

Cookbook for School District of Beloit Turner

Created by HPS Menu Planner

Cookbook for Garden Prairie

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Table of Contents

Assorted Cereal

Breakfast Sandwich

Chicken and Biscuit Breakfast Sandwich

Beef Taco

Walking Taco

Cheese Quesadilla

Turner Burger

Sandwich Chicken Patty

Breakfast Panini

Chicken Ramen Bowl

Cuban Sandwich

Caesar Salad

Sub sandwich Ham or Turkey

Yogurt Parfait

Monte Cristo

Cavatini

Assorted Cereal

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.833
Fruit	0.167
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	243.33
Fat	4.25g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.67mg
Carbohydrates	50.00g
Fiber	3.50g
Sugar	17.83g
Protein	3.33g
Vitamin A 558.33IU	Vitamin C 46.90mg
Calcium 121.83mg	Iron 5.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22183

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Slice	BAKE Fully cooked. Simply heat and serve.	433608
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG SCRMBD PTY 3.5 165- 1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4- 5 GCHC	1 Slice		272744
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	BAKE	277722
100% Whole Wheat English Muffins	1 muffin		9528

Preparation Instructions

Heat egg, bacon, and sausage according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then ,meats, and egg. As student come in line for breakfast let them choose the components of their breakfast sandwich.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	715.00
Fat	43.00g
SaturatedFat	14.75g
Trans Fat	0.00g
Cholesterol	167.50mg
Sodium	1165.01mg
Carbohydrates	53.50g
Fiber	2.00g
Sugar	5.50g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.50mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Biscuit Breakfast Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22192

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CNTRY 10 PRCE	1 Each	DEEP_FRY FROM FROZEN: DEEP FRY FOR 3-3 1 2 MINUTES AT 350F.	821101
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE AMER 160CT SLCD R/F 6-5 SCHLC	1 Slice		724570

Preparation Instructions

Bake chicken and biscuit according to direction. Once items are to proper temperature lay out in steam table pan for service. Assemble chicken in between the biscuits. Have a cheese tray available for students to put a slice a cheese on their sandwich.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	5.11		
Fat	0.22g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.44mg		
Sodium	14.33mg		
Carbohydrates	0.57g		
Fiber	0.06g		
Sugar	0.06g		
Protein	0.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.21mg	Iron	0.03mg

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Nutrition - Per 100g

No 100g Conversion Available

Beef Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22367
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	101.80		
Fat	2.40g		
SaturatedFat	1.30g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	197.33mg		
Carbohydrates	14.00g		
Fiber	1.59g		
Sugar	2.33g		
Protein	3.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.66mg	Iron	0.12mg

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Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30219
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.260
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	392.96
Fat	19.63g
SaturatedFat	7.74g
Trans Fat	0.19g
Cholesterol	50.45mg
Sodium	783.06mg
Carbohydrates	33.15g
Fiber	4.36g
Sugar	1.26g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.55mg	Iron 1.85mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30221
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each	OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.	231771

Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

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	300.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	670.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Turner Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30230
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4 inch whole grain hamburger buns - 30 ct	1 bun		3480
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER BAGS AS WELL. PLACE BAGS IN STEAMER AND HEAT FOR APPROX 35 TO 40 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 160 DEGREES	785850

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	343.00
Fat	14.00g
SaturatedFat	4.85g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	669.00mg
Carbohydrates	3.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 129.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Sandwich Chicken Patty

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22032
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
TOMATO 6X6 LRG 10 MRKN	101 Slice		199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Cup		307769

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.126
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	384.19		
Fat	14.55g		
SaturatedFat	2.51g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	641.19mg		
Carbohydrates	40.90g		
Fiber	6.29g		
Sugar	5.64g		
Protein	20.20g		
Vitamin A	189.30IU	Vitamin C	3.11mg
Calcium	67.37mg	Iron	3.06mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Panini

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-22199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD PANINI SLCD GRLLD 96-1.8Z	1 Serving	2 slices each	898693
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE CHED MLD SLCD .5Z 8-1.25#	2 Slice	READY_TO_EAT Use in your favorite recipes.	679171
EGG PTY RND 4 100-2Z PAP	1 Each		158400

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham and egg patty. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 155 degrees.

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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	8.60		
Fat	0.43g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	4.10mg		
Sodium	18.40mg		
Carbohydrates	0.70g		
Fiber	0.06g		
Sugar	0.08g		
Protein	0.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Ramen Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33972
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to cook. Heat on grill/skillet for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 80oz per bag/160oz per case 2.2oz per serving use #10 scoop	467802
NOODLE CHOW MEIN W/SCE 4-4#	50 Serving		326132
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	40 Cup	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	21956
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup		466425
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.2oz of chicken and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.714
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	221.79
Fat	8.69g
SaturatedFat	1.66g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	973.87mg
Carbohydrates	15.61g
Fiber	1.28g
Sugar	3.41g
Protein	17.88g
Vitamin A 0.00IU	Vitamin C 0.17mg
Calcium 17.14mg	Iron 2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cuban Sandwich

