

# **Cookbook for Tri Township Schools**

**Created by HPS Menu Planner**

# Table of Contents

**2 oz. Cereal Choice**

**Chicken Patty Sandwich**

**Yogurt Lunchable**

**Uncrustable, Cheez-it, & String Cheese**

**Cheeseburger on Bun**

**Spicy Chicken Sandwich**

**Chef Salad (3-6)**

**Chef Salad (7-12)**

**Broccoli**

**Taco Meat**

**Mixed Vegetables**

**Tiger Bowl**

**Mashed Potatoes**

**Corn**

**Gravy**

**Carrots**

**Cheesy Potatoes**

**Slushie**

**Mexican Rice**

**Sloppy Joe on Bun**

**Chicken & Noodles**

**Peas**

**Powdered Sugar Icing**

**Chili**

**Grilled Cheese Sandwich**

**Bread & Butter**

**Broccoli & Cheese**

**Hamburger on Bun**

**Spaghetti & Meat Sauce**

**Green Beans**

**Garlic Bread**

**Tomato Soup**

**Variety of 2 Count Pop-Tarts**

**Macaroni & Cheese**

**Jello Cup**

**Rice Krispie Treat**

**Applesauce Cake**

**Hot Dog on Bun**

**Pasta Salad**

**Sub Sandwich**

**Creamed Chicken**

**Apple Crisp**

**Ravioli**

## **PBJ Sandwich**

# 2 oz. Cereal Choice

<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-15334
<b>School:</b>	Tri Township Elementary		

## Ingredients

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

## 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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Chicken Patty Sandwich

<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-15338
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	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

No Preparation Instructions available.

### 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

No 100g Conversion Available

# Yogurt Lunchable

<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-37184
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280

## Preparation Instructions

Package all items together. Offer 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>	340.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	585.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 458.00mg	<b>Iron</b> 1.42mg

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Uncrustable, Cheez-it, & String Cheese

<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-37183
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422

## Preparation Instructions

Package all items together. Serve as an 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>	460.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	5.00g
<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> 341.00mg	<b>Iron</b> 1.72mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Cheeseburger 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-15380
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	205030
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<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>	320.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Spicy Chicken Sandwich

<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-15377
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad (3-6)

<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-37185
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup	100012
LETTUCE LEAF 12CT MRKN	4 Ounce	198668
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup	510637
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each	266548

## Preparation Instructions

Package all items together.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.625
<b>RedVeg</b>	0.375
<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>	346.06
<b>Fat</b>	7.67g
<b>SaturatedFat</b>	2.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.40mg
<b>Sodium</b>	656.67mg
<b>Carbohydrates</b>	39.26g
<b>Fiber</b>	5.85g
<b>Sugar</b>	10.01g
<b>Protein</b>	29.85g
<b>Vitamin A</b> 21594.92IU	<b>Vitamin C</b> 11.01mg
<b>Calcium</b> 110.64mg	<b>Iron</b> 3.56mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Chef Salad (7-12)

<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-15336
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup	100012
LETTUCE LEAF 12CT MRKN	4 Ounce	198668
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup	510637
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each	266548
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package	661022

## Preparation Instructions

Package all items together.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.625
<b>RedVeg</b>	0.375
<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>	406.06
<b>Fat</b>	9.67g
<b>SaturatedFat</b>	2.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.40mg
<b>Sodium</b>	806.67mg
<b>Carbohydrates</b>	48.26g
<b>Fiber</b>	5.85g
<b>Sugar</b>	11.01g
<b>Protein</b>	31.85g
<b>Vitamin A</b> 21594.92IU	<b>Vitamin C</b> 11.01mg
<b>Calcium</b> 119.64mg	<b>Iron</b> 4.56mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli

<b>Servings:</b>	67.00	<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-15351
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	14 Pound	110473
MARGARINE SLD 30-1 GCHC	1 Cup	733061

