

Cookbook for Prairie Heights Elementary/Middle School

Created by HPS Menu Planner

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Variety of Cereal Bowls

Servings:	14.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10347
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	453143
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each	498190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190

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: 14.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	109.65		
Fat	1.21g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.31mg		
Carbohydrates	23.71g		
Fiber	1.82g		
Sugar	7.71g		
Protein	1.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.14mg	Iron	3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Breakfast Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15508
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
CEREAL TRIX RS BKFST KIT 60CT	1 Each	525340
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	525290
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package	676242
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	150471
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	585321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	221.67
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	43.83g
Fiber	2.83g
Sugar	20.33g
Protein	2.67g
Vitamin A 366.67IU	Vitamin C 42.40mg
Calcium 105.17mg	Iron 4.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Juice

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9541
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each	118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.17
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.70mg
Carbohydrates	15.83g
Fiber	0.00g
Sugar	15.00g
Protein	0.02g
Vitamin A 0.00IU	Vitamin C 0.20mg
Calcium 30.82mg	Iron 0.24mg

*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:	Lunch	Recipe ID:	R-31624

Ingredients

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

Preparation Instructions

Note: All of these items count as dessert grain at lunch and only allowed 2 dessert grains for the whole week. At breakfast no dessert grain is tracked.

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	122.22		
Fat	3.78g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	118.33mg		
Carbohydrates	20.78g		
Fiber	1.33g		
Sugar	7.33g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.44mg	Iron	0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tortilla Chips, Cheese and Hummus Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33470
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	528690
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each	601133
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	662512

Preparation Instructions

Package all items together.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	500.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	830.00mg		
Carbohydrates	61.00g		
Fiber	8.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	406.00mg	Iron	2.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap - Grab & Go

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21017
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
DRESSING RNCH BTRMLK 4-1GAL GCHC	40 Tablespoon	426598
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup	712131
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup	704229
LETTUCE ROMAINE CHOP 6-2 RSS	30 Cup	735787
Baby Carrots	10 Cup	
Variety of Fruit	10 Cup	
TORTILLA FLOUR LO SOD 9 16-12CT	20 Each	523610

Preparation Instructions

Start with a large bowl, combine: chicken, hot sauce, ranch dressing, and cheese and mix well. Start with a tortilla and layer: 1-1/2 cups of lettuce and 1 cup of the bowl mixture. Fold into a wrap and cut in half. Place in a container with the fruit and carrots. Store in the cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	4.333
Grain	2.250
Fruit	0.500
GreenVeg	0.750
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	698.65
Fat	36.17g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	103.33mg
Sodium	1454.90mg
Carbohydrates	55.26g
Fiber	7.71g
Sugar	19.02g
Protein	37.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 271.00mg	Iron 3.34mg

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Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	432.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9560
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	18 #10 CAN	100307
Tap Water for Recipes	1 Quart	000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound	110611

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.86		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	288.90mg		
Carbohydrates	3.41g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.22mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Pastries

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32655
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	838350
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	838340
CRESCENT FILLD GRP 72-2.29Z PILLS	1 Each	321752
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	321722
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package	894291
BAR BKFST CINN TST & CHS IW 72-2.36Z	1 Each	880415
BAR BKFST COCOA FILLED IW 72-2.43Z	1 Each	880370
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each	401034
ROUND BKFST UBR 140-2.5Z RICH	1 Each	794230

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	231.38
Fat	6.57g
SaturatedFat	1.46g
Trans Fat	0.05g
Cholesterol	28.78mg
Sodium	229.27mg
Carbohydrates	38.67g
Fiber	2.87g
Sugar	12.44g
Protein	4.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.16mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable & Yogurt

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33473
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	2 Each	885750

Preparation Instructions

Package all items together.