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22031

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 4-2.5 GCHC	5 Pound		818280
PICKLE DILL CHP HAMB 3.5GAL GCHC	8 Ounce		156191
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
MUSTARD DIJON XTRA STRONG 2-11 ROLN	2 Cup	READY_TO_EAT Roland Extra Strong Dijon is ready to use from the tub. It holds up well under heat and can be added to a variety of sauces, marinades, glazes, etc.	661619
HAM SLCD .5Z 4-2.5 GFS	2 Pound		294187

Preparation Instructions

Thaw pulled pork in the refrigerator overnight. Place unopened bag of pork in 4 inch half size steam table pan and place in oven and heat. Open heated bag of pork and drain liquid and fat. Chop and especially large pieces of meat. Cover and hold in hot cabinet until ready to use. CCP: Heat to 135 F or higher. Thaw sub overnight. Assemble sandwiches in the following order:

Spread 1 tbsp. of mustard on the lower half of each bun.

Fold one (1/2 ounce) slice of the ham in half and place on top of the mustard bun. Portion 1 oz of the drained, shredded pork on top of the ham using the number 30 disher or scoop.

Place 1/4 oz. or 4 slices of pickles over the pork.

Place the cheese over top of the pickles.

place the bun on top of the cheese.

Place sandwiches in parchment -lined sheet pan. lightly spray the surface of the buns with release spray. Place a sheet pan on top of the sandwiches. Bake for about 3 to 5 minutes or until the bread is lightly toasted on top and cheese is melted.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.111
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	104.12		
Fat	5.35g		
SaturatedFat	1.27g		
Trans Fat	0.00g		
Cholesterol	41.98mg		
Sodium	830.58mg		
Carbohydrates	1.76g		
Fiber	0.06g		
Sugar	0.14g		
Protein	12.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.75mg	Iron	0.97mg

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Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34001
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	5 Pound		702595
CHEESE PARM GRTD 4-5 PG	1/2 Pound		445401
DRESSING CAESAR 4-1 GAL GFS	2 Cup		818201
CROUTON LRG SEAS 10-2# GCHC	1/2 Pound		748520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.003
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: 40.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	117.47
Fat	7.24g
SaturatedFat	0.81g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	275.24mg
Carbohydrates	13.04g
Fiber	0.06g
Sugar	0.40g
Protein	2.50g
Vitamin A 333.23IU	Vitamin C 0.41mg
Calcium 11.61mg	Iron 0.04mg

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Nutrition - Per 100g

No 100g Conversion Available

Sub sandwich Ham or Turkey

Servings:	50.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	2 Slice		271411
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 4 slices of ham or turkey and 2 slices of cheese on each hoagie bun

If sandwiches or wraps are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.050
Grain	0.040
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	6.20		
Fat	0.26g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.90mg		
Sodium	21.80mg		
Carbohydrates	0.64g		
Fiber	0.04g		
Sugar	0.12g		
Protein	0.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.72mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33967
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/2 Cup		812821
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GCHC	1/2 Cup		244630

Preparation Instructions

Layer ingredients in the following order: fruit* on bottom, yogurt, then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

*May use any kind of fruit(s) available.

**Allergens: Milk, Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.985
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.56
Fat	3.36g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	190.30mg
Carbohydrates	87.59g
Fiber	4.49g
Sugar	49.77g
Protein	11.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.66mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Monte Cristo

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	2 Each		646262
CHEESE AMER 160CT SLCD R/F 6-5 SCHLC	1 Slice		724570
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	1 Slice		311405
HAM SLCD .5Z 4-2.5 GFS	1 Slice		294187
TURKEY BRST DELI SHVD FRSH 6-2 GFS	1 Ounce		779170

Preparation Instructions

Lay one piece of french toast on sheet pan and layer with swiss cheese, turkey, ham, and american cheese. Then place second slice of french toast on top. Place in oven and slowly bring to temperature. Hot hold until time of 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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	11.35		
Fat	0.50g		
SaturatedFat	0.18g		
Trans Fat	0.00g		
Cholesterol	5.20mg		
Sodium	25.20mg		
Carbohydrates	1.13g		
Fiber	0.08g		
Sugar	0.50g		
Protein	0.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.17mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cavatini

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33969
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 Tablespoon		645182
ONION RED DCD 1/4 2-5 RSS	1 Pound	Chopped	429201
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	UNPREPARED	100158
SAUCE SPAGHETTI 6-10 P/L	2 1/2 #10 CAN	READY_TO_EAT None	744520
SEASONING SPAGHETTI ITAL 12Z TRDE	1/3 Cup		413453
SPICE GARLIC GRANULATED 24Z TRDE	1/3 Cup		513881
ONION DEHY SUPER TOPPER 6-2 P/L	1/3 Cup		223255
PEPPERONI SLCD 14-16/Z 2-5 GCHC	1 Pound	Divided	729981
Tap Water for Recipes	3 Gallon	UNPREPARED	000001WTR
PASTA PENNE RIGATE 2-10 KE	6 1/2 Pound		635501
CHEESE MOZZ SHRD 4-5 LOL	4 Pound		645170
CHEESE PARM GRTD 12-1 PG	2 Cup		164259
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon		565164
SPICE PARSLEY FLAKES 11Z TRDE	2 Tablespoon		513989

Preparation Instructions

1. Sautee onions in oil until translucent.
2. Add ground beef and cook until done and at least 165 F. Drain.
3. Add tomato sauce, Italian seasoning, garlic, pepper, salt, sugar, oregano, and dehydrated onions.
4. Chop half of pepperoni (8 oz.) and add to mixture.

