

Cookbook for Eastern Pulaski Elementary

Created by HPS Menu Planner

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Assorted Pop-Tarts® (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	57.50mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

*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:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36154

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL RICE CHEX BLUEB CUP 60-2Z GENM	1 Each		806114
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307
General Mills Cheerios Honey Cereal	1 Each		16000-18448

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	213.33
Fat	3.67g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	321.67mg
Carbohydrates	43.00g
Fiber	3.50g
Sugar	13.67g
Protein	3.83g
Vitamin A 83.33IU	Vitamin C 1.00mg
Calcium 85.00mg	Iron 6.15mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36155

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each		280001
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each		279991
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	186.67
Fat	6.94g
SaturatedFat	1.72g
Trans Fat	0.02g
Cholesterol	25.56mg
Sodium	143.89mg
Carbohydrates	29.00g
Fiber	1.11g
Sugar	15.00g
Protein	2.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.58mg	Iron 0.96mg

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Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36160

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each		135470

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	62.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.25mg
Carbohydrates	14.75g
Fiber	0.00g
Sugar	14.25g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 15.00mg
Calcium 11.23mg	Iron 0.13mg

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

Package Uncrustable, String Cheese, and Goldfish Crackers together for students to choose as an entree,

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	48.50g
Fiber	4.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad with Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36198
School:	Eastern Pulaski Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	Use Brown Box or USDA Commodity first when available	150250
Ham, Cubed Frozen	1 1/2 Ounce	Commodity/Brown Box Weight	100188-H
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

Put lettuce on tray, bowl or container. Top with diced meat and cheese. Package or serve 2 packages of croutons and goldfish crackers with salad.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
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	382.30
Fat	17.73g
SaturatedFat	7.73g
Trans Fat	0.00g
Cholesterol	52.13mg
Sodium	945.25mg
Carbohydrates	36.82g
Fiber	0.68g
Sugar	3.91g
Protein	18.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 247.89mg	Iron 2.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	296.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36257

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	60 Pound	USDA Brown Box/Commodity or GFS 285680	100352
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound		191205
HONEY 4-6 GCHC	2 Cup		225614
SUGAR BROWN MED 25 GCHC	2 Quart		108626

Preparation Instructions

1. Put the frozen carrots in the steamer and cook for 15 minutes at 150 degrees.
2. Divide the carrots among 4 pans.
3. Mix together the melted margarine, honey and brown sugar.
4. Pour the glaze over the carrots, dividing it evenly between the 4 pans.
5. Toss well to coat.
6. Cover the pans and keep warm in hot boxes.

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: 296.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.68		
Fat	2.45g		
SaturatedFat	0.76g		
Trans Fat	0.00g		
Cholesterol	33.41mg		
Sodium	63.77mg		
Carbohydrates	14.57g		
Fiber	2.51g		
Sugar	10.80g		
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

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-36163

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260

Preparation Instructions

Heat & Serve according to manufactures instructions

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	200.00
Fat	5.67g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	183.33mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	11.33g
Protein	3.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 2.03mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal Bars

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each		265931
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each		265921
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each		265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each		268690
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each		265901

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	158.00		
Fat	3.50g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	108.00mg		
Carbohydrates	29.80g		
Fiber	3.00g		
Sugar	8.80g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	250.00mg	Iron	2.14mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36258

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	144 Slice	or use 3 ounce weight of USDA Commodity/Brown Box if available	556121
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice	or use USDA Commodity/Brown Box if available	150260
BUN HAMB WHT WHE 4" 10-12CT ALPH	24 Each		248151

Preparation Instructions

2 days prior making sandwiches thaw out turkey in refrigerator.

Place 24 bottom portions of buns on bun pan, 4 across and 6 down.

Place 6 slices of ham (or 3 ounce weight of USDA Brown Box Ham) and 1 slice of cheese on bun.

Place top on sandwich. Cover pan tightly with plastic wrap and place in refrigerator until serving time.