## 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>	0.000
<b>GreenVeg</b>	0.500
<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: 67.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	53.58		
<b>Fat</b>	2.63g		
<b>SaturatedFat</b>	1.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	51.40mg		
<b>Carbohydrates</b>	5.71g		
<b>Fiber</b>	3.43g		
<b>Sugar</b>	1.14g		
<b>Protein</b>	3.43g		
<b>Vitamin A</b>	179.10IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<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

# Taco Meat

<b>Servings:</b>	42.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15357
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
SEASONING TACO 21Z TRDE	2 1/2 Cup	413429

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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: 42.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	261.70		
<b>Fat</b>	17.06g		
<b>SaturatedFat</b>	5.69g		
<b>Trans Fat</b>	2.84g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	756.90mg		
<b>Carbohydrates</b>	5.72g		
<b>Fiber</b>	1.43g		
<b>Sugar</b>	1.43g		
<b>Protein</b>	21.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.03mg

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

## Nutrition - Per 100g

<b>Calories</b>	307.70		
<b>Fat</b>	20.06g		
<b>SaturatedFat</b>	6.69g		
<b>Trans Fat</b>	3.34g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	889.96mg		
<b>Carbohydrates</b>	6.72g		
<b>Fiber</b>	1.68g		
<b>Sugar</b>	1.68g		
<b>Protein</b>	25.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.21mg

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

# Mixed Vegetables

<b>Servings:</b>	93.00	<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-15356
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
VEG MIXED 5-WAY 30 GCHC	14 Pound	285690
MARGARINE SLD 30-1 GCHC	1/4 Cup	733061

## 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>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	35.31		
<b>Fat</b>	0.47g		
<b>SaturatedFat</b>	0.19g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.07mg		
<b>Carbohydrates</b>	6.20g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	2.07g		
<b>Protein</b>	1.03g		
<b>Vitamin A</b>	32.26IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.31mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tiger Bowl

<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-15355
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
Mashed Potatoes	1 Serving	R-37188
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	327120
Gravy	1 Serving	R-37189

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.500

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	356.42
<b>Fat</b>	15.63g
<b>SaturatedFat</b>	2.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.33mg
<b>Sodium</b>	819.29mg
<b>Carbohydrates</b>	34.42g
<b>Fiber</b>	4.22g
<b>Sugar</b>	1.59g
<b>Protein</b>	17.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.51mg	<b>Iron</b> 2.47mg

\*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>	42.00	<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-37188
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package	613738
Water	1 Gallon	Water

## Preparation Instructions

1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4) RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

### 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: 42.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	85.46		
<b>Fat</b>	0.95g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	379.81mg		
<b>Carbohydrates</b>	16.14g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.50mg	<b>Iron</b>	0.28mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Corn

<b>Servings:</b>	76.00	<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-15342
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
Corn, No Salt Added, Canned	4 #10 CAN	100313
MARGARINE SLD 30-1 GCHC	1/4 Cup	733061

## 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>	0.000
<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: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	88.80		
<b>Fat</b>	2.67g		
<b>SaturatedFat</b>	0.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.45mg		
<b>Carbohydrates</b>	17.75g		
<b>Fiber</b>	2.09g		
<b>Sugar</b>	7.31g		
<b>Protein</b>	2.09g		
<b>Vitamin A</b>	39.47IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<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

# Gravy

<b>Servings:</b>	142.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37189
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Package	552061
Water	1 Gallon	Water

## Preparation Instructions

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE

### 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>	0.000

### Nutrition Facts

Servings Per Recipe: 142.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
<b>Calories</b>	20.06		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.51mg		
<b>Sodium</b>	57.66mg		
<b>Carbohydrates</b>	3.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.01mg	<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**

---

# Carrots

<b>Servings:</b>	28.00	<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-15347
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, low sodium, canned	3 #10 CAN	100309
MARGARINE SLD 30-1 GCHC	1/4 Cup	733061

## 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>	0.000
<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: 28.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	50.27		
<b>Fat</b>	1.57g		
<b>SaturatedFat</b>	0.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	295.62mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	107.14IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<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

