

Cookbook for Baugo Community Schools

Created by HPS Menu Planner

Cookbook for Jimtown Elementary

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Choice of Muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13182
School:	Jimtown High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	This is for any flavored Delicious Essentials prepackaged muffins - 2 oz	557991

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	130.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19415
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE 8-10 minutes at 400 degrees F from Frozen Temp must reach 145	281622
BUN HAMB WHT WHE 4" 10- 12CT ALPH	1 Each	Frozen - Unthaw 12 count package	248151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	690.00mg		
Carbohydrates	42.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.02mg	Iron	3.33mg

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with Cheese Stick & Pretzels

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9876
School:	Jimtown High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	1 - 2.8 oz sandwich = 1 m/ma and 1 grain	194471
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	1 stick = 1 m/ma	786580
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	1 - 0.70 oz package = 1 grain Cheez It 282422 = 1 grain Goldfish 736280 = 1 grain	893711

Preparation Instructions

Must package together for complete m/ma and grain ENTREE - May sub another grain as listed in prep instructions. However, students still must take 1/2 c. fruit and/or 1/2 c. vegetable for reimbursable meal.

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - Prepackaged peanut butter combo counts as an Entree. 9/24/18 kj

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	460.00
Fat	23.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	700.00mg
Carbohydrates	52.00g
Fiber	6.00g
Sugar	13.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 288.00mg	Iron 2.24mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19424
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	7 Pound		283730
MARGARINE SLD 30-1 GCHC	1/4 Pound		733061
SALT IODIZED 25 CARG	1 Tablespoon		108286
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

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	0.500

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	121.70		
Fat	2.94g		
SaturatedFat	0.95g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	215.04mg		
Carbohydrates	22.65g		
Fiber	2.52g		
Sugar	2.52g		
Protein	3.77g		
Vitamin A	157.89IU	Vitamin C	0.00mg
Calcium	4.92mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chilled Fruit

Servings:	5.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9131
School:	Jimtown High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pears Diced Extra Light Sucrose	1/2 Cup		249751
Diced Peaches CND 6-10	1/2 Cup		100220
ORANGES MAND IN JCE 6-10 GCHC	1/2 Cup	BAKE	612448
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464
FRUIT COCKTAIL IN JCE 6-10 GCHC	1/2 Cup		610232

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: 0.50 Cup

Amount Per Serving			
Calories	56.96		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.00mg		
Carbohydrates	14.24g		
Fiber	1.15g		
Sugar	11.69g		
Protein	0.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.84mg	Iron	0.14mg

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Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit

Servings:	5.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9132
School:	Jimtown High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1 Each		198013
BANANA PETITE GRN 150CT DOLE	1 Each		591310
GRAPE GREEN SDLSS 5 MRKN	1/2 Cup		596922
PEAR 95-110CT MRKN	1 Each		198056

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: 0.50 Cup

Amount Per Serving	
Calories	77.77
Fat	0.16g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.45mg
Carbohydrates	20.30g
Fiber	2.66g
Sugar	13.80g
Protein	0.85g
Vitamin A 76.98IU	Vitamin C 19.26mg
Calcium 19.48mg	Iron 0.27mg

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9130
School:	Jimtown High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	Prepare from frozen state - Place beef patty flat on a sheet pan lined with parchment paper. Do not overlap or stack patties Place sheet pan in a 350 degree preheated oven and cook for 7-9 minutes or until temperature reaches an internal temperature of 155 degrees	203260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	Packed of 12 Frozen - Thaw before making sandwich	517810

Preparation Instructions

Use 580562 Beef Broth to dilute in water and pour over burgers before cooking.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	340.00
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	310.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19422
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	3 #10 CAN		118737
MARGARINE SLD 30-1 GCHC	1/4 Pound		733061
SALT IODIZED 25 CARG	2 Teaspoon		108286
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon	Can sub Mrs. Dash	565148
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon	Can sub white pepper for black pepper	225037

Preparation Instructions

Do Not Drain - Put green beans on top of stove and add seasonings. Can sub white pepper for black pepper. Cut half onion and put on top to saute (just for flavor) then scoop out onion before serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.539
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	32.67		
Fat	1.22g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	314.63mg		
Carbohydrates	3.40g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	83.33IU	Vitamin C	0.00mg
Calcium	25.01mg	Iron	0.41mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Carrots

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19428
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 30 GCHC	5 Pound		285640
MARGARINE SLD 30-1 GCHC	1/4 Pound		733061
SALT IODIZED 25 CARG	2 Teaspoon		108286
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	39.58		
Fat	3.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	241.94mg		
Carbohydrates	1.96g		
Fiber	0.62g		
Sugar	0.83g		
Protein	0.21g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	9.01mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Broccoli

Servings:	27.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19429
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	11 Pound		110473
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Pound		840860
SALT IODIZED 25 CARG	1 Teaspoon		108286
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.47		
Fat	3.26g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	141.52mg		
Carbohydrates	5.41g		
Fiber	2.98g		
Sugar	0.99g		
Protein	2.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.64mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Mixed Vegetables

Servings:	93.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19423
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 30 KE	14 Pound		283771
MARGARINE SLD 30-1 GCHC	1/4 Cup		733061

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	35.19		
Fat	0.47g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.00mg		
Carbohydrates	6.80g		
Fiber	1.85g		
Sugar	2.47g		
Protein	1.24g		
Vitamin A	32.26IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.31mg