Note: Make sure serving with the dinner roll that is being offered for the day.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	370.00
Fat	16.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	46.50g
Fiber	4.00g
Sugar	25.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.50mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21429
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
LETTUCE ROMAINE 12CT MRKN	1 Cup	200344
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 Cup	163760
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 Tablespoon	712131
CHERRY TOMATOES	1/4 Cup	16P46
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon	426598
SAUCE BBQ 4-1GAL SWTBRAY	2 Tablespoon	655937
Variety of Fresh Fruits	1/2 cup	
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package	818222

Preparation Instructions

Mix the ranch and BBQ together. Put in 2 oz cups.

Put the corn & black beans in a cup.

Layer salad ingredients and add other components.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.500
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.375
Legumes	0.125
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	776.14
Fat	32.84g
SaturatedFat	7.07g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1176.59mg
Carbohydrates	87.43g
Fiber	12.05g
Sugar	40.93g
Protein	32.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 161.50mg	Iron 2.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10293
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 1/2 Ounce	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

1. Place 2-1/2 ounces of turkey on each bun.
2. Place the cheese on top.
3. Hold in pans in the walk-in cooler until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	283.05
Fat	7.64g
SaturatedFat	3.32g
Trans Fat	0.00g
Cholesterol	51.53mg
Sodium	822.96mg
Carbohydrates	31.57g
Fiber	2.00g
Sugar	4.50g
Protein	22.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	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

Poptart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30008
School:	Prairie Heights Elementary/Middle School		

Ingredients

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

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

Yogurt, Peanut Butter Apple, & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33468
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
PEANUT BUTTER 120-1.1Z JIF	1 Each	794301
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package	745481
APPLE FRSH SLCD 100-2Z P/L	1 Package	473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	19.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	395.00mg
Carbohydrates	44.00g
Fiber	2.00g
Sugar	18.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 196.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken, Bacon, Ranch Wrap - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21420
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
LETTUCE ROMAINE 12CT MRKN	1 Cup	200344
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon	104396
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon	426598
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
Variety of Fruit	1/2 Cup	
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
Potato Salad	2/3 Serving	R-21433

Preparation Instructions

Start with tortilla shell, layer: ranch dressing, lettuce, bacon, and chicken. Fold into a wrap and put in the container with other items. Store in cooler and serve.

Offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	627.77
Fat	31.60g
SaturatedFat	8.20g
Trans Fat	0.06g
Cholesterol	116.44mg
Sodium	1392.34mg
Carbohydrates	56.56g
Fiber	7.66g
Sugar	19.73g
Protein	32.29g
Vitamin A 7.44IU	Vitamin C 0.16mg
Calcium 77.79mg	Iron 2.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19587
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	60 Pound	110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce	135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.015
Grain	0.000
Fruit	0.000
GreenVeg	0.534
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.56		
Fat	1.25g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	3.56mg		
Sodium	94.65mg		
Carbohydrates	5.87g		
Fiber	3.20g		
Sugar	1.07g		
Protein	4.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.17mg	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

Turkey & Cheese Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21449

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	394123
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice	722360

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	315.50
Fat	11.46g
SaturatedFat	4.80g
Trans Fat	0.06g
Cholesterol	37.70mg
Sodium	1102.44mg
Carbohydrates	31.00g
Fiber	2.70g
Sugar	3.50g
Protein	22.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.31mg	Iron 1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Club Wrap - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21427
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
Lettuce Chopped Romaine 2#	1 Cup	2784
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon	426598
Variety of Fresh Fruits	1/2 cup	
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
TURKEY HAM SLCD 12-1 JENNO	3 Slice	556121
BACON TOPPING 1 DCD 10 HRML	1/8 Cup	827002
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
Variety of Vegetable Offering	1/2 Cup	
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each	601133
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610

Preparation Instructions

Wrap counts as 2.50 M/MA, 2.00 G, 0.50 fruit, 0.375 legumes, 0.50 dark green vegetable, 1/2 cup other vegetable
Offer with milk

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.500
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.500
Legumes	0.375
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	774.66
Fat	36.27g
SaturatedFat	10.77g
Trans Fat	0.00g
Cholesterol	119.50mg
Sodium	1696.23mg
Carbohydrates	71.50g
Fiber	13.00g
Sugar	25.00g
Protein	41.86g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 174.00mg	Iron 5.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27342

