

Cookbook for NEW PRAIRIE MIDDLE SCHOOL

Created by HPS Menu Planner

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Cereal Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32854
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	208.33		
Fat	3.58g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	42.83g		
Fiber	2.50g		
Sugar	19.83g		
Protein	2.67g		
Vitamin A	366.67IU	Vitamin C	44.90mg
Calcium	88.50mg	Iron	4.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32855
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32856
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
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 Kit

Amount Per Serving	
Calories	350.00
Fat	5.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	72.00g
Fiber	5.00g
Sugar	36.00g
Protein	4.00g
Vitamin A 800.00IU	Vitamin C 63.60mg
Calcium 200.00mg	Iron 4.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal-1 Ounce

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11571

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	N/A	388190
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	N/A	264702
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	N/A	264702
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	N/A	283620

Preparation Instructions

Note: These cereal should be paired with an additional grain item or meat/meat alternative item.

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	165.25
Fat	1.83g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	232.78mg
Carbohydrates	36.46g
Fiber	3.34g
Sugar	11.08g
Protein	3.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 81.69mg	Iron 4.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal-2 Ounce

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33799
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307

Preparation Instructions

Note: No other grain is needed to be served with these cereal since they count as 2 Grain Equivalents

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	220.00
Fat	3.33g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	330.00mg
Carbohydrates	45.00g
Fiber	4.33g
Sugar	16.67g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 93.33mg	Iron 3.30mg

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Nutrition - Per 100g

No 100g Conversion Available

Suncup Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33416

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE CRAN RASPB 100 40-4.23FLZ	1 Each		214524
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE STRAWB KIWI 100 40-4.23FLZ	1 Each		214534

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	62.86		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.57mg		
Carbohydrates	15.57g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.43mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33798
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package		728760
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
Tiger Bites Grahams-Original	1 Package		40213
Tiger Bites Grahams-Chocolate	1 Package		40239

Preparation Instructions

NOTE: At lunch all graham items are considered dessert grain. Maximum weekly allowance of 2 ounce dessert grain equivalents

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	3.83g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	20.56g		
Fiber	1.22g		
Sugar	7.11g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.89mg	Iron	0.95mg

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Nutrition - Per 100g

No 100g Conversion Available

PB & J Combo

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32943
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

Combo consist of: Uncrstable Sandwich (Grape or Strawberry), Cheese stick, and Grain item (Cheez-its or Goldfish)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	490.00
Fat	26.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	47.00g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 302.50mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33233
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	weight commodity/brown box	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

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

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.125
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	277.21		
Fat	8.33g		
SaturatedFat	3.65g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	711.45mg		
Carbohydrates	37.65g		
Fiber	2.53g		
Sugar	8.01g		
Protein	16.65g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	69.25mg	Iron	2.15mg

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Nutrition - Per 100g

No 100g Conversion Available

Italian Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33348
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice	2 slices each meat	199721
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place 2 slices each meat (ham, salami, pepperoni) and 1 slice of cheese on each hoagie bun

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

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

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	343.25		
Fat	12.05g		
SaturatedFat	4.21g		
Trans Fat	0.00g		
Cholesterol	65.50mg		
Sodium	874.43mg		
Carbohydrates	36.38g		
Fiber	2.53g		
Sugar	6.38g		
Protein	21.45g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	95.92mg	Iron	3.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33235
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TOMATO SLCD 1/4 5 RSS	1 Slice		786535
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
ONION SLCD 3/16 2-5 RSS	1 Slice		591122

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

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

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

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	331.02		
Fat	9.14g		
SaturatedFat	4.06g		
Trans Fat	0.00g		
Cholesterol	64.73mg		
Sodium	880.97mg		
Carbohydrates	36.42g		
Fiber	2.53g		
Sugar	6.38g		
Protein	26.85g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	69.25mg	Iron	2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33226
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
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	533.27
Fat	31.50g
SaturatedFat	9.10g
Trans Fat	0.00g
Cholesterol	66.89mg
Sodium	1409.91mg
Carbohydrates	40.85g
Fiber	4.60g
Sugar	9.55g
Protein	20.55g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33337
School:	NEW PRAIRIE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce	To equal 2 oz. eq. meat/meat alternate need the following: 2.5 oz. weight USDA diced ham 3.25 oz. weight USDA turkey breast 3.5 oz. weight USDA chicken fajita	100121
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	0.50 oz. weight = 1 fluid ounces = 1/8 cup = 2 Tbsp. 0.50 oz. eq. meat/meat alternate	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
Homemade Croutons	4/5 Ounce		
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	1 pkg. = 1 oz. eq. whole grain DO NOT SUB GRAHAM SNACKS (They count as dessert grain.)	282422
SAUCE RNCH DIPN CUP 100-1Z PPI	2 Each		182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
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	571.92
Fat	33.54g
SaturatedFat	9.09g
Trans Fat	0.00g
Cholesterol	87.23mg
Sodium	1484.34mg
Carbohydrates	38.79g
Fiber	4.60g
Sugar	7.50g
Protein	28.70g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	1/2 Cup		283730
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Tablespoon		184622

