

Cookbook for Northwood High School

Created by HPS Menu Planner

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Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19539
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370

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	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad Base-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19623
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Ounce	451730
EGG HRD CKD DCD IQF 4-5 GCHC	4/5 Ounce	192198
CUCUMBER SELECT 24CT MRKN	1 Ounce	418439
TOMATO ROMA LRG 25 MRKN	6/7 Ounce	462551

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.907
Grain	0.000
Fruit	0.000
GreenVeg	0.022
RedVeg	0.134
OtherVeg	0.545
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	45.08		
Fat	2.37g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	83.87mg		
Sodium	28.95mg		
Carbohydrates	2.53g		
Fiber	0.48g		
Sugar	1.69g		
Protein	3.12g		
Vitamin A	230.50IU	Vitamin C	4.10mg
Calcium	18.63mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19555
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	8 Quart	732451
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	21.70		
Fat	0.84g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	15.00mg		
Carbohydrates	3.00g		
Fiber	1.20g		
Sugar	1.00g		
Protein	1.30g		
Vitamin A	283.47IU	Vitamin C	40.59mg
Calcium	21.57mg	Iron	0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Croutons-Northwood High

Servings:	1.00	Category:	Grain
Serving Size:	1.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19622
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Aunt Millie's Homestyle Whole Grain Honey White	2 Slice	380
PAN COAT SPRAY 6-21Z VEGLN	3/4 Gram	187542

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.60 Ounce

Amount Per Serving			
Calories	180.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	396.83		
Fat	4.41g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	705.48mg		
Carbohydrates	74.96g		
Fiber	8.82g		
Sugar	13.23g		
Protein	13.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Chicken & Noodles

Servings:	280.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20937
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	18 Gallon	000001WTR
BASE CHIX 25 KE	4 Pound	160821
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405
PASTA NOODL KLUSKI 1/8 2-5 GCHC	26 Pound	270385
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	45 Pound	570533

Preparation Instructions

Heat water and chicken base in large steam kettle. Bring to boil. Add noodles and butter. Cook on low heat till noodles are tender. Add yellow food color if desired. Add chicken and heat to 160 degrees.

Serve 6 oz or 3/4 cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 280.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	286.69
Fat	7.43g
SaturatedFat	2.46g
Trans Fat	0.00g
Cholesterol	84.00mg
Sodium	130.27mg
Carbohydrates	30.63g
Fiber	1.49g
Sugar	1.49g
Protein	21.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 15.20mg	Iron 1.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19604

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
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	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	380.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	590.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Mashed Potatoes

Servings:	320.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14800
School:	Nappanee Elementary		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS CNTRY STYL 12-30.7Z BAMER	8 Package	325406
Tap Water for Recipes	8 Gallon	000001WTR

Preparation Instructions

Use 6-4B PANS:

In each 4-B pan put: 2 gallons heated water and 2 bags Potato Pearls (stir into water)

Serve with #8 dipper for all

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.59		
Fat	0.81g		
SaturatedFat	0.40g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	322.35mg		
Carbohydrates	16.12g		
Fiber	1.61g		
Sugar	0.81g		
Protein	1.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.06mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19596

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	8 Quart	100348
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	73.25		
Fat	1.69g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	1.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.19mg	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

Ravioli-Northwood High

Servings:	24.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19602

Ingredients

Description	Measurement	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	72 Each	232950
SAUCE MARINARA A/P 6-10 REDPK	1/2 #10 CAN	592714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	3.283
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	418.84
Fat	11.07g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	2066.93mg
Carbohydrates	59.01g
Fiber	10.75g
Sugar	23.88g
Protein	23.75g
Vitamin A 200.00IU	Vitamin C 6.00mg
Calcium 291.91mg	Iron 5.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pulled Pork Sandwich- High School

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31039
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Pulled Pork	40 Pound	110730*
SAUCE BBQ 4-1GAL SWTBRAY	3 1/2 Gallon	655937
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	150 Each	266546

Preparation Instructions

Place 2-5 LB (or 10 lbs) packages of pulled pork in a 4B pan. You'll need 4-4B pans for recipe. Bake meat first at 325 degrees for 25 to 30 minutes. Drain juice (if there is any). Then add 14 cups of Sweet Baby Rays BBQ Sauce to each pan. Put back in oven for 20 to 25 minutes or until temperature reaches 160 degrees. Use a #6 Scoop to serve.