# Cheesy Potatoes

<b>Servings:</b>	86.00	<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-15366
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
HASHBROWN SUPRM SHRD 6-3# GFS	15 Pound	437360
1 % White Milk	4 Cup	
Cheese, Cheddar Reduced fat, Shredded	3 Pound	100012
SOUR CREAM 4-5 GCHC	2 Pound	285218
MARGARINE SLD 30-1 GCHC	1 1/2 Cup	733061
SOUP CRM OF CHIX 12-5 CAMP	3 #5 CAN	101125

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<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: 86.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	190.71		
<b>Fat</b>	9.97g		
<b>SaturatedFat</b>	5.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.15mg		
<b>Sodium</b>	385.86mg		
<b>Carbohydrates</b>	21.75g		
<b>Fiber</b>	2.38g		
<b>Sugar</b>	1.44g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	259.31IU	<b>Vitamin C</b>	0.09mg
<b>Calcium</b>	28.77mg	<b>Iron</b>	0.34mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Slushie

<b>Servings:</b>	4.00	<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-37326
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	863880

## 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.50mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.75g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1187.50IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<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**

---

# Mexican Rice

<b>Servings:</b>	24.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37354
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	26 Ounce	576280
MARGARINE SLD 30-1 GCHC	1/4 Cup	733061
Tap Water for Recipes	7 Cup	

## Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F).

Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

## 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: 24.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	125.00		
<b>Fat</b>	2.92g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.83mg		
<b>Carbohydrates</b>	22.75g		
<b>Fiber</b>	1.08g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.33g		
<b>Vitamin A</b>	125.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.67mg	<b>Iron</b>	0.39mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe on Bun

<b>Servings:</b>	50.00	<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-15373
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	8 5/8 Pound	100158
ONION SPANISH JUMBO 10 MRKN	10 Ounce	109620
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon	224839
TOMATO PASTE 26 6-10 GCHC	1/4 #10 CAN	100196
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 #10 CAN	100129
Tap Water for Recipes	2 Cup	000001WTR
VINEGAR APPLE CIDER 5% 4-1GAL HNZ	1 1/8 Cup	201812
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon	860221
Black Pepper	1 Teaspoon	24108
SUGAR BROWN MED 25 GCHC	2 3/4 Ounce	108626
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	50 Each	266546

## Preparation Instructions

Serve 1/3 cup meat mixture on each 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: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	363.38
<b>Fat</b>	14.37g
<b>SaturatedFat</b>	4.62g
<b>Trans Fat</b>	2.06g
<b>Cholesterol</b>	53.58mg
<b>Sodium</b>	477.33mg
<b>Carbohydrates</b>	35.45g
<b>Fiber</b>	3.62g
<b>Sugar</b>	11.98g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.11IU	<b>Vitamin C</b> 0.42mg
<b>Calcium</b> 31.30mg	<b>Iron</b> 2.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken & Noodles

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15374
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
BASE CHIX NO ADD MSG 2.76 GCHC	2 Cup	237931
PASTA NOODL KLUSKI AMISH 10 INN MAID	2 1/2 Pound	456632
ONION SPANISH JUMBO 10 MRKN	14 Ounce	109620
MARGARINE SLD 30-1 GCHC	4 Ounce	733061
FLOUR H&R A/P 2-25 GCHC	4 Ounce	227528
1 % White Milk	6 Cup	
Black Pepper	1 1/2 Teaspoon	24108
Chicken, Diced, Cooked, Frozen	6 3/8 Pound	100101

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.750
<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: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	217.29		
<b>Fat</b>	5.72g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	96.67mg		
<b>Sodium</b>	1298.87mg		
<b>Carbohydrates</b>	21.98g		
<b>Fiber</b>	0.60g		
<b>Sugar</b>	1.60g		
<b>Protein</b>	17.16g		
<b>Vitamin A</b>	121.36IU	<b>Vitamin C</b>	0.83mg
<b>Calcium</b>	5.77mg	<b>Iron</b>	3.56mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Peas