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	959048
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170
SAUCE MARINARA 6-10 REDPK	1/4 Cup	502181

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	0.250
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	370.00
Fat	16.75g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	727.50mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	7.00g
Protein	21.00g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 459.68mg	Iron 1.86mg

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

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-27277
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.400
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	72.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.00mg		
Carbohydrates	17.60g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	950.00IU	Vitamin C	48.00mg
Calcium	64.00mg	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

Popcorn Chicken Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9553
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	536620
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
PEAS FZ 30 COMM	1/4 Cup	110510
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon	426598
Variety of Fresh Fruits	1/2 cup	
BEAN GARBANZO LO SOD 6-10 P/L	1/4 Cup	597991
Lettuce Chopped Romaine 2#	1 Cup	2784

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.250
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	874.00
Fat	44.50g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	1236.00mg
Carbohydrates	87.00g
Fiber	13.00g
Sugar	36.00g
Protein	32.75g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 279.00mg	Iron 3.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10314
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
Hamburger Bun Whole Wheat 4"	1 Each	266546

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

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 Each

Amount Per Serving			
Calories	390.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	700.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27064
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound	427446
Cold Water	2 1/2 Gallon	0000

Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

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: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	197.34		
Fat	14.02g		
SaturatedFat	4.67g		
Trans Fat	2.34g		
Cholesterol	0.00mg		
Sodium	243.32mg		
Carbohydrates	1.16g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.16mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	348.05		
Fat	24.72g		
SaturatedFat	8.24g		
Trans Fat	4.12g		
Cholesterol	0.00mg		
Sodium	429.14mg		
Carbohydrates	2.04g		
Fiber	0.00g		
Sugar	0.00g		
Protein	28.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.04mg	Iron	0.00mg

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

Golden Corn

Servings:	660.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10292
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	120 Pound	100348
MARGARINE SLD 30-1 GCHC	1 2/3 Cup	733061
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	647230

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

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: 660.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.02		
Fat	1.44g		
SaturatedFat	0.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.43mg		
Carbohydrates	16.09g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	30.18IU	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

Refried Beans

Servings:	264.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9546
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 P/L	9 #10 CAN	293962
Salsa, Low-Sodium, Canned	2 #10 CAN	100330
CHEESE CHED MLD SHRD 4-5 LOL	8 Quart	150250
SPICE CHILI POWDER HOT 5.5 TRDE	3 1/2 Tablespoon	224715
SPICE CUMIN GRND 15Z TRDE	2 2/3 Tablespoon	273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Teaspoon	225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Teaspoon	126993

Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.248
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.098
OtherVeg	0.000
Legumes	0.441
Starch	0.000

Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	184.63
Fat	6.13g
SaturatedFat	3.35g
Trans Fat	0.00g
Cholesterol	14.55mg
Sodium	589.30mg
Carbohydrates	22.37g
Fiber	6.07g
Sugar	1.67g
Protein	9.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.17mg	Iron 1.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33829
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
Taco Meat	1 1/2 Serving	R-27064
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	815803

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Cook the beef according to Recipe #27064.
2. Crush individual bags of chips and open.
3. Add 1.5 oz (or 1/4 cup) of meat mixture to opened bag of chips. Offer 2 Tablespoons of shredded cheese and 1/4 cup of shredded lettuce with each bag of chips.
4. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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	486.01		
Fat	28.03g		
SaturatedFat	8.01g		
Trans Fat	3.50g		
Cholesterol	0.00mg		
Sodium	644.98mg		
Carbohydrates	29.73g		
Fiber	2.00g		
Sugar	1.00g		
Protein	27.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.73mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	650.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28878
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1950 Slice	100036
BREAD WGRAIN HNY WHT 16-24Z GCHC	1300 Slice	204822
MARGARINE SLD 30-1 GCHC	20 Pound	733061