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: 150.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	555.13
Fat	12.67g
SaturatedFat	4.77g
Trans Fat	0.00g
Cholesterol	76.80mg
Sodium	1536.24mg
Carbohydrates	78.71g
Fiber	3.00g
Sugar	54.72g
Protein	28.47g
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

Green Beans-Northwood High

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19564
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	273856
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	27.11
Fat	0.61g
SaturatedFat	0.39g
Trans Fat	0.00g
Cholesterol	1.67mg
Sodium	237.11mg
Carbohydrates	3.23g
Fiber	2.16g
Sugar	1.08g
Protein	1.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.96mg	Iron 0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Bacon Club Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21257
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	2 6/7 Ounce	110554
BACON CKD 3-100CT FAST N EASY	1 Slice	125141
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	2 Slice	231053
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
TOMATO 6X6 LRG 10 MRKN	2 Slice	199001

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	365.35		
Fat	10.10g		
SaturatedFat	2.03g		
Trans Fat	0.00g		
Cholesterol	56.00mg		
Sodium	1024.83mg		
Carbohydrates	43.92g		
Fiber	4.72g		
Sugar	5.33g		
Protein	27.48g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	130.83mg	Iron	2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28150
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	516371

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg and Cheese Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21255
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Egg Patty	1 Each	110931
SAUSAGE PTY CKD CN 1.5Z 10 JDF	1 Each	466891
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	462.70		
Fat	32.90g		
SaturatedFat	13.50g		
Trans Fat	0.07g		
Cholesterol	164.50mg		
Sodium	911.20mg		
Carbohydrates	26.00g		
Fiber	2.60g		
Sugar	2.50g		
Protein	15.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.58mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub-Northwood High

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19590
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	320 Each	785860
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 #10 CAN	852759
SAUCE PIZZA 6-10 REDPK	1/2 #10 CAN	502141
CHEESE MOZZ SHRD 4-5 LOL	2 1/2 Pound	645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	80 Each	276142

Preparation Instructions

4 meatballs with 2 Tablespoons of Mozzarella Cheese per sandwich

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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	376.43
Fat	14.66g
SaturatedFat	5.75g
Trans Fat	0.60g
Cholesterol	43.50mg
Sodium	609.33mg
Carbohydrates	38.77g
Fiber	3.88g
Sugar	8.57g
Protein	21.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 225.89mg	Iron 3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta Salad-Northwood High

Servings:	60.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19586

Ingredients

Description	Measurement	DistPart #
PASTA PENNE RIGATE 51 WGRAIN 2-10	3 Pound	221482
CUCUMBER SELECT 24CT MRKN	2 Each	418439
PEPPERS GREEN LRG 5 MRKN	2 Each	592315
ONION RED JUMBO 10 MRKN	1 Cup	596973
CARROT BABY WHL CLEANED 12-2 RSS	1 Cup	510637
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Cup	324531
TOMATO ROMA LRG 25 MRKN	12 Each	462551
DRESSING ITAL CLSC 4-1GAL PMLL	5 Cup	726044
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup	629640
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon	513857
SEASONING SPAGHETTI ITAL 12Z TRDE	1 Tablespoon	413453
SALT IODIZED 25 CARG	2 Teaspoon	108286
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon	225037

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	159.90		
Fat	8.78g		
SaturatedFat	1.41g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	322.92mg		
Carbohydrates	19.32g		
Fiber	2.02g		
Sugar	3.33g		
Protein	3.01g		
Vitamin A	574.85IU	Vitamin C	6.31mg
Calcium	15.32mg	Iron	1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19594

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
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	3.250
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	390.00
Fat	18.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	510.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	26.00g
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

Tenderloin Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19603

Ingredients

Description	Measurement	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	849014
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	2.750
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	420.00		
Fat	19.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	620.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	18.00g		
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