<b>Servings:</b>	66.00	<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-15340
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 GCHC	14 Pound	285660
MARGARINE SLD 30-1 GCHC	1/4 Cup	733061

## 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>	0.000
<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: 66.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	51.65		
<b>Fat</b>	0.67g		
<b>SaturatedFat</b>	0.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.67mg		
<b>Carbohydrates</b>	9.12g		
<b>Fiber</b>	3.04g		
<b>Sugar</b>	3.04g		
<b>Protein</b>	3.04g		
<b>Vitamin A</b>	45.45IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.84mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Powdered Sugar Icing

<b>Servings:</b>	220.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15343
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
SUGAR POWDERED 6X 25 GCHC	10 Cup	108693
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup	840860
1 % White Milk	1 Cup	
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon	110744

## 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>	0.000
<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: 220.00

Serving Size: 1.00 Tablespoon

Amount Per Serving			
<b>Calories</b>	29.55		
<b>Fat</b>	0.81g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.07mg		
<b>Sodium</b>	8.56mg		
<b>Carbohydrates</b>	5.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	5.32g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.05IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.22mg	<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**

---

# Chili

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15367
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
SEASONING CHILI MIX 6-5.7Z LAWR	3 Package	521183
Diced Tomatoes cnd	3 #10 CAN	100329
BEAN RED 6-10 GCHC	3 #10 CAN	190209

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.500
<b>Grain</b>	0.000
<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: 70.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	305.55		
<b>Fat</b>	10.23g		
<b>SaturatedFat</b>	3.41g		
<b>Trans Fat</b>	1.71g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	508.07mg		
<b>Carbohydrates</b>	30.92g		
<b>Fiber</b>	6.60g		
<b>Sugar</b>	4.28g		
<b>Protein</b>	20.76g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.37mg	<b>Iron</b>	2.22mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Grilled Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15412
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	100036
MARGARINE SLD 30-1 GCHC	2 Teaspoon	733061
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	204822

## Preparation Instructions

No Preparation Instructions available.

### 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>	406.67
<b>Fat</b>	19.33g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	843.33mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 96.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Bread & Butter

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15350
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice	204822
MARGARINE SLD 30-1 GCHC	1 Teaspoon	733061

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	123.33		
<b>Fat</b>	4.67g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	141.67mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.00mg	<b>Iron</b>	1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Broccoli & Cheese

<b>Servings:</b>	67.00	<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-37362

## Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	14 Pound	110473
MARGARINE SLD 30-1 GCHC	1 Cup	733061
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	3 Pound	310668

## 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>	0.000
<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: 67.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	81.60
<b>Fat</b>	4.57g
<b>SaturatedFat</b>	2.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.47mg
<b>Sodium</b>	137.61mg
<b>Carbohydrates</b>	6.79g
<b>Fiber</b>	3.43g
<b>Sugar</b>	1.14g
<b>Protein</b>	4.94g
<b>Vitamin A</b> 179.10IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 48.06mg	<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

# Hamburger 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-15379
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	205030
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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>	280.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

\*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>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15369
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	11 Pound	100158
Diced Tomatoes cnd	2 #10 CAN	100329
SAUCE MARINARA A/P 6-10 REDPK	4 #10 CAN	592714
PASTA SPAGHETTI 10 2-10 KE	4 3/4 Pound	654560

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	380.48		
<b>Fat</b>	15.05g		
<b>SaturatedFat</b>	4.04g		
<b>Trans Fat</b>	2.02g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	670.59mg		
<b>Carbohydrates</b>	41.01g		
<b>Fiber</b>	5.08g		
<b>Sugar</b>	11.35g		
<b>Protein</b>	22.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.75mg	<b>Iron</b>	2.61mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Green Beans

<b>Servings:</b>	88.00	<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-15345
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	4 #10 CAN	100307
MARGARINE SLD 30-1 GCHC	1/4 Cup	733061

