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25771
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 container		105931

Preparation Instructions

No Preparation Instructions available.

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	240.00
Fat	5.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	44.00g
Fiber	6.00g
Sugar	11.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 4.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Pineapple Spear



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34602

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE SPEAR IW 60-1.76Z DELM	1 Each		206889

Preparation Instructions

Serve chilled

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 Each

Amount Per Serving

Calories	41.00		
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

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Nutrition - Per 100g

No 100g Conversion Available

Orange Wedge



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 whole	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5725
School:	NORTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES FANCY 72-88CT MRKN	1 1 whole	Wash oranges, remove stickers	198005

Preparation Instructions

Wash Oranges.

Cut into Wedges with a knife or fruit wedger

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 whole

Amount Per Serving

Calories	80.90
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.70mg
Carbohydrates	21.00g
Fiber	3.60g
Sugar	14.00g
Protein	1.50g
Vitamin A 407.55IU	Vitamin C 97.52mg
Calcium 70.95mg	Iron 0.21mg

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Nutrition - Per 100g

No 100g Conversion Available

Syrup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29720
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK BKFST NAT 100-1Z SMUCK	1 Each		345352

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	21.00g		
Fiber	0.00g		
Sugar	21.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Ketchup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14208
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT SCHOOL 1000-7GM HNZ	1 Each		852406

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3348
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	3 Ounce	3oz	765991
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	2 slices	204822
CHEESE SLCD BLND 6-5 COMM	1 Slice	1 slice	150600

Preparation Instructions

Assemble sandwich. Slice diagonally.

Offer with choice of daily fruit, vegetable, milk, mustard and mayo.

Store in cooler.

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	310.21
Fat	6.60g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	798.95mg
Carbohydrates	35.10g
Fiber	2.00g
Sugar	6.50g
Protein	25.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	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

Guacamole



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30329
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GUACAMOLE WSTRN STYL 12-1 SIMPL	3 Ounce		414931

Preparation Instructions

READY_TO_EAT

For best quality, thaw unopened bag for 15-24 hours in the refrigerator (40°F)

Opened Bag: Keep surface covered to prevent browning.

Use refrigerated pulp within 7 days. Once thawed, do not refreeze.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	75.00		
Fat	7.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	3.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

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

Nutrition - Per 100g

Calories	88.18		
Fat	8.82g		
SaturatedFat	1.76g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	229.28mg		
Carbohydrates	3.53g		
Fiber	3.53g		
Sugar	0.00g		
Protein	1.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.53mg

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

Cheesy Bean Dip



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6441
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 1/2 Ounce	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.	668341
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

Preparation Instructions

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR. STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE.

5.28 oz = 1/2 cup bean/legume

Garnish with shredded cheese

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	515.60
Fat	7.52g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	635.60mg
Carbohydrates	73.96g
Fiber	27.36g
Sugar	0.00g
Protein	34.36g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	Iron 6.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mild Salsa Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14172
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA MILD THICK & CHNKY 4-138Z PACE	3 Tablespoon		704504

Preparation Instructions

Ready to use.

Portion into 4oz souffle cups

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	345.00mg		
Carbohydrates	4.50g		
Fiber	1.50g		
Sugar	3.00g		
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

Corn



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6504
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	60 Cup		120490
SALT SEA 36Z TRDE	1 Tablespoon		748590
BUTTER SUB 24-4Z BTRBUDS	4 Ounce		209810

Preparation Instructions

PLACE FROZEN CORN IN A SINGLE LAYER IN A STEAMER PAN.

STEAM UNCOVERED AT FOR 9 TO 10 MINUTES.

DRAIN. SPRINKLE AND STIR 1TBSP SALT & a 4oz package of Butter Buds OVER EACH 120 SERVINGS OF VEGETABLES

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.47		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	16.13g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
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

Slushie Cup



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25828
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880

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 Each

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Uncrustable BK Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35281
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST WGRAIN 60-2.1Z UNCRUST	1 Each		261748

Preparation Instructions

From frozen - Product is in ovenable film. It is not necessary to remove from film before heating. Heat product at 350 degrees F for 20-22 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	160.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	230.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	7.00g		
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

Hash Brown Patty



Servings:	1.00	Category:	Vegetable
Serving Size:	2.25 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35277
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN FAST 2.5Z 6-3.5 LAMB	1 Each		242241

Preparation Instructions

Lay hashbrowns out on parchment-lined sheet tray
CONVECTION: BAKE AT 400F FOR 12 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	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.25 Ounce

Amount Per Serving			
Calories	125.00		
Fat	6.50g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	245.00mg		
Carbohydrates	14.50g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.35mg

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

Nutrition - Per 100g

Calories	195.97		
Fat	10.19g		
SaturatedFat	2.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	384.09mg		
Carbohydrates	22.73g		
Fiber	3.14g		
Sugar	0.00g		
Protein	3.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.54mg	Iron	0.55mg

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

Beef Soft Taco



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-6590
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	3 Ounce		110520
SEASONING TACO MIX 6-9Z GRSZ	1 Teaspoon		222313
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320
SALSA MILD THICK & CHNKY 4-138Z PACE	1 Ounce		704504

Preparation Instructions

Cook 10 lbs. of ground beef in steam kettle, steamer or oven. to 165* F.