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Nutrition - Per 100g

No 100g Conversion Available

Romaine Salad w/ Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24064
School:	Emergency Grab and Go		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1 Cup		702609
TOMATO GRAPE SWT 10 MRKN	3 Each		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	16.08
Fat	0.08g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.69mg
Carbohydrates	3.31g
Fiber	1.41g
Sugar	1.94g
Protein	1.30g
Vitamin A 281.14IU	Vitamin C 4.62mg
Calcium 19.38mg	Iron 0.45mg

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Nutrition - Per 100g

No 100g Conversion Available

Pork Tenderlion Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36635
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
White Wheat Hamburger Bun	1 Each		51022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	400.00
Fat	19.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	580.00mg
Carbohydrates	37.00g
Fiber	4.00g
Sugar	4.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.00mg	Iron 2.62mg

*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:	50.00	Category:	Vegetable
Serving Size:	0.50 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11424
School:	K-12 Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	2 #10 CAN		298913
KETCHUP CAN NAT LO SOD 6-10 REDG	2 1/2 Cup		200621
SUGAR BROWN MED 25 GCHC	2 1/2 Cup		108626
Mustard	1/4 Cup		320220
SPICE ONION POWDER 19Z TRDE	1/8 Cup	1/8 c.	126993

Preparation Instructions

Preheat oven to 350 degrees

1. Spray full size steamtable pan with Cooking Spray.
2. Drain Beans
3. Pour Beans into pan.
4. Add rest of ingredients, mix well, and cover with lid
5. Bake at 350 degrees for 2-1/2 to 3 hours
6. Serve 1/2 cup Legume, in portion 5 oz. souffle cups.
7. Put on trays, wrap and put in warmer.
8. Tray up beans an hour before 1st lunch - Scoop up as needed for last 2 lunches.

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: 50.00

Serving Size: 0.50 Each

Amount Per Serving

Calories	189.00		
Fat	0.47g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	440.26mg		
Carbohydrates	40.56g		
Fiber	4.70g		
Sugar	20.46g		
Protein	7.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.76mg	Iron	1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Doritos® Chips

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34595
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package		788670
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package		541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce		456090
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package		737611

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	130.00
Fat	5.00g
SaturatedFat	0.63g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	195.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	0.75g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.50mg	Iron 0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Refried Beans (Dry K-12)

Servings:	66.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34436
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1 Cup	READY_TO_EAT	100330
SEASONING TACO MIX 6-9Z LAWR	1/2 Cup		159204
CHEESE CHED MLD SHRD 4-5 LOL	4 1/8 Cup	1 tablespoon per cupped serving OR 4.13 cups per pan	150250
SPICE ONION POWDER 19Z TRDE	3 Teaspoon		126993
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	56 Ounce	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 SERV	183910

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 66.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	123.84
Fat	3.01g
SaturatedFat	1.76g
Trans Fat	0.00g
Cholesterol	7.51mg
Sodium	465.70mg
Carbohydrates	17.15g
Fiber	5.57g
Sugar	0.12g
Protein	6.58g
Vitamin A 0.36IU	Vitamin C 0.50mg
Calcium 78.24mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Banana Split

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34799
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1/4 Cup		881161
STRAWBERRY SMALL DCD FZ 2-5 P/L	1/4 Cup		630480
BANANA SLCD IQF 20 GCHC	1/4 Cup		143710
CEREAL COCOA PUFFS 4-35Z GENM	1/8 Cup		130745

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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	115.41
Fat	1.09g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	52.65mg
Carbohydrates	23.83g
Fiber	1.89g
Sugar	14.17g
Protein	3.22g
Vitamin A 3.74IU	Vitamin C 18.32mg
Calcium 100.87mg	Iron 0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34594
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	1 - 2.8 oz sandwich = 1 m/ma and 1 grain	194471
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	1 stick = 1 m/ma	786580

Preparation Instructions

Must package together for complete m/ma and grain ENTREE - May sub another grain as listed in prep instructions. However, students still must take 1/2 c. fruit and/or 1/2 c. vegetable for reimbursable meal.

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - Prepackaged peanut butter combo counts as an Entree. 9/24/18 kj

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	22.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	500.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	12.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 258.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	41.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34804
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS PREM 10-29.3Z NATROWN	29 3/10 Ounce	1 pouch	193610
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

- 1) POUR 1 POUCH POTATO PEARLS INTO A 4" HALF-SIZED STEAM TABLE PAN OR LARGE MIXING BOWL.
- 2) ADD 1 GALLON OF VERY HOT WATER (175 DEGREES AT LEAST) AND STIR FOR 10 SECONDS.
- 3) WAIT 5-7 MINUTES. STIR OR WHISK POTATOES TO DESIRED CONSISTENCY AND 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: 41.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.40		
Fat	0.99g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	258.06mg		
Carbohydrates	13.90g		
Fiber	1.99g		
Sugar	0.00g		
Protein	1.99g		
Vitamin A	1.93IU	Vitamin C	6.33mg
Calcium	8.36mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19417
School:	Jimtown Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 Each	Order from Alpha	31454
HAM SLCD NAT CHC 6-2 HRML	6 Slice		645340
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 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	275.00		
Fat	5.75g		
SaturatedFat	2.69g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	995.00mg		
Carbohydrates	30.50g		
Fiber	2.50g		
Sugar	6.00g		
Protein	24.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

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