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37103
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	100187
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	265.82
Fat	8.60g
SaturatedFat	4.05g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	855.41mg
Carbohydrates	30.10g
Fiber	3.00g
Sugar	6.55g
Protein	18.25g
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

Backyard BBQ Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37106
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Pulled Pork	1 1/2 Ounce	110730*
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup	119122
SAUCE BBQ 6-80FLZ SWTBRAY	1/2 Teaspoon	212071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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 Serving

Amount Per Serving

Calories	352.03
Fat	14.31g
SaturatedFat	7.44g
Trans Fat	0.33g
Cholesterol	56.70mg
Sodium	1139.27mg
Carbohydrates	31.78g
Fiber	1.32g
Sugar	7.27g
Protein	24.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 409.86mg	Iron 0.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Carrots-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19567

Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	8 Quart	285680
OIL OLIVE XVRGN ITAL 6-2LTR PG	2 Tablespoon	432050
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon	265103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	26.14
Fat	0.44g
SaturatedFat	0.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.58mg
Carbohydrates	5.22g
Fiber	2.24g
Sugar	2.99g
Protein	0.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.85mg	Iron 0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Sandwich

Servings:	120.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20889
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	23 Pound	570533
ONION DEHY CHPD 15 P/L	4 Tablespoon	263036
HONEY 4-6 GCHC	1 Cup	225614
SEASONING MESQ HRB&FAJITA 22Z TRDE	1 Cup	527971
SUGAR BROWN MED 25 GCHC	2 Tablespoon	108626
SPICE MUSTARD DRY 1 COLMANS	2 Tablespoon	400018
SALT IODIZED 18-2.25 GCHC	0 Teaspoon	350732
SAUCE BBQ 6-80FLZ SWTBRAY	4 Quart	212071
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	120 Each	266546

Preparation Instructions

Heat chicken in steam kettle with dry onion. Mix remaining seasoning, and sauce and add to chicken. Heat to temp. Dip 8 quart into 4-B pans to keep warm. To serve, put #12 disher chicken mixture onto hamburger bun. Wrap in foil wrap. Keep hot.

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: 120.00

Serving Size: 0.33 Cup

Amount Per Serving

Calories	370.72
Fat	7.11g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	56.22mg
Sodium	842.06mg
Carbohydrates	47.32g
Fiber	3.21g
Sugar	23.54g
Protein	23.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.18mg	Iron 3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19607
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	8 Quart	100350
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.25		
Fat	0.69g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	58.00mg		
Carbohydrates	11.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.19mg	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

Sloppy Joe Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19612
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/4 Ounce	564790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

3 oz scoop for Sloppy Joe

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
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	299.90		
Fat	7.99g		
SaturatedFat	2.77g		
Trans Fat	0.00g		
Cholesterol	45.45mg		
Sodium	930.91mg		
Carbohydrates	35.33g		
Fiber	3.83g		
Sugar	12.26g		
Protein	18.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.99mg	Iron	3.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	325.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10981
School:	Nappanee Elementary		

Ingredients

Description	Measurement	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	15 Package	791710

Preparation Instructions

Put 1 bag of chicken on paper lined cookie sheet (15 pans) and bake in 350 degree oven for 30 minutes until 165 degrees or hotter. Using 8-4B pans put 2 bags of sauce per pan and heat in combi oven. Add 2 cookie sheets (2 bags) of chicken per pan of sauce. Stir until coated well. Keep hot in pass through.

Use #8 dipper for all students (approximately 20-25 servings per bag).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	259.05
Fat	5.45g
SaturatedFat	1.36g
Trans Fat	0.00g
Cholesterol	61.35mg
Sodium	518.09mg
Carbohydrates	34.09g
Fiber	2.73g
Sugar	17.72g
Protein	19.09g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	0.00mg	Iron	1.96mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Panther Burger-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19605

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
BACON CKD 3-100CT FAST N EASY	1 Slice	125141
Shredded Mozzarella Cheese, Part Skim	1/8 Cup	100021
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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	466.80
Fat	25.64g
SaturatedFat	11.10g
Trans Fat	0.00g
Cholesterol	93.00mg
Sodium	708.40mg
Carbohydrates	25.52g
Fiber	3.00g
Sugar	4.52g
Protein	31.12g
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