5. Mix well. Heat for 5-10 minutes over low heat, or until temp reaches 165 F. Proceed immediately or cover and hold in warmer.
 6. Bring water to boil in stockpot on stoveop.
 7. Boil noodles 8 minutes, or until al dente. DO NOT OVERCOOK.
 8. Drain noodles and evenly divide into 4--- 2" full size steamtable pan coated with cooking spray.
- For 6.5 lbs noodles, use 4 pans (80 servings)
 For 3.25 lbs noodles, use 2 pans (40 servings)
10. Pour 7 cups spaghetti sauce mixture over each 2" full size steamtable pan of noodles. Stir to coat.
 11. Top with 1 lb mozzarella, 1/2 cup parmesan cheese, and .5 Tbsp garlic herb seasoning per pan.
 12. Place 2 oz pepperoni (approximately 30 pepperoni) evenly on top of each pan.
 13. Bake 15 minutes, or just until cheese is melted and heated through.
 14. Top evenly with .5 tbsp parsley per pan.
 15. Cut 4X5 per pan. Serve with 8 oz spoodle or spatula.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	625.05
Fat	19.21g
SaturatedFat	6.93g
Trans Fat	1.49g
Cholesterol	17.62mg
Sodium	475.50mg
Carbohydrates	87.82g
Fiber	5.21g
Sugar	11.05g
Protein	31.34g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 199.34mg	Iron 4.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Middle & High School

Created by HPS Menu Planner

Table of Contents

Build your own Sub Sandwich

Yogurt and Granola Parfait

Nachos with Ground Beef

Sandwich Chicken Patty

Breakfast Sandwich

Beef Taco

Monte Cristo

Chicken and Biscuit Breakfast Sandwich

Teriyaki Chicken Bowl w/ stir fry veggies

Assorted Cereal

Breakfast Panini

Chicken Ramen Bowl

Cuban Sandwich

Caesar Salad

Sub sandwich Ham or Turkey

Cheese Quesadilla

Walking Taco

Turner Burger

Yogurt Parfait

Cavatini

Build your own Sub Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22182
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
HAM SLCD .5Z 4-2.5 GFS	3 Slice		294187
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE CHED SLCD 8-1.5# BONGARDS	1 Slice		534040
CHEESE SWS SLCD .75Z 8-1.5# BONGARDS	1 Slice		536910
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Ounce		451730
TOMATO SLCD 1/4 5 RSS	1 Each		786535
PICKLE DILL SAND STRIP 5GAL GIEL	1 Each		760854

Preparation Instructions

Prep items for a build your own sub sandwich bar.

Meal Components (SLE)

Amount Per Serving

Meat	0.072
Grain	2.320
Fruit	0.000
GreenVeg	0.003
RedVeg	0.020
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	9.18		
Fat	0.41g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	1.55mg		
Sodium	22.48mg		
Carbohydrates	0.78g		
Fiber	0.08g		
Sugar	0.20g		
Protein	0.66g		
Vitamin A	29.99IU	Vitamin C	0.49mg
Calcium	8.50mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt and Granola Parfait

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce		811500
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup		621420
PEACH DCD 3/8 IQF 2-5 DOLE	1/2 Cup		192151
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873

Preparation Instructions

Directions:

1. Parfaits can be assembled prior to meal service or ingredients can be offered individually on the meal line. Allowing students to build their own parfait.

CCP: Hold for cold service at 41° F or lower.

Notes:

1: Equipment (if not specified in procedures above):

Meal Components (SLE)

Amount Per Serving

Meat	0.015
Grain	0.010
Fruit	0.025
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	4.22		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.04mg		
Sodium	1.55mg		
Carbohydrates	0.88g		
Fiber	0.09g		
Sugar	0.52g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.34mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos with Ground Beef

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	9 Pound		722330
SAUCE CHS QUESO WHT 6- 60Z GEHL	1 Ounce		860200
TOMATO ROMA DCD 3/8 2- 5 RSS	1 Ounce		786543
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	3 Tablespoon		242489
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
SOUR CREAM PKT 400-1Z GCHC	1 5/9 Gallon		746283
CHILIES GREEN DCD 12- 26Z ORTG	3/4 Cup		131460
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	6 1/4 Pound	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Directions:

Cook meat according to directions on the box. CCP: Heat to 155° F or higher for at least 15 seconds.