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	205.90		
Fat	14.50g		
SaturatedFat	2.80g		
Trans Fat	0.16g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.44mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	58.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32858
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water for Recipes	1 Quart		000001WTR
Mexican Spice Mix- New Prairie	3/4 Cup		

Preparation Instructions

1. Thaw ground beef in cooler on bottom shelf in roasting pan.
2. Break up ground beef in slotted steamtable pan.
3. Place water in bottom of solid steamtable pan.
4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occasionally) until product temperature reaches 155 degrees.
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
5. Add 1/4 cup Mexican Spice mix to meat while cooking.
6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle.
7. Lift slotted pan to drain water and grease.
8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 58.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	170.46		
Fat	12.39g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	153.31mg		
Carbohydrates	0.52g		
Fiber	0.11g		
Sugar	0.15g		
Protein	14.45g		
Vitamin A	123.70IU	Vitamin C	0.06mg
Calcium	0.62mg	Iron	0.13mg

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

Nutrition - Per 100g

Calories	300.63		
Fat	21.85g		
SaturatedFat	7.26g		
Trans Fat	3.63g		
Cholesterol	94.40mg		
Sodium	270.39mg		
Carbohydrates	0.92g		
Fiber	0.20g		
Sugar	0.26g		
Protein	25.48g		
Vitamin A	218.18IU	Vitamin C	0.10mg
Calcium	1.09mg	Iron	0.23mg

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

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753
Tap Water for Recipes	1/2 Gallon		000001WTR

Preparation Instructions

RECONSTITUTE

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	139.02
Fat	1.49g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	546.17mg
Carbohydrates	22.84g
Fiber	8.94g
Sugar	0.00g
Protein	8.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 49.65mg	Iron 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pork Slider

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 2-5 AUSTBL	1 Ounce	Weight	632160
SAUCE BBQ 4-1GAL SWTBRAY	2 Tablespoon		655937
ROLL DNNR WHEAT PULL APART 12-16 GCHC	1 Each		316938

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
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 Each

Amount Per Serving

Calories	205.00
Fat	5.25g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	565.00mg
Carbohydrates	30.50g
Fiber	0.50g
Sugar	19.50g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	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

Turkey Cheese Slider

Servings:	1.00	Category:	Entree
Serving Size:	1.00 SLIDER	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11952
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 Ounce	Brown Box Commodity	100121
ROLL DNNR WHEAT PULL APART 12-16 GCHC	1 Each		316938
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

OPEN ROLLS AND LAY OUT ON SHEET PAN LINED WITH PARCHMENT PAPER

PLACE 2 OUNCES SLICED TURKEY ON ROLL

PLACE 1 SLICE CHEESE ON TOP OF TURKEY COVER WITH TOP ROLL

CCP: HOLD COLD AT 41 OR LOWER

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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 SLIDER

Amount Per Serving

Calories	170.44
Fat	5.27g
SaturatedFat	2.76g
Trans Fat	0.00g
Cholesterol	42.72mg
Sodium	678.36mg
Carbohydrates	13.76g
Fiber	0.50g
Sugar	2.00g
Protein	17.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	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

Steamed Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11973
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	12 1/2 Pound		285590

Preparation Instructions

COOK BROCCOLI TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	27.16
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	16.29mg
Carbohydrates	5.43g
Fiber	3.26g
Sugar	1.09g
Protein	3.26g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.02mg	Iron 1.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
KETCHUP CAN 6-10 HNZ	1/2 Cup		100188
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/4 Ounce		223255
MUSTARD PKT 500-5.5GM GCHC	5 Each	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	165.56		
Fat	1.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.72mg		
Carbohydrates	33.91g		
Fiber	5.27g		
Sugar	16.70g		
Protein	7.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.92mg	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

Penne Pastalaya

Servings:	100.00	Category:	Entree
Serving Size:	12.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37138
School:	NEW PRAIRIE MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 51 WGRAIN 2-10	12 1/2 Pound	12 pounds and 8 ounce	221482
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
PEPPERS & ONION FLME RSTD 6-2.5	6 1/2 Pound	6 pounds and 8 ounce	847208
Diced Tomatoes cnd	4 #10 CAN		100329
TURKEY HAM DCD 2-5 JENNO	19 3/8 Pound	19 pounds and 6 ounce	202150
CELERY STIX 4-3 RSS	5 3/4 Pound	5 pounds and 12 ounce, chopped	781592
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Cup		225088

Preparation Instructions

1. Bring water to a boil in a steam kettle, tilt skillet or in a large pot. Add the pasta to the water and return to a boil as quickly as possible.

2. Cook the pasta for 4 minutes and drain immediately. Rinse the pasta in a colander under cold water to stop the cooking process. Drain again.