CCP: Cold foods should be kept at 41° or colder.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	305.00
Fat	11.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	955.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	3.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.52mg	Iron 2.15mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36237

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Weight	570533
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	426598
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	104396
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730

Preparation Instructions

2 Days Prior to service thaw diced chicken in cooler/refrigerator

Place tortilla wrap on sheet pan. Spread 2 T of Ranch on the tortilla,

Add 2 ounce weight of diced chicken, 1 Tablespoon of bacon, and 1 cup of romaine lettuce to tortilla.

Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.500
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	491.74
Fat	29.17g
SaturatedFat	8.75g
Trans Fat	0.00g
Cholesterol	75.83mg
Sodium	807.00mg
Carbohydrates	32.51g
Fiber	4.34g
Sugar	3.34g
Protein	25.34g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.45mg	Iron 2.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-36457
School:	Eastern Pulaski Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK 100-2.25Z BRIDG	25 Each	BAKE Each layer of biscuits is packed on an ovenable, disposable tray. Place this tray onto a sheet pan for easy handling. Preheat convection oven to 325 degrees. If using a conventional oven, preheat to 375 degrees. Place sheet pan into oven. Allow biscuits to heat for 7 to 8 minutes from a thawed state, or 10 to 12 minutes from frozen. (See case for specific microwave heating times). Carefully remove sheet pan from oven and brush biscuit tops with melted butter, if desired. Transfer biscuits to a serving plate or basket. To keep remaining biscuits warm, place the entire sheet pan into a warming drawer, set at 50% moisture and 160 degrees.	451740
SAUSAGE PTY CHIX CKD 1.36Z 6- 5.01TYS	25 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. PAN_FRY Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941

Preparation Instructions

Biscuit:

Preheat convection oven to 325 degrees. If using a conventional oven, preheat to 375 degrees.

Place biscuits on sheet pan and place pan into oven.

Allow biscuits to heat for 7 to 8 minutes from a thawed state, or 10 to 12 minutes from frozen.

Carefully remove sheet pan from oven.

Sausage:

Conventional Oven: Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.

Convection Oven: Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.

For service: placed cooked sausage patty between two biscuit halves.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	13.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	810.00mg
Carbohydrates	29.00g
Fiber	1.00g
Sugar	3.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 69.00mg	Iron 3.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36157

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each		551741
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	86.67
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	61.67mg
Carbohydrates	17.00g
Fiber	0.00g
Sugar	10.67g
Protein	3.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 133.33mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36159

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Package		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252
CRACKER GRHM CHARACT CINN 150-1Z KEEB	1 Package		330751
CRACKER GRHM CHARACT W/G 150-1Z KEEB	1 Package		264282
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

Preparation Instructions

Note: When served at lunch grahams are considered dessert grains

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.83		
Fat	3.79g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	112.92mg		
Carbohydrates	20.67g		
Fiber	1.33g		
Sugar	7.25g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.67mg	Iron	0.89mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	79.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36290

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	59 Ounce	1 carton	559911
Tap Water for Recipes	2 Gallon		000001WTR

Preparation Instructions

RECONSTITUTE

1: Pour 2 gallons boiling water (212°F) in mixing bowl.

2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 79.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.15		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	362.75mg		
Carbohydrates	16.00g		
Fiber	0.85g		
Sugar	0.00g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.25mg	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

Turkey & Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36236

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	144 Slice	or use 3 ounce weight of USDA Commodity/Brown Box if available	244190
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice	or use USDA Commodity/Brown Box if available	150260
BUN HAMB WHT WHE 4" 10-12CT ALPH	24 Each		248151

Preparation Instructions

2 days prior making sandwiches thaw out turkey in refrigerator.

Place 24 bottom portions of buns on bun pan, 4 across and 6 down.

Place 6 slices of turkey (or 3 ounce weight of USDA Brown Box Turkey) and 1 slice of cheese on bun.

Place top on sandwich. Cover pan tightly with plastic wrap and place in refrigerator until serving time.

CCP: Cold foods should be kept at 41° or colder.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	315.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	57.50mg
Sodium	845.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	3.50g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.52mg	Iron 1.79mg

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Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36459
School:	Eastern Pulaski Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each		667911

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: 4.00

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	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available