Pan tortilla chips in a nice array in a paper boat.

Pan toppings for students to build their own nacho boat. Place meat and cheese on top of nachos and have container of sour cream, salsa, green chilies, and taco sauce for the students to top their nachos with.

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately cup) tortilla chips.

Notes:

1: Comments: *See Marketing Guide.

2: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and

3: Seasoning Mixes) may be used to

4: replace these ingredients. For

5: 50 servings, use ¼ cup 1 ½ tsp

6: Mexican Seasoning Mix. For 100

7: servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

8: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE)

Amount Per Serving

Meat	0.909
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.005
OtherVeg	0.001
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	193.45
Fat	8.28g
SaturatedFat	1.88g
Trans Fat	0.13g
Cholesterol	15.78mg
Sodium	259.79mg
Carbohydrates	22.47g
Fiber	2.93g
Sugar	1.00g
Protein	7.84g
Vitamin A 0.45IU	Vitamin C 0.00mg
Calcium 54.01mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Chicken Patty

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22032
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
TOMATO 6X6 LRG 10 MRKN	101 Slice		199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Cup		307769

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.126
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	384.19		
Fat	14.55g		
SaturatedFat	2.51g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	641.19mg		
Carbohydrates	40.90g		
Fiber	6.29g		
Sugar	5.64g		
Protein	20.20g		
Vitamin A	189.30IU	Vitamin C	3.11mg
Calcium	67.37mg	Iron	3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22183

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Slice	BAKE Fully cooked. Simply heat and serve.	433608
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG SCRMBD PTY 3.5 165- 1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4- 5 GCHC	1 Slice		272744
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	BAKE	277722
100% Whole Wheat English Muffins	1 muffin		9528

Preparation Instructions

Heat egg, bacon, and sausage according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then ,meats, and egg. As student come in line for breakfast let them choose the components of their breakfast sandwich.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	715.00
Fat	43.00g
SaturatedFat	14.75g
Trans Fat	0.00g
Cholesterol	167.50mg
Sodium	1165.01mg
Carbohydrates	53.50g
Fiber	2.00g
Sugar	5.50g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.50mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22367
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	101.80
Fat	2.40g
SaturatedFat	1.30g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	197.33mg
Carbohydrates	14.00g
Fiber	1.59g
Sugar	2.33g
Protein	3.39g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.66mg	Iron 0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Monte Cristo

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	2 Each		646262
CHEESE AMER 160CT SLCD R/F 6-5 SCHLC	1 Slice		724570
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	1 Slice		311405
HAM SLCD .5Z 4-2.5 GFS	1 Slice		294187
TURKEY BRST DELI SHVD FRSH 6-2 GFS	1 Ounce		779170

Preparation Instructions

Lay one piece of french toast on sheet pan and layer with swiss cheese, turkey, ham, and american cheese. Then place second slice of french toast on top. Place in oven and slowly bring to temperature. Hot hold until time of 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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	11.35		
Fat	0.50g		
SaturatedFat	0.18g		
Trans Fat	0.00g		
Cholesterol	5.20mg		
Sodium	25.20mg		
Carbohydrates	1.13g		
Fiber	0.08g		
Sugar	0.50g		
Protein	0.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.17mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Biscuit Breakfast Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22192

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CNTRY 10 PRCE	1 Each	DEEP_FRY FROM FROZEN: DEEP FRY FOR 3-3 1 2 MINUTES AT 350F.	821101
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE AMER 160CT SLCD R/F 6-5 SCHLC	1 Slice		724570

Preparation Instructions

Bake chicken and biscuit according to direction. Once items are to proper temperature lay out in steam table pan for service. Assemble chicken in between the biscuits. Have a cheese tray available for students to put a slice a cheese on their sandwich.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	5.11		
Fat	0.22g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.44mg		
Sodium	14.33mg		
Carbohydrates	0.57g		
Fiber	0.06g		
Sugar	0.06g		
Protein	0.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.21mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken Bowl w/ stir fry veggies

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22366
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	3 Ounce		890911
VEG BLND STIR FRY 12-2 GCHC	1/2 Cup		440884
NOODLE LO MEIN 4-5 AMOY	1/2 Cup	BLANCH Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad	529110

Preparation Instructions

Prepare ingredients according to directions. You may need to add extra teriyaki sauce. Serve in bowl.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	362.37
Fat	7.26g
SaturatedFat	1.55g
Trans Fat	0.00g
Cholesterol	68.42mg
Sodium	551.14mg
Carbohydrates	48.37g
Fiber	2.33g
Sugar	9.20g
Protein	26.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.53mg	Iron 1.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.833
Fruit	0.167
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	243.33
Fat	4.25g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.67mg
Carbohydrates	50.00g
Fiber	3.50g
Sugar	17.83g
Protein	3.33g
Vitamin A 558.33IU	Vitamin C 46.90mg
Calcium 121.83mg	Iron 5.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Panini

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-22199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD PANINI SLCD GRLLD 96-1.8Z	1 Serving	2 slices each	898693
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE CHED MLD SLCD .5Z 8-1.25#	2 Slice	READY_TO_EAT Use in your favorite recipes.	679171
EGG PTY RND 4 100-2Z PAP	1 Each		158400

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham and egg patty. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 155 degrees.