Baked Beans-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19610
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low-sodium, Canned	3 #10 CAN	100364
KETCHUP LO SOD 2-1.5GAL REDG	2 Cup	645922
ONION DEHY CHPD 15 P/L	1 1/2 Tablespoon	263036
SUGAR BROWN MED 25 GCHC	4 Cup	108626
SPICE MUSTARD DRY 1 COLMANS	2 Tablespoon	400018

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	176.52		
Fat	1.11g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	179.31mg		
Carbohydrates	36.11g		
Fiber	5.52g		
Sugar	19.52g		
Protein	7.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	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

Philly Beef & Cheese-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19554
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	2 Ounce	593591
Cheese, Mozzarella, Part Skim, Shredded	3 Tablespoon	100021
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	334.17		
Fat	15.75g		
SaturatedFat	8.25g		
Trans Fat	0.33g		
Cholesterol	32.08mg		
Sodium	664.17mg		
Carbohydrates	33.75g		
Fiber	2.67g		
Sugar	7.42g		
Protein	13.50g		
Vitamin A	66.67IU	Vitamin C	6.00mg
Calcium	69.33mg	Iron	2.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Penne Alfredo

Servings:	34.00	Category:	Entree
Serving Size:	0.67 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31957
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	10 Pound	491074
Chicken, Diced, Cooked, Frozen	2 Pound	100101

Preparation Instructions

Place 2 bags of JTM Penne Alfredo in 4B pan with 2 lbs of diced chicken. Steam 15 minutes with no lid. Add lid and steam additional 30 minutes.

Note: Use a #6 dipper

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.67 Cup

Amount Per Serving

Calories	272.71
Fat	10.75g
SaturatedFat	5.73g
Trans Fat	0.05g
Cholesterol	48.78mg
Sodium	580.08mg
Carbohydrates	24.31g
Fiber	0.08g
Sugar	6.27g
Protein	18.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.73mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry or Strawberry Yogurt Dessert- HS

Servings:	300.00	Category:	Fruit
Serving Size:	5.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11949
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
TOPPING WHIP 12-32Z RICH	8 Carton	307092
YOGURT BLUEB L/F 4-5 P/L	40 Pound	558311
Blueberries, Frozen	16 Quart	110624

Preparation Instructions

In a larger mixer bowl, whip topping according to carton instructions. Fold in yogurt & berries (if using frozen fruit, drain well). Dip into 5 oz. plastic souffle cups to serve. Keep cold.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 5.00 Fluid Ounce

Amount Per Serving

Calories	141.08		
Fat	6.74g		
SaturatedFat	6.05g		
Trans Fat	0.03g		
Cholesterol	2.67mg		
Sodium	53.87mg		
Carbohydrates	20.04g		
Fiber	0.85g		
Sugar	17.43g		
Protein	2.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.83mg	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

Toasted Cheese Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19616
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	710650
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Teaspoon	299405

Preparation Instructions

Serve 2 sandwiches for high school.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	286.67
Fat	14.33g
SaturatedFat	7.67g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	480.00mg
Carbohydrates	26.00g
Fiber	4.00g
Sugar	3.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.00mg	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

Cold Sub-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19618
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	1 1/2 Ounce	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/2 Ounce	100187
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

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	258.32
Fat	6.85g
SaturatedFat	2.67g
Trans Fat	0.00g
Cholesterol	48.55mg
Sodium	729.02mg
Carbohydrates	32.40g
Fiber	2.00g
Sugar	5.23g
Protein	19.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	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

Tomato Soup-Northwood High

Servings:	200.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19619
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	15 #5 CAN	488232
MILK PWD INST FF 50 P/L	3 Quart	113336
Cold Water	6 1/2 Gallon	0000

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	121.93
Fat	1.11g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	1.44mg
Sodium	453.94mg
Carbohydrates	23.01g
Fiber	1.07g
Sugar	14.49g
Protein	4.72g
Vitamin A 1.58IU	Vitamin C 0.49mg
Calcium 101.16mg	Iron 0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Soup