CCP: Cool hot food to 70° F or lower within two hours and then to 41 ° F within an additional four hours. Store below 40° F until service.

3. Drain the canned tomatoes and set aside.

4. Combine the garlic powder and cayenne pepper in a bowl. Cover and set aside.

5. Spray four full-sized steamtable pans with pan spray. Place 1 gal. + 2 qt. + 1 cup pasta in each pan. Sprinkle ¼ cup of the seasoning mix in each pan of pasta and fold to mix.

6. Add 4 lb., 14 oz. of turkey ham, 1 lb., 1.0 oz. of the peppers-and-onions mix, 3 1/2 cups of diced celery and one #10 can of the drained diced tomatoes to each pan. Fold all together until thoroughly combined. Cover the pan tightly.

7. Bake in a 350° F convection oven for 30 to 35 minutes.

CCP: Heat until an internal temperature of 165° F is reached for 15 seconds. Hold above 135° F for service.

8 To serve, portion pasta with a 12-oz. spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	351.15		
Fat	6.50g		
SaturatedFat	1.55g		
Trans Fat	0.00g		
Cholesterol	56.66mg		
Sodium	595.95mg		
Carbohydrates	50.22g		
Fiber	6.58g		
Sugar	8.69g		
Protein	23.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.91mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Red Beans and Rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37039

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	12 1/2 Cup		516371
SAUSAGE POLISH TURKEY 5/ 12 PERD	15 Pound		217239
ONION DCD 1/4 2-5 RSS	12 1/2 Cup		198307
PEPPERS GREEN MED 20 MRKN	12 1/2 Cup		206059
BEAN KIDNEY RED LT 6-10 GCHC	37 1/2 Cup	Approximately 3 #10 Cans	118788
Diced Tomatoes cnd	25 Cup		100329
BASE CHIX 12-1 GCHC	2 Cup	Mix with 2 Gallons of water	439606
Tap Water for Recipes	2 Gallon		000001WTR
SPICE PEPR RED CAYENNE GRND 16Z TRDE	10 Teaspoon		225088
CHIP CORN 8-1 FRITOS	5 1/3 Pound		210170

Preparation Instructions

1. Cook brown rice according to package instructions. Fluff rice with a fork, then hold hot at 140° F for service.
2. Slice turkey sausage into ¼-in. slices. Sauté in a large skillet for about 2 minutes.
3. Add chopped onions and green bell peppers to the skillet. Sauté until tender.
4. Add the drained kidney beans, canned tomatoes with juice and to prepared chicken broth (2 cup base and 2 gallon of water). Add cayenne pepper. Heat thoroughly.
CCP: Heat until a temperature of 165° F is reached.
5. Serve 1 cup of the sausage, beans and vegetable mixture over ½ cup of cooked brown rice. Top with 0.85 oz weight of corn chips.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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	421.59
Fat	14.60g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	31.20mg
Sodium	1521.63mg
Carbohydrates	56.92g
Fiber	8.92g
Sugar	6.17g
Protein	16.61g
Vitamin A 68.91IU	Vitamin C 14.98mg
Calcium 106.54mg	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

Fiesta Mac Bowl

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37040

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	7 1/2 Pound		527582
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Pound		722330

Preparation Instructions

1. Cook macaroni and cheese as directed on package.
2. Cook taco meat as directed on package.
3. Hold cooked macaroni and cheese and taco meat in hot hold until ready for service.
4. For service 1 serving= 6 ounce weight (2/3 cup) of macaroni and cheese and #20 disher of taco meat.

Suggestions for toppings include: Salsa, pico de gallo, jalapenos, and sour cream.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 20.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	333.81
Fat	13.22g
SaturatedFat	6.31g
Trans Fat	0.15g
Cholesterol	44.16mg
Sodium	824.20mg
Carbohydrates	31.55g
Fiber	2.36g
Sugar	7.08g
Protein	23.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 433.58mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ravioli

Servings:	21.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	5 Pound		232950
SEASONING PIZZA ITAL MIX 12Z TRDE	1 Tablespoon		413461
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SAUCE MARINARA A/P 6-10 REDPK	8 Cup	READY_TO_EAT None	592714

Preparation Instructions

1. Spray sides and bottom of 4B pans.
2. Place 4 cups of marinara on bottom, add ravioli and cover with 4 cups marinara.
3. Sprinkle Italian seasoning and garlic powder on top.
4. Put in steamer for 30 minutes with no lid.

Frozen, leftover ravioli can be pulled out day of service.

Serving size is 3 ravioli, 21 servings per pan.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	240.14
Fat	5.68g
SaturatedFat	2.52g
Trans Fat	0.00g
Cholesterol	25.21mg
Sodium	685.90mg
Carbohydrates	30.37g
Fiber	3.54g
Sugar	5.83g
Protein	16.65g
Vitamin A 201.69IU	Vitamin C 6.05mg
Calcium 217.69mg	Iron 1.89mg

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

Nutrition - Per 100g

No 100g Conversion Available