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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	8.60		
Fat	0.43g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	4.10mg		
Sodium	18.40mg		
Carbohydrates	0.70g		
Fiber	0.06g		
Sugar	0.08g		
Protein	0.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Ramen Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33972
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to cook. Heat on grill/skillet for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 80oz per bag/160oz per case 2.2oz per serving use #10 scoop	467802
NOODLE CHOW MEIN W/SCE 4-4#	50 Serving		326132
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	40 Cup	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	21956
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup		466425
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.2oz of chicken and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.714
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	221.79
Fat	8.69g
SaturatedFat	1.66g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	973.87mg
Carbohydrates	15.61g
Fiber	1.28g
Sugar	3.41g
Protein	17.88g
Vitamin A 0.00IU	Vitamin C 0.17mg
Calcium 17.14mg	Iron 2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cuban Sandwich

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22031

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 4-2.5 GCHC	5 Pound		818280
PICKLE DILL CHP HAMB 3.5GAL GCHC	8 Ounce		156191
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
MUSTARD DIJON XTRA STRONG 2-11 ROLN	2 Cup	READY_TO_EAT Roland Extra Strong Dijon is ready to use from the tub. It holds up well under heat and can be added to a variety of sauces, marinades, glazes, etc.	661619
HAM SLCD .5Z 4-2.5 GFS	2 Pound		294187

Preparation Instructions

Thaw pulled pork in the refrigerator overnight. Place unopened bag of pork in 4 inch half size steam table pan and place in oven and heat. Open heated bag of pork and drain liquid and fat. Chop and especially large pieces of meat. Cover and hold in hot cabinet until ready to use. CCP: Heat to 135 F or higher. Thaw sub overnight. Assemble sandwiches in the following order:

Spread 1 tbsp. of mustard on the lower half of each bun.

Fold one (1/2 ounce) slice of the ham in half and place on top of the mustard bun. Portion 1 oz of the drained, shredded pork on top of the ham using the number 30 disher or scoop.

Place 1/4 oz. or 4 slices of pickles over the pork.

Place the cheese over top of the pickles.

place the bun on top of the cheese.

Place sandwiches in parchment -lined sheet pan. lightly spray the surface of the buns with release spray. Place a sheet pan on top of the sandwiches. Bake for about 3 to 5 minutes or until the bread is lightly toasted on top and cheese is melted.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.111
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	104.12		
Fat	5.35g		
SaturatedFat	1.27g		
Trans Fat	0.00g		
Cholesterol	41.98mg		
Sodium	830.58mg		
Carbohydrates	1.76g		
Fiber	0.06g		
Sugar	0.14g		
Protein	12.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.75mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34001
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	5 Pound		702595
CHEESE PARM GRTD 4-5 PG	1/2 Pound		445401
DRESSING CAESAR 4-1 GAL GFS	2 Cup		818201
CROUTON LRG SEAS 10-2# GCHC	1/2 Pound		748520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.003
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: 40.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	117.47
Fat	7.24g
SaturatedFat	0.81g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	275.24mg
Carbohydrates	13.04g
Fiber	0.06g
Sugar	0.40g
Protein	2.50g
Vitamin A 333.23IU	Vitamin C 0.41mg
Calcium 11.61mg	Iron 0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub sandwich Ham or Turkey

Servings:	50.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	2 Slice		271411
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 4 slices of ham or turkey and 2 slices of cheese on each hoagie bun

If sandwiches or wraps are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.050
Grain	0.040
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	6.20		
Fat	0.26g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.90mg		
Sodium	21.80mg		
Carbohydrates	0.64g		
Fiber	0.04g		
Sugar	0.12g		
Protein	0.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.72mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30221
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each	OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.	231771

Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

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	300.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	670.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.90mg

*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 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30219
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.260
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	392.96
Fat	19.63g
SaturatedFat	7.74g
Trans Fat	0.19g
Cholesterol	50.45mg
Sodium	783.06mg
Carbohydrates	33.15g
Fiber	4.36g
Sugar	1.26g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.55mg	Iron 1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turner Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30230
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4 inch whole grain hamburger buns - 30 ct	1 bun		3480
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER BAGS AS WELL. PLACE BAGS IN STEAMER AND HEAT FOR APPROX 35 TO 40 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 160 DEGREES	785850

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	343.00
Fat	14.00g
SaturatedFat	4.85g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	669.00mg
Carbohydrates	3.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 129.00mg	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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33967
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/2 Cup		812821
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GCHC	1/2 Cup		244630

Preparation Instructions

Layer ingredients in the following order: fruit* on bottom, yogurt, then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

*May use any kind of fruit(s) available.