Servings:	160.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29090
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
ONION DEHY CHPD 15 P/L	3 Tablespoon	263036
CELERY STIX 4-3 RSS	3 Quart	781592
SPICE PEPR BLK REG FINE GRIND 16Z	3 Teaspoon	225037
SALT IODIZED 18-2.25 GCHC	3 Tablespoon	350732
Mixed Vegetables	8 Pound	110871
TOMATO PASTE 26 6-10 GCHC	2/3 #10 CAN	100196
SOUP VEG 12-5 CAMP	6 #5 CAN	101451
Tap Water for Recipes	3 1/2 Gallon	000001WTR
BASE BEEF 25 KE	1/8 Cup	160800

Preparation Instructions

Steam mixed vegetables till just tender.

Sauté onion and celery in large soup kettle.

Add salt and pepper

Add mixed vegetables to kettle.

Then add remaining ingredients (canned soup, water, and beef base) and stir well. Heat to 160 degrees.

Dip into soup pans. Keep hot to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	77.79		
Fat	0.31g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1232.50mg		
Carbohydrates	15.49g		
Fiber	2.50g		
Sugar	5.43g		
Protein	2.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.82mg	Iron	0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cream of Broccoli Soup

Servings:	160.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32423

Ingredients

Description	Measurement	DistPart #
PEPPERS GREEN LRG 5 MRKN	3 Quart	592315
ONION DEHY CHPD 15 P/L	3/4 Cup	263036
CELERY STIX 4-3 RSS	3 Quart	781592
CARROT BABY WHL CLEANED 12-2 RSS	3 Quart	510637
BROCCOLI FLORETS 6-4 GCHC	15 Pound	610902
SPICE PEPR BLK REG FINE GRIND 16Z	3 Teaspoon	225037
SALT SEA 36Z TRDE	3 Tablespoon	748590
MILK PWD INST FF 50 P/L	4 Quart	113336
Tap Water for Recipes	6 1/2 Gallon	000001WTR
BASE CHIX 25 KE	16 Teaspoon	160821
FLOUR H&R A/P 2-25 GCHC	2 1/2 Pound	227528
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3 1/2 Pound	299405
Cheese, Cheddar Reduced fat, Shredded	5 Pound	100012

Preparation Instructions

In VCM, grind thawed broccoli, carrots, celery, & peppers. Steam until just done. Combine broth & water in large soup kettle. Heat slightly. Stir in dry milk. Make rue of butter and flour and stir into very hot liquid. Add salt and vegetables. Stir in shredded cheese. Heat slowly. Heat to 165 degrees, being careful not to burn. Dip into soup pans. Keep hot to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	198.50
Fat	10.85g
SaturatedFat	6.95g
Trans Fat	0.00g
Cholesterol	33.40mg
Sodium	316.37mg
Carbohydrates	16.51g
Fiber	2.36g
Sugar	7.97g
Protein	10.23g
Vitamin A 2098.31IU	Vitamin C 10.55mg
Calcium 180.37mg	Iron 0.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Noodle Soup-Northwood High

Servings:	200.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19621
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BASE CHIX 25 KE	6 Cup	160821
ONION DEHY CHPD 15 P/L	2 1/2 Cup	263036
Cold Water	14 Gallon	0000
PASTA NOODL EGG FINE 1/16 2-5 GCHC	8 Pound	310875
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
CELERY STIX 4-3 RSS	4 Quart	781592
SPICE PEPR BLK REG FINE GRIND 16Z	3 Teaspoon	225037
SALT IODIZED 25 CARG	3 Tablespoon	108286

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	89.74
Fat	1.50g
SaturatedFat	0.36g
Trans Fat	0.00g
Cholesterol	21.73mg
Sodium	160.78mg
Carbohydrates	14.07g
Fiber	1.04g
Sugar	1.01g
Protein	5.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.11mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Potato Soup