Preparation Instructions

1. Melt the butter and spread it on sheet pans with a brush.
2. Layout 20 pieces of bread per pan.
3. Put 3 slices of cheese on each piece of bread.
4. Then dip the top bread in butter and put it butter side up on the cheese.
5. Cook in a 350 degree oven for 8 minutes.
6. Hold in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 650.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	398.46		
Fat	20.33g		
SaturatedFat	8.93g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	738.31mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	7.50g		
Protein	15.00g		
Vitamin A	738.46IU	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

Uncrustable, Yogurt, & Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33472
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	2 Each	885750
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	2 Package	745481

Preparation Instructions

Package all items together.

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	460.00
Fat	19.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	535.00mg
Carbohydrates	60.50g
Fiber	5.00g
Sugar	25.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 163.50mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9556
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each	266536

Preparation Instructions

1. Boil the hot dogs until the internal temperature reaches 165 degrees.
2. Transfer to pans and cover.
3. Store in hot boxes until service.
4. Then place each hot dog into a bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	750.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	480.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9547
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN VEGTAR 6-10 GCHC	18 #10 CAN	298913
ONION DEHY CHPD 15 P/L	2 Cup	263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup	860221
SUGAR BROWN LT 12-2 P/L	3/4 Quart	860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup	109843
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon	655937
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	200621

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	175.90
Fat	0.49g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	530.03mg
Carbohydrates	36.05g
Fiber	4.87g
Sugar	15.77g
Protein	7.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.69mg	Iron 1.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27960
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each	359700
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each	359720
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each	359730

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	130.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	43.33mg		
Carbohydrates	16.33g		
Fiber	0.00g		
Sugar	11.33g		
Protein	2.00g		
Vitamin A	266.67IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	600.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10307
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN 2-10	40 Pound	221460
CHEESE PARM GRTD 12-1 PG	2 Pound	164259
SAUCE SPAGHETTI FCY 6-10 REDPK	24 #10 CAN	852759
SEASONING ITAL HRB 6Z TRDE	1 Cup	428574
SPICE OREGANO GRND 12Z TRDE	1 Cup	513725
SALT IODIZED 25 CARG	2 Cup	108286
BEEF CRMBL CKD 6-5 COMM	40 Pound	785840

Preparation Instructions

1. Cook the meat the day before until it reaches a temperature of 165 degrees and grind it.
2. The day of, boil the water then add the noodles for about 13 minutes.
3. Drain the noodles then add the meat, sauce, and dry ingredients.
4. Cook in a pot until it reaches an temperature of 165 degrees.
5. Transfer to pans, cover, and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	193.66
Fat	2.05g
SaturatedFat	0.73g
Trans Fat	0.00g
Cholesterol	14.40mg
Sodium	926.66mg
Carbohydrates	33.54g
Fiber	6.20g
Sugar	8.67g
Protein	14.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.52mg	Iron 2.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll w/ Icing

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29707

Ingredients

Description	Measurement	DistPart #
DOUGH ROLL CINN WGRAIN 240-1.25Z	1 Each	230312
Powdered Sugar Icing	1 Serving	R-29706

Preparation Instructions

1. KEEP DOUGH FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE ON GREASED OR PARCHMENT LINED PANS.
PANNING CHART

SIZE INDIVIDUAL CLUSTERED CLUSTERED
FULL SHEET PAN FULL SHEET PAN HALF HOTEL PAN (12" X 10"X 2")