**Allergens: Milk, Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.985
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.56
Fat	3.36g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	190.30mg
Carbohydrates	87.59g
Fiber	4.49g
Sugar	49.77g
Protein	11.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.66mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cavatini

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33969
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 Tablespoon		645182
ONION RED DCD 1/4 2-5 RSS	1 Pound	Chopped	429201
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	UNPREPARED	100158
SAUCE SPAGHETTI 6-10 P/L	2 1/2 #10 CAN	READY_TO_EAT None	744520
SEASONING SPAGHETTI ITAL 12Z TRDE	1/3 Cup		413453
SPICE GARLIC GRANULATED 24Z TRDE	1/3 Cup		513881
ONION DEHY SUPER TOPPER 6-2 P/L	1/3 Cup		223255
PEPPERONI SLCD 14-16/Z 2-5 GCHC	1 Pound	Divided	729981
Tap Water for Recipes	3 Gallon	UNPREPARED	000001WTR
PASTA PENNE RIGATE 2-10 KE	6 1/2 Pound		635501
CHEESE MOZZ SHRD 4-5 LOL	4 Pound		645170
CHEESE PARM GRTD 12-1 PG	2 Cup		164259
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon		565164
SPICE PARSLEY FLAKES 11Z TRDE	2 Tablespoon		513989

Preparation Instructions

1. Sautee onions in oil until translucent.
2. Add ground beef and cook until done and at least 165 F. Drain.
3. Add tomato sauce, Italian seasoning, garlic, pepper, salt, sugar, oregano, and dehydrated onions.
4. Chop half of pepperoni (8 oz.) and add to mixture.

5. Mix well. Heat for 5-10 minutes over low heat, or until temp reaches 165 F. Proceed immediately or cover and hold in warmer.
 6. Bring water to boil in stockpot on stoveop.
 7. Boil noodles 8 minutes, or until al dente. DO NOT OVERCOOK.
 8. Drain noodles and evenly divide into 4--- 2" full size steamtable pan coated with cooking spray.
- For 6.5 lbs noodles, use 4 pans (80 servings)
 For 3.25 lbs noodles, use 2 pans (40 servings)
10. Pour 7 cups spaghetti sauce mixture over each 2" full size steamtable pan of noodles. Stir to coat.
 11. Top with 1 lb mozzarella, 1/2 cup parmesan cheese, and .5 Tbsp garlic herb seasoning per pan.
 12. Place 2 oz pepperoni (approximately 30 pepperoni) evenly on top of each pan.
 13. Bake 15 minutes, or just until cheese is melted and heated through.
 14. Top evenly with .5 tbsp parsley per pan.
 15. Cut 4X5 per pan. Serve with 8 oz spoodle or spatula.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	625.05
Fat	19.21g
SaturatedFat	6.93g
Trans Fat	1.49g
Cholesterol	17.62mg
Sodium	475.50mg
Carbohydrates	87.82g
Fiber	5.21g
Sugar	11.05g
Protein	31.34g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 199.34mg	Iron 4.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Powers

Created by HPS Menu Planner

Table of Contents

Breakfast Sandwich

Assorted Cereal

Breakfast Panini

Chicken Ramen Bowl

Cuban Sandwich

Caesar Salad

Sub sandwich Ham or Turkey

Chicken and Biscuit Breakfast Sandwich

Beef Taco

Cheese Quesadilla

Walking Taco

Sandwich Chicken Patty

Turner Burger

Yogurt Parfait

Monte Cristo

Cavatini

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22183

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Slice	BAKE Fully cooked. Simply heat and serve.	433608
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG SCRMBD PTY 3.5 165- 1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4- 5 GCHC	1 Slice		272744
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	BAKE	277722
100% Whole Wheat English Muffins	1 muffin		9528

Preparation Instructions

Heat egg, bacon, and sausage according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then ,meats, and egg. As student come in line for breakfast let them choose the components of their breakfast sandwich.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	715.00
Fat	43.00g
SaturatedFat	14.75g
Trans Fat	0.00g
Cholesterol	167.50mg
Sodium	1165.01mg
Carbohydrates	53.50g
Fiber	2.00g
Sugar	5.50g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.50mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.833
Fruit	0.167
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	243.33
Fat	4.25g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.67mg
Carbohydrates	50.00g
Fiber	3.50g
Sugar	17.83g
Protein	3.33g
Vitamin A 558.33IU	Vitamin C 46.90mg
Calcium 121.83mg	Iron 5.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Panini

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-22199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD PANINI SLCD GRLLD 96-1.8Z	1 Serving	2 slices each	898693
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE CHED MLD SLCD .5Z 8-1.25#	2 Slice	READY_TO_EAT Use in your favorite recipes.	679171
EGG PTY RND 4 100-2Z PAP	1 Each		158400

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham and egg patty. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 155 degrees.

