

# **Cookbook for Union School Corporation**

**Created by HPS Menu Planner**

# Table of Contents

**Assorted Applesauce Cups**

**100% Fruit Juice**

**1 oz. Cereal Variety**

**Uncrustable, String Cheese, & Goldfish**

**Cinnamon Apple Slices**

**Muffin, Goldfish, Cheese Stick, & Yogurt**

**Spicy Chicken Sandwich**

**Nacho Meal**

**Cheeseburger**

**Variety of Yogurt**

**Cereal, Goldfish, Cheese Stick, & Yogurt**

**Pop Tart**

**Chicken Sandwich**

**Ham Sub Sandwich**

**Benefit Bar**

**Mini Pancakes**

**Hot Dog on Bun**

**Spaghetti & Meat Sauce**

**Spaghetti & Meat Sauce (JTM)**

**Mashed Potatoes**

# Assorted Applesauce Cups

<b>Servings:</b>	12.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36845

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each		276161
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each		250012
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Each		276171
APPLESAUCE CINN 96-4.5Z	1 Each		358572
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each		358553
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each		699180
APPLESAUCE STRAWB UNSWT CUP 96-4.5Z	1 Each		699211
APPLESAUCE BDAY CK CUP 96-4.5Z	1 Each		731011
APPLESAUCE MANG PCH CUP 96-4.5Z P/L	1 Each		849531
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580
APPLESAUCE UNSWT CUP 72-4.5Z GCHC	1 Each		581742

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	65.83		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.67mg		
<b>Carbohydrates</b>	16.92g		
<b>Fiber</b>	1.25g		
<b>Sugar</b>	14.08g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.83mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 100% Fruit Juice

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37134
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 70-4FLZ SNCUP	1 Each		207980
JUICE APPL 100 70-4FLZ SNCUP	1 Each		207990

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	63.33		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.67mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.67mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 1 oz. Cereal Variety

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37135
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat	595934
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat	270401

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	116.40
<b>Fat</b>	1.87g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	153.07mg
<b>Carbohydrates</b>	23.33g
<b>Fiber</b>	1.57g
<b>Sugar</b>	8.33g
<b>Protein</b>	1.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.27mg	<b>Iron</b> 2.53mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable, String Cheese, & Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37140
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

Package items together.

Serve as entree option along with menued fruits, vegetables, and milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	460.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.00mg	<b>Iron</b> 1.70mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cinnamon Apple Slices

<b>Servings:</b>	77.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37141
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	3 #10 CAN		117773
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 77.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	50.39		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.08mg		
<b>Carbohydrates</b>	12.09g		
<b>Fiber</b>	2.02g		
<b>Sugar</b>	9.07g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Muffin, Goldfish, Cheese Stick, & Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37201
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	Could also use GFS 262343.	262370
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	Could also use GFS 869921 Or GFS 551770.	551760
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

Package all items together. Serve as alternate entree with menued fruits, vegetables, and milk.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	430.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	60.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	25.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 358.00mg	<b>Iron</b> 1.42mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37202
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Prepare chicken patties from frozen state.

CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Place on buns.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	4.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Nacho Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37203
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
SALSA CUP 84-3Z REDG	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

## Preparation Instructions

Package all items together.

Serve as alternate entree with menued fruits, vegetables, and milk.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	449.30
<b>Fat</b>	25.00g
<b>SaturatedFat</b>	13.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	730.50mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 438.00mg	<b>Iron</b> 0.60mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37205
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each		205030
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Convection Oven: From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.

Top hamburgers with cheese. Place on bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	315.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	20.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 2.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Yogurt

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37206
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	551760

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	76.67
<b>Fat</b>	0.33g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.33mg
<b>Sodium</b>	61.67mg
<b>Carbohydrates</b>	14.67g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.33g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.67mg	<b>Iron</b> 0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cereal, Goldfish, Cheese Stick, & Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37207
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	Could also use GFS 869921 Or GFS 551770.	551760
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
1 oz. Cereal Variety	1 Serving		R-37135

## Preparation Instructions

Package all items together. Serve as alternate entree with menued fruits, vegetables, and milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	356.40
<b>Fat</b>	8.87g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	588.07mg
<b>Carbohydrates</b>	53.33g
<b>Fiber</b>	1.57g
<b>Sugar</b>	18.33g
<b>Protein</b>	14.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 458.27mg	<b>Iron</b> 3.23mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pop Tart

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37208
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each		865131
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	177.50
<b>Fat</b>	2.75g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	153.75mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 250.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 115.00mg	<b>Iron</b> 1.80mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37209
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each		558061
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Prepare chicken patties from frozen state.

CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

Place on buns.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 65.00mg	<b>Iron</b> 4.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37210
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

## Preparation Instructions

Place ham and cheese on bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	295.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	880.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	22.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 152.00mg	<b>Iron</b> 2.72mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Benefit Bar

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37265
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	210.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	22.50g		
<b>Protein</b>	4.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	1.85mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Mini Pancakes

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37266
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	<b>BAKE</b> Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating <b>CONVENTIONAL OVEN*:</b> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. <b>CONVECTION OVEN*:</b> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. <b>MICROWAVE:</b> 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.	395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Package

### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	255.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.50g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37267
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN SLCD 144-6	1 Each		733411

## Preparation Instructions

Heat hot dogs according to manufacturer instructions. Place on bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	320.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	880.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	76.11mg	<b>Iron</b>	2.26mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti & Meat Sauce

<b>Servings:</b>	133.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37269

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	17 1/2 Pound	<b>MICROWAVE</b> To thaw product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave heat thawed product in 5 pound bag on high power for 6 8 minutes on each side or until internal temperature reaches 165degrees f. Steamer place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20 25 minutes or until internal temperature reaches 165 degrees f.	674312
SAUCE SPAGHETTI VINE RIPE 6-10 KE	3 1/4 #10 CAN	<b>HEAT_AND_SERVE</b> Heat & Serve <b>MIX</b> Heat & Serve <b>READY_TO_DRINK</b> Heat & Serve <b>READY_TO_EAT</b> Heat & Serve <b>UNPREPARED</b> Heat & Serve <b>UNSPECIFIED</b> Heat & Serve	247001
Tap Water for Recipes	12 Gallon		000001WTR
PASTA SPAG 51 WGRAIN 2-10	9 1/2 Pound		221460

## Preparation Instructions

- Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. CCP: Heat to 165°F or above for at least 15 seconds.
- Add spaghetti sauce. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving. CCP: Hold at 135o F or higher.
- Bring water to a boil.
- Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly.
- Stir noodles into meat sauce.
- Divide mixture equally into steam table pans (12 x 20 x 4) which have been lightly coated with pan release

spray. Use 3 pans for every 100 servings.

7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently.

CCP: Hold at 135°F or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 133.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	262.29
<b>Fat</b>	7.94g
<b>SaturatedFat</b>	3.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.32mg
<b>Sodium</b>	556.13mg
<b>Carbohydrates</b>	30.38g
<b>Fiber</b>	4.18g
<b>Sugar</b>	6.14g
<b>Protein</b>	15.79g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 21.52mg	<b>Iron</b> 2.91mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti & Meat Sauce (JTM)

<b>Servings:</b>	27.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37270
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package		573201
PASTA SPAG 51 WGRAIN 2-10	2 1/2 Pound		221460
Tap Water for Recipes	3/4 Gallon		000001WTR

## Preparation Instructions

Thaw meat sauce.

Wash Hands and clean surface area- put on gloves.

Prepare full size, 6 inch steam pan by spraying with vegalene.

Empty 2 bags (5# each) of THAWED spaghetti sauce with meat into prepared pan.

Put 2.50 lbs. of noodles on top of sauce

Pour water over noodles and sauce. Cover with lid and place in refrigerator overnight

Next day- Bake convection oven 350 for 30 minutes.

Remove pan and stir softened noodles into sauce.

Return to oven and bake an additional 30 minutes until internal temperature reaches 165 degrees

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	317.46
<b>Fat</b>	8.15g
<b>SaturatedFat</b>	2.96g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.20mg
<b>Sodium</b>	306.88mg
<b>Carbohydrates</b>	39.89g
<b>Fiber</b>	5.08g
<b>Sugar</b>	9.63g
<b>Protein</b>	21.06g
<b>Vitamin A</b> 684.66IU	<b>Vitamin C</b> 20.11mg
<b>Calcium</b> 53.97mg	<b>Iron</b> 3.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	85.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37272
<b>School:</b>	Union School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	1 Package		222585
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR

## Preparation Instructions

Pour 2 gallons boiling water in mixing bowl. HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). Ready to serve or to add recipe ingredients. Add more boiling water to make potatoes thinner, more potatoes to make thicker.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	90.19		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.03mg		
<b>Carbohydrates</b>	20.04g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.02mg	<b>Iron</b>	0.30mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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