Servings:	240.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20936
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
POTATO DCD 6-10 GCHC	8 #10 CAN	118583
ONION DEHY CHPD 15 P/L	1/2 Pound	263036
CELERY STALK 24 SZ 6CT MRKN	2 Quart	170895
SPICE PEPR BLK REG FINE GRIND 16Z	3 Teaspoon	225037
SALT IODIZED 18-2.25 GCHC	3 Tablespoon	350732
MILK PWD INST FF 50 P/L	3 Gallon	113336
Tap Water for Recipes	9 Gallon	000001WTR
FLOUR ULTRAGRAIN 50 HLCHC	4 Pound	515002
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Pound	299405
Cheese, Cheddar Reduced fat, Shredded	5 Pound	100012

Preparation Instructions

Drain potatoes. In large soup kettle combine dry milk powder and tepid water. Mix well. Stir in dry onions, salt, and pepper. Heat till almost boiling. Make a paste of flour and melted butter. Stir into hot liquid till thickened. Stir in potatoes and steamed celery. Stir in shredded cheese. Heat to 150 degrees, being careful not to burn. Dip into soup pans. Keep hot to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	226.50
Fat	8.19g
SaturatedFat	5.18g
Trans Fat	0.00g
Cholesterol	27.47mg
Sodium	356.88mg
Carbohydrates	26.99g
Fiber	1.68g
Sugar	12.93g
Protein	12.57g
Vitamin A 23.84IU	Vitamin C 1.76mg
Calcium 328.03mg	Iron 0.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg Cheese Biscuit-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19544
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
Egg Patty	1 Each	110931
BACON CKD 3-100CT FAST N EASY	1 Slice	125141
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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	317.70		
Fat	18.90g		
SaturatedFat	8.50g		
Trans Fat	0.07g		
Cholesterol	144.50mg		
Sodium	756.20mg		
Carbohydrates	25.00g		
Fiber	2.60g		
Sugar	2.50g		
Protein	12.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.58mg	Iron	1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19615
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each	643142
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	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	320.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	510.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smothered Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28808

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Piece	110921
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	726567
BACON CKD 3-100CT FAST N EASY	1 Piece	125141

Preparation Instructions

Bake chicken to internal temp of 165. Remove from oven and add cheese and bacon. Return to oven to melt cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	240.00
Fat	13.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	620.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	30.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.00mg	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

Turkey Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21204
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRGR CKD 2.75Z 3-10 JENNO	1 Each	511265
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	300.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	650.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-Ups-Northwood High

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19614
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each	234041
SAUCE MARINARA A/P 6-10 REDPK	1/2 #10 CAN	592714
Cheese, Mozzarella, Part Skim, Shredded	3 Cup	100021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	333.33
Fat	11.67g
SaturatedFat	6.83g
Trans Fat	0.00g
Cholesterol	36.67mg
Sodium	763.34mg
Carbohydrates	35.00g
Fiber	3.33g
Sugar	9.00g
Protein	20.33g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 314.00mg	Iron 1.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19453
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

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	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19591

Ingredients

Description	Measurement	DistPart #
Pulled Pork	4 Ounce	110730*
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Place 2-5 LB (or 10 lbs) packages of pulled pork in a 4B pan. You'll need 4-4B pans for recipe. Bake meat first at 325 degrees for 25 to 30 minutes. Drain juice (if there is any). Serving Size is 4 oz. weight.

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	334.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	644.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	27.00g
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

Cold Turkey Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19617
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 1/2 Ounce	100121
CHEESE PEPR JK 2-5 P/L	1 Slice	228750
LETTUCE LEAF DELI 2-5 RSS	1 Piece	416593
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	289.30
Fat	9.14g
SaturatedFat	4.57g
Trans Fat	0.00g
Cholesterol	56.53mg
Sodium	762.54mg
Carbohydrates	27.24g
Fiber	3.17g
Sugar	4.08g
Protein	22.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.33mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bean Dip-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19598
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	2 #10 CAN	100362
SALSA 103Z 6-10 REDG	1 #10 CAN	452841

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	0.250
OtherVeg	0.000
Legumes	0.375
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	105.01		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	224.73mg		
Carbohydrates	19.38g		
Fiber	4.04g		
Sugar	1.88g		
Protein	5.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Gravy