Drain fat and excess water. Crumble meat.

Mix 4 cups of salsa and 3/4 cup of taco seasoning.

Yields approx. 40 (3oz) servings

Place 3 oz of meat inside each tortilla shell

Meal Components (SLE)

Amount Per Serving

Meat	2.239
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.016
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	271.50
Fat	15.43g
SaturatedFat	5.48g
Trans Fat	2.24g
Cholesterol	58.21mg
Sodium	458.05mg
Carbohydrates	15.71g
Fiber	0.13g
Sugar	1.25g
Protein	17.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.33mg	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

Chicken Soft Taco



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5596
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each	TORTILLAS SHOULD BE SEPARATED PRIOR TO WARMING IN A HEATED (DRY) CABINET. REMOVE THE TORTILLAS FROM THE PACKAGE AND SEPARATE THEM INDIVIDUALLY. REPLACE THE STACK INTO THE BAG, OR SOME OTHER CLOSED CONTAINER, AND PLACE INTO THE HEATED CABINET (APPROX 140-170). TOTAL WARMING TIME SHOULD NOT EXCEED 6 HOURS.	713320
CHIX STRP 30 COMM	3 Ounce	CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM, FROZEN	691971
SEASONING TACO MIX 6-9Z GRSZ	1/4 Teaspoon	Season chicken.	222313

Preparation Instructions

Serve 3oz chicken fajita in shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
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	182.47
Fat	6.80g
SaturatedFat	3.40g
Trans Fat	0.00g
Cholesterol	55.20mg
Sodium	424.53mg
Carbohydrates	14.33g
Fiber	0.00g
Sugar	1.00g
Protein	16.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.33mg	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

Shredded Cheese



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14176
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	90.00		
Fat	6.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	210.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
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

Calories	317.47		
Fat	21.16g		
SaturatedFat	14.11g		
Trans Fat	0.00g		
Cholesterol	70.55mg		
Sodium	740.75mg		
Carbohydrates	3.53g		
Fiber	0.00g		
Sugar	0.00g		
Protein	24.69g		
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

Shredded Lettuce



Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14175
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	1/2 Cup	KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, MELONS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.	305812

Preparation Instructions

To shred a head of lettuce by hand, first cut the head through the core into quarters.

Place a quarter section, with a cut side down, on a cutting board.

Hold a cleaver or chef's knife perpendicular to the cabbage or lettuce. Slice it into long 1/8- to 1/4-inch-thick shreds.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
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: 0.50 Cup

Amount Per Serving

Calories	5.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	1.00g		
Fiber	0.50g		
Sugar	0.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Raisins



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35232
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN 144-1.33Z COMM	1 Package		110910

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 Each

Amount Per Serving

Calories	114.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	23.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fudge Pop Tart



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29723
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

Preparation Instructions

PRODUCT IS PRE-PACKAGED AND IS READY TO EAT AT ROOM TEMPERATURE OR CAN BE SERVED WARM.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	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

Cinnamon Pop Tart



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29724
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880

Preparation Instructions

PRODUCT IS PRE-PACKAGED AND IS READY TO EAT AT ROOM TEMPERATURE OR CAN BE SERVED WARM.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	16.00g
Protein	2.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 100.00mg	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

Strawberry Pop Tart



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29722
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

Preparation Instructions

PRODUCT IS PRE-PACKAGED AND IS READY TO EAT AT ROOM TEMPERATURE OR CAN BE SERVED WARM.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00
Fat	2.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	115.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	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

Apple Juice Box



Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13827
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	1 Each	Chill prior to service.	698744

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: 4.23 Ounce

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	13.00g		
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

Calories	50.03		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.67g		
Fiber	0.00g		
Sugar	10.84g		
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

Orange Juice Box



Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13828
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251

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: 4.23 Ounce

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.00g		
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

Calories	50.03		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.34mg		
Carbohydrates	12.51g		
Fiber	0.00g		
Sugar	10.84g		
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

Mozzarella String Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29719
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce	no prep	347211

Preparation Instructions

Store 41°F or lower

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	7.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	200.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
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

Light & Fit Yogurt



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 24-5.3Z LTN FIT	1 Each		719211

Preparation Instructions

Keep refrigerated until service at >40°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	50.00mg
Carbohydrates	9.00g
Fiber	0.00g
Sugar	6.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	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

Pepperoni & Cheese Pizza Lunch Kit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29730
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT PIZZA CHS&TKY PEPP 48-5.58Z	1 Each	Thaw & Serve	588391

Preparation Instructions

Thawing Option 1: Remove the desired number of lunch kit cases from freezer and then remove the individual lunch kits from the cases to racks or trays, separating them slightly. Hold in the refrigerator for 24 to 36 hours prior to serving for complete thawing. Keep refrigerated until served. Thawing Option 2: Remove the desired number of lunch kit cases from freezer and place in refrigerator for 48-72 hours prior to serving for complete thawing. Keep refrigerated until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
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	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	880.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	7.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 450.00mg	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