

Cookbook for OLIVE ELEMENTARY 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

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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

Apple & Eve Juice Box

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding amount for the week.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	57.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	30.00mg
Calcium	15.00mg	Iron	0.00mg

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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

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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

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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

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Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32962
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Turkey Breast Deli	2 Ounce	weight commodity/brown box	100121
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 2 oz of turkey 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.

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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	270.44
Fat	7.52g
SaturatedFat	3.26g
Trans Fat	0.00g
Cholesterol	42.72mg
Sodium	668.36mg
Carbohydrates	31.26g
Fiber	2.00g
Sugar	4.50g
Protein	19.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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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-32963
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	weight commodity/brown box	100187
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

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.

Notes:

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	260.66		
Fat	8.28g		
SaturatedFat	3.64g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	710.33mg		
Carbohydrates	33.28g		
Fiber	2.00g		
Sugar	6.14g		
Protein	16.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11918
School:	OLIVE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	26 1/2 Ounce		146581
Tap Water for Recipes	17 Cup	Boiling	000001WTR

Preparation Instructions

- 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes and stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

SERVICE WITH #8 DISHER FOR 1/2 CUP SERVING
CCP: HOLD FOR HOT SERVICE AT 135F OR HIGHER
CCP: DISCARD LEFTOVERS.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	65.85		
Fat	0.40g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	94.66mg		
Carbohydrates	14.05g		
Fiber	1.61g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.23mg	Iron	0.25mg

*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

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

Orange Chicken

Servings:	79.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33285

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

Preparation Instructions

Place 8# of popcorn chicken on each of 2 full size sheet pans. Bake at 375 degrees for 6-8 minutes. Pour all of the chicken into a 6 steamtable pan. Add sauce. Mix thoroughly.

Each serving should be 12 popcorn chicken.

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: 79.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	276.82		
Fat	14.27g		
SaturatedFat	2.74g		
Trans Fat	0.00g		
Cholesterol	21.96mg		
Sodium	436.93mg		
Carbohydrates	21.85g		
Fiber	3.29g		
Sugar	6.77g		
Protein	15.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.23mg	Iron	2.20mg

*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:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart		000001WTR
BASE CHIX 12-1 KE	1/2 Pound		160790
RICE BRN PARBL WGRAIN 25 GCHC	8 Cup		516371
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Quart		119997
SALT KOSHER COARSE 12-3 MRTN	1 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Mix all together and cook at 350 degrees for 30 minutes. Stir and cook another 15 minutes.

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.87		
Fat	2.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	787.88mg		
Carbohydrates	28.80g		
Fiber	0.71g		
Sugar	2.07g		
Protein	2.93g		
Vitamin A	0.00IU	Vitamin C	3.47mg
Calcium	5.57mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Au Gratin Cheesy and Ham Potatoes

Servings:	31.00	Category:	Vegetable
Serving Size:	8.01 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36748

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	2 1/4 Pound	1 carton	118575
Tap Water for Recipes	5 Quart	Boiling	000001WTR
MARGARINE SPRD 6-3.5 GCHC	1/2 Cup		772361
TURKEY HAM DCD 2-5 JENNO	76 Ounce	4 pounds and 12 ounce weight	202150
CHEESE CHED MLD SHRD 4-5 LOL	10 Ounce	weight	150250

Preparation Instructions

- 1: Add 5 quarts boiling water (212°F) for convection oven (4 1/2 quarts for conventional) and 4 ounces (1/2 cup) unsalted butter to a 2 1/2" deep full-size steamtable pan.
- 2: Stir in sauce mix until dissolved.
- 3: Add potato slices. Stir.
4. Mix in ham and cheese to potato mixture.
- 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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: 31.00

Serving Size: 8.01 Ounce

Amount Per Serving

Calories	236.42		
Fat	9.15g		
SaturatedFat	3.42g		
Trans Fat	0.00g		
Cholesterol	54.47mg		
Sodium	710.17mg		
Carbohydrates	22.55g		
Fiber	0.91g		
Sugar	3.03g		
Protein	15.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	99.35mg	Iron	0.85mg

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

Nutrition - Per 100g

Calories	104.11		
Fat	4.03g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	23.99mg		
Sodium	312.74mg		
Carbohydrates	9.93g		
Fiber	0.40g		
Sugar	1.33g		
Protein	6.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.75mg	Iron	0.37mg

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

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

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

Street Cart Chicken

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37032

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	6 Pound	USDA Commodity Brown Box	100101
LEMON JUICE 100 12-32FLZ GCHC	1/2 Cup		311227
SEASONING LEMON PEPR 1-20.6Z TRDE	2 Tablespoon		896896
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	106 Ounce	1 bag	310742
SPICE OREGANO LEAF 5Z TRDE	2 Tablespoon		513733
SPICE PARSLEY FLAKES 11Z TRDE	4 Tablespoon		513989
RICE BRN PARBL WGRAIN 25 GCHC	15 Cup		516371
Tap Water for Recipes	7 1/2 Quart		000001WTR
Diced Tomatoes cnd	3/4 Cup		100329

Preparation Instructions

1. Combine the chicken with 1/4 cup lemon juice and lemon pepper seasoning. Cover and steam until the mixture reaches 165 degrees.
2. Combine the white cheese sauce with the remaining 1/4 cup lemon juice, oregano, 2 Tbsp. parsley. Cover and steam until the mixture reaches 165 degrees.
3. Combine the rice, water, and remaining 2 Tbsp. parsley. Steam until the rice is tender and the liquid is absorbed.
4. To serve, place 1/2 cup rice then topped with 1/3 cup (#12 scoop) chicken and #20 scoop cheese sauce in dish/boat. Garnish with diced tomato or cilantro (optional) and siracha (optional) and offer chips with serving.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	304.78
Fat	8.99g
SaturatedFat	3.53g
Trans Fat	0.00g
Cholesterol	51.27mg
Sodium	322.73mg
Carbohydrates	37.89g
Fiber	1.03g
Sugar	0.08g
Protein	18.34g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 155.17mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available