Servings:	325.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21369
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
MILK PWD INST FF 50 P/L	1 1/2 Gallon	113336
Tap Water for Recipes	4 1/2 Gallon	000001WTR
BASE CHIX LO SOD NO MSG 6-1 MINR	24 Ounce	580589
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	5 Pound	840860
FLOUR ULTRAGRAIN 50 HLCHC	3 Pound	515002
SALT SEA 36Z TRDE	5 1/2 Tablespoon	748590
Turkey, Roast, Frozen	41 Pound	100125
SPICE PEPR BLK REG FINE GRIND 16Z	2 Tablespoon	225037
SEASONING SALT NO MSG 2-5 LAWR	1 Tablespoon	266566

Preparation Instructions

Put 6 gallons of milk in soup pot. When warm add margarine and chicken base. Stir to dissolve. Add turkey 27lbs of cooked turkey roast and rest of seasonings. Heat to 160 degrees. Make paste of 1 gallon of milk and the flour. Watch closely so it doesn't scorch! Put in 10-B pans and put in warmer.

Yield: 50 quart. Use 4 oz. spoodle for all over 1 biscuit.

Note: 41 lb. raw turkey = approximately 27 lb. cooked

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 325.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	172.04
Fat	9.56g
SaturatedFat	3.59g
Trans Fat	0.00g
Cholesterol	32.44mg
Sodium	487.03mg
Carbohydrates	7.81g
Fiber	0.29g
Sugar	4.73g
Protein	14.40g
Vitamin A 1.95IU	Vitamin C 0.60mg
Calcium 113.16mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19558
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	100187
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	265.82
Fat	8.60g
SaturatedFat	4.05g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	855.41mg
Carbohydrates	30.10g
Fiber	3.00g
Sugar	6.55g
Protein	18.25g
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

Pork Rib Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19571
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
PORK RIB-B-Q CKD CN 160-2.4Z PIER	1 Each	849006
SAUCE BBQ 6-80FLZ SWTBRAY	1 Teaspoon	212071
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	301.67
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	778.33mg
Carbohydrates	31.83g
Fiber	4.00g
Sugar	8.67g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Bacon Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20888
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon	212071
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce	100021
BACON CKD 3-100CT FAST N EASY	1 Ounce	125141
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Heat chicken patties in oven to 135 degrees. Top with warm bacon slice, BBQ sauce and mozzarella cheese. Wrap in foil. Keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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	515.00
Fat	23.50g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	130.00mg
Sodium	1275.00mg
Carbohydrates	34.50g
Fiber	3.00g
Sugar	13.00g
Protein	41.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	34.00	Category:	Entree
Serving Size:	0.80 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19413
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package	573201
BEEF CRUMBLES 8-5	1 Pound	581950
SALT IODIZED 25 CARG	1 Teaspoon	108286
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon	225037
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Teaspoon	224839
SEASONING SPAGHETTI ITAL 12Z TRDE	4 Tablespoon	413453
PASTA SPAGHETTI CKD 4-5 PG	4 Cup	835910

Preparation Instructions

Place first 6 items in 4B pan and stir. Lay noodles on top. Serve with #5 disher. 7.5 quarts per pan. 34 servings per pan.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.80 Cup

Amount Per Serving

Calories	195.28
Fat	7.91g
SaturatedFat	3.04g
Trans Fat	0.00g
Cholesterol	51.87mg
Sodium	507.90mg
Carbohydrates	13.16g
Fiber	2.09g
Sugar	6.29g
Protein	15.99g
Vitamin A 543.70IU	Vitamin C 15.97mg
Calcium 42.15mg	Iron 2.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	35.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21367
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE SHRD 3/8 CUT 4-5 RSS	10 Quart	678791
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Quart	722330
BEAN KIDNEY RED DARK 6-10 GCHC	3 Cup	118761
Cheese, Cheddar Reduced fat, Shredded	2 Pound	100012
ONION SPANISH JUMBO 10 MRKN	1/4 Pound	109620
ONION DEHY CHPD 15 P/L	1 Cup	263036
PEPPERS GREEN LRG 5 MRKN	1 1/2 Pound	592315
TOMATO ROMA LRG 25 MRKN	3 Pound	462551
CHIP TORTL RND R/F 64-1.45Z TOSTIT	2 Pound	662512

Preparation Instructions

Heat taco meat and mix in kidney beans. Keep warm.