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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		8.60	
Fat		0.43g	
SaturatedFat		0.17g	
Trans Fat		0.00g	
Cholesterol		4.10mg	
Sodium		18.40mg	
Carbohydrates		0.70g	
Fiber		0.06g	
Sugar		0.08g	
Protein		0.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Ramen Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33972
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to cook. Heat on grill/skillet for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 80oz per bag/160oz per case 2.2oz per serving use #10 scoop	467802
NOODLE CHOW MEIN W/SCE 4-4#	50 Serving		326132
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	40 Cup	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	21956
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup		466425
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.2oz of chicken and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.714
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	221.79
Fat	8.69g
SaturatedFat	1.66g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	973.87mg
Carbohydrates	15.61g
Fiber	1.28g
Sugar	3.41g
Protein	17.88g
Vitamin A 0.00IU	Vitamin C 0.17mg
Calcium 17.14mg	Iron 2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cuban Sandwich

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22031

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 4-2.5 GCHC	5 Pound		818280
PICKLE DILL CHP HAMB 3.5GAL GCHC	8 Ounce		156191
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
MUSTARD DIJON XTRA STRONG 2-11 ROLN	2 Cup	READY_TO_EAT Roland Extra Strong Dijon is ready to use from the tub. It holds up well under heat and can be added to a variety of sauces, marinades, glazes, etc.	661619
HAM SLCD .5Z 4-2.5 GFS	2 Pound		294187

Preparation Instructions

Thaw pulled pork in the refrigerator overnight. Place unopened bag of pork in 4 inch half size steam table pan and place in oven and heat. Open heated bag of pork and drain liquid and fat. Chop and especially large pieces of meat. Cover and hold in hot cabinet until ready to use. CCP: Heat to 135 F or higher. Thaw sub overnight. Assemble sandwiches in the following order:

Spread 1 tbsp. of mustard on the lower half of each bun.

Fold one (1/2 ounce) slice of the ham in half and place on top of the mustard bun. Portion 1 oz of the drained, shredded pork on top of the ham using the number 30 disher or scoop.

Place 1/4 oz. or 4 slices of pickles over the pork.

Place the cheese over top of the pickles.

place the bun on top of the cheese.

Place sandwiches in parchment -lined sheet pan. lightly spray the surface of the buns with release spray. Place a sheet pan on top of the sandwiches. Bake for about 3 to 5 minutes or until the bread is lightly toasted on top and cheese is melted.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.111
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	104.12		
Fat	5.35g		
SaturatedFat	1.27g		
Trans Fat	0.00g		
Cholesterol	41.98mg		
Sodium	830.58mg		
Carbohydrates	1.76g		
Fiber	0.06g		
Sugar	0.14g		
Protein	12.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.75mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34001
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	5 Pound		702595
CHEESE PARM GRTD 4-5 PG	1/2 Pound		445401
DRESSING CAESAR 4-1 GAL GFS	2 Cup		818201
CROUTON LRG SEAS 10-2# GCHC	1/2 Pound		748520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.003
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: 40.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	117.47
Fat	7.24g
SaturatedFat	0.81g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	275.24mg
Carbohydrates	13.04g
Fiber	0.06g
Sugar	0.40g
Protein	2.50g
Vitamin A 333.23IU	Vitamin C 0.41mg
Calcium 11.61mg	Iron 0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub sandwich Ham or Turkey

Servings:	50.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	2 Slice		271411
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 4 slices of ham or turkey and 2 slices of cheese on each hoagie bun

If sandwiches or wraps are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.050
Grain	0.040
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	6.20		
Fat	0.26g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.90mg		
Sodium	21.80mg		
Carbohydrates	0.64g		
Fiber	0.04g		
Sugar	0.12g		
Protein	0.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.72mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Biscuit Breakfast Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22192

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CNTRY 10 PRCE	1 Each	DEEP_FRY FROM FROZEN: DEEP FRY FOR 3-3 1 2 MINUTES AT 350F.	821101
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE AMER 160CT SLCD R/F 6-5 SCHLC	1 Slice		724570

Preparation Instructions

Bake chicken and biscuit according to direction. Once items are to proper temperature lay out in steam table pan for service. Assemble chicken in between the biscuits. Have a cheese tray available for students to put a slice a cheese on their sandwich.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	5.11		
Fat	0.22g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.44mg		
Sodium	14.33mg		
Carbohydrates	0.57g		
Fiber	0.06g		
Sugar	0.06g		
Protein	0.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.21mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22367
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	101.80		
Fat	2.40g		
SaturatedFat	1.30g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	197.33mg		
Carbohydrates	14.00g		
Fiber	1.59g		
Sugar	2.33g		
Protein	3.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.66mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30221
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each	OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.	231771

Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

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	300.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	670.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.90mg

*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 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30219
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.260
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	392.96
Fat	19.63g
SaturatedFat	7.74g
Trans Fat	0.19g
Cholesterol	50.45mg
Sodium	783.06mg
Carbohydrates	33.15g
Fiber	4.36g
Sugar	1.26g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.55mg	Iron 1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Chicken Patty