2.5 OZ. 3 X 5 5 X 6 3 X 3

3. TO PREVENT PRODUCT FROM DRYING OUT, COVER EACH PAN WITH OILED PLASTIC WRAP OR COVER ENTIRE PAN RACK WITH A RACK COVER.
4. PLACE COVERED PRODUCT IN A RETARDER OR REFRIGERATOR AT 36 F - 40 F (2 C - 4 C) AND THAW OVERNIGHT OR PRODUCT MAY BE THAWED COVERED AT ROOM TEMPERATURE FOR 45 - 120 MINUTES DEPENDING OF SIZE OF DOUGH PIECE.
5. PLACE IN PROOFER SET AT 90 F - 110 F (32 C - 43 C) WITH 85% RELATIVE HUMIDITY FOR APPROXIMATELY 40-60 MINUTES OR UNTIL PROOFED. IF PROOF BOX IS NOT AVAILABLE, LEAVE DOUGH COVERED AND PROOF IN WARM SPOT IN THE KITCHEN. PROOFING IS COMPLETE WHEN THE INDENTATION FROM A FLOURED FINGER, PRESSED LIGHTLY INTO THE DOUGH, REMAINS. IF INDENTATION BOUNCES BACK, FURTHER PROOFING IS REQUIRED.
6. BAKE IN A PREHEATED OVEN (325 F (160 C) - CONVECTION OR RACK OVENS, 350 F (175 C) - DECK OVEN) UNTIL PRODUCT IS GOLDEN BROWN ON TOP, SIDES AND BOTTOM.
BAKING TIMES WILL VARY ACCORDING TO
SIZE OF ROLLS, TYPE OF OVEN AND FAN SPEED (IF APPLICABLE).
APPROXIMATE BAKING TIMES:

SIZE BAKING TIME (MINUTES) -----
2.5 OUNCE ROLLS CLUSTERED 14 TO 20

2.5 OUNCE ROLLS INDIVIDUAL 12 TO15

7. REMOVE FROM OVEN AND BRUSH WITH RICHS GLAZE N SHINE (RICHS® #21784).

8. COOL AND ICE WITH APPROPRIATE ICINGS (RICHS CRÈME CHEESE ICING (RICHS® #20036) OR WARM HEAT N ICE (RICHS® #21952)).

9. HOLD BAKED ROLLS COVERED AT ROOM TEMPERATURE

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	119.15
Fat	1.41g
SaturatedFat	0.53g
Trans Fat	0.00g
Cholesterol	2.07mg
Sodium	79.06mg
Carbohydrates	24.50g
Fiber	1.60g
Sugar	10.32g
Protein	2.54g
Vitamin A 54.59IU	Vitamin C 0.01mg
Calcium 12.01mg	Iron 0.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Macaroni

Servings:	597.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12937
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	40 Pound	229941
SAUCE CHS CHED POUCH 6-106Z LOL	18 Package	135261
1 % White Milk	8 Gallon	1% White
MARGARINE SLD 30-1 GCHC	2 Pound	733061
SALT IODIZED 25 CARG	2 Cup	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup	225061

Preparation Instructions

1. Boil the noodles according to package instructions.
2. Drain the noodles.
3. Add the remaining ingredients and cook to 135 degrees.
4. Divide into 8 pans and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.066
Grain	1.072
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 597.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	1412.93
Fat	91.78g
SaturatedFat	58.03g
Trans Fat	0.00g
Cholesterol	257.93mg
Sodium	5531.32mg
Carbohydrates	63.02g
Fiber	2.14g
Sugar	4.29g
Protein	69.41g
Vitamin A 80.40IU	Vitamin C 0.00mg
Calcium 2679.63mg	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

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28794
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
Hamburger Bun Whole Wheat 4"	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	250.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	460.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Flavored Applesauce

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27287

Ingredients

Description	Measurement	DistPart #
APPLESAUCE CINN 96-4.5Z	1 Each	358572
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each	250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each	276161
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each	358553
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each	726570

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	68.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.00mg		
Carbohydrates	17.60g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.20mg	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

Cheeseburger on Bun*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27343
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce	158704
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
Hamburger Bun Whole Wheat 4"	1 Each	266546

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

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	402.50
Fat	20.50g
SaturatedFat	8.50g
Trans Fat	1.13g
Cholesterol	63.75mg
Sodium	498.75mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	24.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 3.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Carrots

Servings:	384.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23929
School:	Prairie Heights Elementary/Middle School		

Ingredients

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

Preparation Instructions

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

**Allergens: Milk

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available