Put each ingredient in separate containers for a batch of salad.

To assemble, right before serving toss lettuce with vegetables and cheese. Serve 1 cup of lettuce/vegetable mixture and top with 3 oz weight of taco and bean mixture. Serve the crushed chips as a topping.

Note: Offer roll with salad to meet grain component .

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.750
Legumes	0.086
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	252.27		
Fat	10.17g		
SaturatedFat	4.37g		
Trans Fat	0.01g		
Cholesterol	19.21mg		
Sodium	326.03mg		
Carbohydrates	29.79g		
Fiber	5.69g		
Sugar	3.43g		
Protein	10.73g		
Vitamin A	413.96IU	Vitamin C	21.52mg
Calcium	56.21mg	Iron	1.17mg

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

Nutrition - Per 100g

Calories	296.62		
Fat	11.96g		
SaturatedFat	5.14g		
Trans Fat	0.01g		
Cholesterol	22.58mg		
Sodium	383.35mg		
Carbohydrates	35.02g		
Fiber	6.69g		
Sugar	4.03g		
Protein	12.61g		
Vitamin A	486.74IU	Vitamin C	25.30mg
Calcium	66.09mg	Iron	1.37mg

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

Sausage Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21207
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 16 WGRAIN 4CHS SLCD 3-3CT	8 Slice	667772
PORK CRMBL CKD 35/Z 3-5 FONT	1 Cup	148644

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.016
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.013
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	373.75
Fat	16.94g
SaturatedFat	7.22g
Trans Fat	0.00g
Cholesterol	36.88mg
Sodium	533.13mg
Carbohydrates	35.56g
Fiber	3.19g
Sugar	9.19g
Protein	21.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.75mg	Iron 2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Potato Wedges

Servings:	20.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28571
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
Potatoes, Wedges, Low-sodium Frozen	15 Cup	100355
SEASONING TACO 21Z TRDE	2 Tablespoon	413429

Preparation Instructions

Note: Students should be given the option of #24 scoop of Cheese Sauce (GFS#521485) to be taken with potato wedges.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	156.00		
Fat	4.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	222.00mg		
Carbohydrates	24.60g		
Fiber	3.15g		
Sugar	0.15g		
Protein	3.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scalloped Potatoes with Ham

Servings:	22.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37131
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	1 Package	118575
Ham, Cubed Frozen	5 Pound	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	256.23
Fat	4.68g
SaturatedFat	3.16g
Trans Fat	0.00g
Cholesterol	54.56mg
Sodium	1042.15mg
Carbohydrates	37.32g
Fiber	1.28g
Sugar	7.25g
Protein	18.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 49.52mg	Iron 0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Bean Casserole

Servings:	57.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37130
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
SOUP CRM OF MUSHRM 12-5 CAMP	1 #5 CAN	101346
Green Beans, Low Sodium Canned	3 #10 CAN	100307
FAT FREE SKIM MILK	1 HALF-PINT	5404
ONION FREN FRIED 6-24Z FRENC	1/2 Package	201413

Preparation Instructions

1. In a 4" pan put 3 cans of drained green beans.
2. Mix 1 can cream of mushroom soup with 1 cup of milk.
3. Pour mixture over beans.
4. Saran and foil wrap pan.
5. Bake for 1 hour 15 minutes.
6. Bake french fried onions on a cookie sheet for approximately 5 minutes.
7. Put baked french fried onions just before serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	83.65		
Fat	3.48g		
SaturatedFat	1.77g		
Trans Fat	0.00g		
Cholesterol	0.71mg		
Sodium	341.46mg		
Carbohydrates	9.30g		
Fiber	2.96g		
Sugar	3.03g		
Protein	1.74g		
Vitamin A	0.18IU	Vitamin C	0.04mg
Calcium	0.53mg	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