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22032
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
TOMATO 6X6 LRG 10 MRKN	101 Slice		199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Cup		307769

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.126
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	384.19		
Fat	14.55g		
SaturatedFat	2.51g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	641.19mg		
Carbohydrates	40.90g		
Fiber	6.29g		
Sugar	5.64g		
Protein	20.20g		
Vitamin A	189.30IU	Vitamin C	3.11mg
Calcium	67.37mg	Iron	3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turner Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30230
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4 inch whole grain hamburger buns - 30 ct	1 bun		3480
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER BAGS AS WELL. PLACE BAGS IN STEAMER AND HEAT FOR APPROX 35 TO 40 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 160 DEGREES	785850

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	343.00
Fat	14.00g
SaturatedFat	4.85g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	669.00mg
Carbohydrates	3.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 129.00mg	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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33967
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/2 Cup		812821
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GCHC	1/2 Cup		244630

Preparation Instructions

Layer ingredients in the following order: fruit* on bottom, yogurt, then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

*May use any kind of fruit(s) available.

**Allergens: Milk, Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.985
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.56
Fat	3.36g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	190.30mg
Carbohydrates	87.59g
Fiber	4.49g
Sugar	49.77g
Protein	11.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.66mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Monte Cristo

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	2 Each		646262
CHEESE AMER 160CT SLCD R/F 6-5 SCHLC	1 Slice		724570
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	1 Slice		311405
HAM SLCD .5Z 4-2.5 GFS	1 Slice		294187
TURKEY BRST DELI SHVD FRSH 6-2 GFS	1 Ounce		779170

Preparation Instructions

Lay one piece of french toast on sheet pan and layer with swiss cheese, turkey, ham, and american cheese. Then place second slice of french toast on top. Place in oven and slowly bring to temperature. Hot hold until time of 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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	11.35		
Fat	0.50g		
SaturatedFat	0.18g		
Trans Fat	0.00g		
Cholesterol	5.20mg		
Sodium	25.20mg		
Carbohydrates	1.13g		
Fiber	0.08g		
Sugar	0.50g		
Protein	0.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.17mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cavatini

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33969
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 Tablespoon		645182
ONION RED DCD 1/4 2-5 RSS	1 Pound	Chopped	429201
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	UNPREPARED	100158
SAUCE SPAGHETTI 6-10 P/L	2 1/2 #10 CAN	READY_TO_EAT None	744520
SEASONING SPAGHETTI ITAL 12Z TRDE	1/3 Cup		413453
SPICE GARLIC GRANULATED 24Z TRDE	1/3 Cup		513881
ONION DEHY SUPER TOPPER 6-2 P/L	1/3 Cup		223255
PEPPERONI SLCD 14-16/Z 2-5 GCHC	1 Pound	Divided	729981
Tap Water for Recipes	3 Gallon	UNPREPARED	000001WTR
PASTA PENNE RIGATE 2-10 KE	6 1/2 Pound		635501
CHEESE MOZZ SHRD 4-5 LOL	4 Pound		645170
CHEESE PARM GRTD 12-1 PG	2 Cup		164259
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon		565164
SPICE PARSLEY FLAKES 11Z TRDE	2 Tablespoon		513989

Preparation Instructions

1. Sautee onions in oil until translucent.
2. Add ground beef and cook until done and at least 165 F. Drain.
3. Add tomato sauce, Italian seasoning, garlic, pepper, salt, sugar, oregano, and dehydrated onions.
4. Chop half of pepperoni (8 oz.) and add to mixture.

5. Mix well. Heat for 5-10 minutes over low heat, or until temp reaches 165 F. Proceed immediately or cover and hold in warmer.
 6. Bring water to boil in stockpot on stoveop.
 7. Boil noodles 8 minutes, or until al dente. DO NOT OVERCOOK.
 8. Drain noodles and evenly divide into 4--- 2" full size steamtable pan coated with cooking spray.
- For 6.5 lbs noodles, use 4 pans (80 servings)
 For 3.25 lbs noodles, use 2 pans (40 servings)
10. Pour 7 cups spaghetti sauce mixture over each 2" full size steamtable pan of noodles. Stir to coat.
 11. Top with 1 lb mozzarella, 1/2 cup parmesan cheese, and .5 Tbsp garlic herb seasoning per pan.
 12. Place 2 oz pepperoni (approximately 30 pepperoni) evenly on top of each pan.
 13. Bake 15 minutes, or just until cheese is melted and heated through.
 14. Top evenly with .5 tbsp parsley per pan.
 15. Cut 4X5 per pan. Serve with 8 oz spoodle or spatula.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	625.05
Fat	19.21g
SaturatedFat	6.93g
Trans Fat	1.49g
Cholesterol	17.62mg
Sodium	475.50mg
Carbohydrates	87.82g
Fiber	5.21g
Sugar	11.05g
Protein	31.34g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 199.34mg	Iron 4.07mg

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

Nutrition - Per 100g

No 100g Conversion Available