

Cookbook for Culver Elementary

Created by HPS Menu Planner

Table of Contents

Grab -n- Go Breakfast Kit

Hot Dog on Bun

Uncrustable Sack Lunch

Grilled Chicken Sandwich

Variety of Cereal

Grilled Cheese Sandwich

Tomato Soup

Assorted Variety of Muffin

Assorted Cereal Bars

Variety of 4 oz. Yogurt

Cheeseburger on Bun

Toast

Sloppy Joe on Bun

Sloppy Joe

Chicken Patty on Bun

Nacho w/ Meat & Cheese

Grab -n- Go Breakfast Kit

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18867
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	150471
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package	872040
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package	676160
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	525290
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package	282491
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package	676222
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package	676242
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each	525340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.025
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	229.00
Fat	4.15g
SaturatedFat	0.55g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	203.00mg
Carbohydrates	46.60g
Fiber	3.30g
Sugar	18.90g
Protein	3.00g
Vitamin A 515.00IU	Vitamin C 46.50mg
Calcium 124.10mg	Iron 3.88mg

*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-18857
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	265039
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each	266536

Preparation Instructions

No Preparation Instructions available.

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	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	670.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.89mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable Sack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20930
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	456090
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580

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	510.00
Fat	27.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	680.00mg
Carbohydrates	54.00g
Fiber	6.00g
Sugar	17.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.00mg	Iron 1.30mg

*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-29451
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	2 4/9 Ounce	110921
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

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	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

Variety of Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18856
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL RICE CHEX BLUEB BOWL 96-1Z	1 Each	261737
CEREAL CHEERIOS HNY BOWL 96-1Z	1 Each	261557

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.39		
Fat	1.45g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	131.06mg		
Carbohydrates	21.17g		
Fiber	1.93g		
Sugar	6.33g		
Protein	1.83g		
Vitamin A	225.17IU	Vitamin C	3.92mg
Calcium	93.22mg	Iron	5.83mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21029
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
MARGARINE BTR BLEND SPRD 1-30	1 1/2 Cup	840840
BREAD WGRAIN HNY WHT 16-24Z GCHC	200 Slice	204822
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	400 Slice	100036

Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
 3. Top each slice of bread with 4 slices (2 oz) of cheese.
 4. Cover with remaining bread slices.
 5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
 6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- CCP: Heat to 140° F or higher.
- CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	361.60
Fat	14.40g
SaturatedFat	6.96g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	796.40mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.56mg	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

Tomato Soup

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21028
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	11 #5 CAN	101427
MILK WHT 2 4-1GAL RGNLBRND	2 Gallon	504602

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	120.40
Fat	1.00g
SaturatedFat	0.62g
Trans Fat	0.00g
Cholesterol	4.27mg
Sodium	527.11mg
Carbohydrates	23.39g
Fiber	1.04g
Sugar	12.50g
Protein	3.90g
Vitamin A 106.62IU	Vitamin C 0.52mg
Calcium 87.73mg	Iron 0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28667
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36717
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each	498170
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each	209761
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	194041

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	150.00
Fat	4.00g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	130.00mg
Carbohydrates	28.33g
Fiber	2.67g
Sugar	12.33g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 93.33mg	Iron 1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of 4 oz. Yogurt

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36718
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760

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	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18889
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	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	338.00
Fat	14.50g
SaturatedFat	5.60g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	649.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.50g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 63.00mg	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

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31352
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice	204822
MARGARINE SLD 30-1 GCHC	1 Teaspoon	733061

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	123.33		
Fat	4.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	141.67mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun

Servings:	29.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31681

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	5 Pound	100158
ONION DCD 1/4 2-5 RSS	1 Cup	198307
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	350732
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon	225061
SUGAR BROWN LT 12-2 P/L	1 Cup	860311
MUSTARD YELLOW PLAS JUG 6-104Z HNZ	1/2 Cup	433371
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup	629640
KETCHUP CAN 6-10 HNZ	1 Quart	100188
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	29 Each	266546

Preparation Instructions

Brown hamburger with onion and salt and pepper

Drain grease

Add brown sugar, mustard, vinegar, ketchup

Marinate (turn off and let cool down, then warm back up and serve or cool down, refrigerate overnight and reheat, or freeze and enjoy another time. . .)

Serve with a bun

SCHOOL NOTE: ground beef will shrink when cooked, each 10 lb tube will lose an estimate of 1 lb.

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: 29.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	390.57
Fat	14.35g
SaturatedFat	4.62g
Trans Fat	2.06g
Cholesterol	53.53mg
Sodium	933.76mg
Carbohydrates	43.27g
Fiber	3.00g
Sugar	19.65g
Protein	19.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.45mg	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

Sloppy Joe

Servings:	29.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36720
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	5 Pound	100158
ONION DCD 1/4 2-5 RSS	1 Cup	198307
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	350732
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon	225061
SUGAR BROWN LT 12-2 P/L	1 Cup	860311
MUSTARD YELLOW PLAS JUG 6-104Z HNZ	1/2 Cup	433371
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup	629640
KETCHUP CAN 6-10 HNZ	1 Quart	100188

Preparation Instructions

Brown hamburger with onion and salt and pepper

Drain grease

Add brown sugar, mustard, vinegar, ketchup

Marinate (turn off and let cool down, then warm back up and serve or cool down, refrigerate overnight and reheat, or freeze and enjoy another time. . .)

Serve with a bun

SCHOOL NOTE: ground beef will shrink when cooked, each 10 lb tube will lose an estimate of 1 lb.

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: 29.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	240.57		
Fat	12.35g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	693.76mg		
Carbohydrates	18.27g		
Fiber	0.00g		
Sugar	15.65g		
Protein	14.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.45mg	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

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-18871
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

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	360.00
Fat	11.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	480.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	4.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 4.00mg	Iron 11.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho w/ Meat & Cheese

Servings:	275.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18869
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	45 Pound	722330
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	6 Package	310668
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	275 Package	696871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 275.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	307.56
Fat	13.67g
SaturatedFat	6.29g
Trans Fat	0.24g
Cholesterol	52.11mg
Sodium	689.67mg
Carbohydrates	27.14g
Fiber	2.65g
Sugar	1.65g
Protein	18.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 249.94mg	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