## 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>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	23.36		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	169.61mg		
<b>Carbohydrates</b>	3.53g		
<b>Fiber</b>	2.35g		
<b>Sugar</b>	1.18g		
<b>Protein</b>	1.18g		
<b>Vitamin A</b>	34.09IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<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

# Garlic Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15346
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
BREAD TX TST SLCD WHT 3/4 12-22Z	1 Slice	793350
MARGARINE SLD 30-1 GCHC	1 Teaspoon	733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.500
<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>	143.33
<b>Fat</b>	5.17g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	226.67mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 250.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 62.00mg	<b>Iron</b> 1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tomato Soup

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15371
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	5 #5 CAN	101427
1 % White Milk	1 Gallon	

## 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>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving	
<b>Calories</b>	134.78
<b>Fat</b>	0.80g
<b>SaturatedFat</b>	0.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.80mg
<b>Sodium</b>	586.56mg
<b>Carbohydrates</b>	26.36g
<b>Fiber</b>	1.14g
<b>Sugar</b>	17.22g
<b>Protein</b>	4.84g
<b>Vitamin A</b> 3.20IU	<b>Vitamin C</b> 0.64mg
<b>Calcium</b> 32.44mg	<b>Iron</b> 0.69mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Variety of 2 Count Pop-Tarts

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36915
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	865101
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	452082

## 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: 4.00

Serving Size: 1.00 Package

Amount Per Serving	
<b>Calories</b>	355.75
<b>Fat</b>	5.63g
<b>SaturatedFat</b>	1.83g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	305.00mg
<b>Carbohydrates</b>	74.50g
<b>Fiber</b>	5.90g
<b>Sugar</b>	29.75g
<b>Protein</b>	4.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<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**

---

# Macaroni & Cheese

<b>Servings:</b>	90.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15349
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 2-10 KE	7 Pound	654550
MARGARINE SLD 30-1 GCHC	2 Cup	733061
SALT IODIZED 24-26Z GFS	2 Teaspoon	108308
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon	225061
1 % White Milk	1 1/2 Gallon	
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound	100036
Cheese, Cheddar Reduced fat, Shredded	1 1/2 Pound	100012

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 90.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	279.11
<b>Fat</b>	11.24g
<b>SaturatedFat</b>	5.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.67mg
<b>Sodium</b>	425.43mg
<b>Carbohydrates</b>	31.11g
<b>Fiber</b>	1.24g
<b>Sugar</b>	5.07g
<b>Protein</b>	13.69g
<b>Vitamin A</b> 269.33IU	<b>Vitamin C</b> 0.53mg
<b>Calcium</b> 8.04mg	<b>Iron</b> 1.12mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Jello Cup

<b>Servings:</b>	35.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37190
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
GELATIN MIX ASST RED 12-24Z GCHC	1 Package	500135
Water	1 Gallon	Water

## Preparation Instructions

DISSOLVE CONTENTS OF 24OZ PKG IN 2 QUARTS OF VERY HOT WATER (160-180 BEST). ADD 2 QUARTS OF COLD OR ICE WATER AND STIR AGAIN. POUR INTO INDIVIDUAL DISHES, MOLDS OR A SHALLOW PAN. CHILL UNTIL FIRM, 4 HOURS OR OVER NIGHT.

### 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>	0.000

### Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	71.63		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	86.98mg		
<b>Carbohydrates</b>	17.40g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	17.40g		
<b>Protein</b>	1.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.02mg	<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**

---

# Rice Krispie Treat

<b>Servings:</b>	12.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15354
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
CEREAL RICE KRISPIES 4-27Z KELL	6 Cup	732427
MARSHMALLOW MINI 12-1 GCHC	10 Ounce	191736
MARGARINE SLD 30-1 GCHC	3 Tablespoon	733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.750
<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: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	176.95		
<b>Fat</b>	2.75g		
<b>SaturatedFat</b>	1.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.67mg		
<b>Sodium</b>	132.63mg		
<b>Carbohydrates</b>	33.87g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.03g		
<b>Protein</b>	3.79g		
<b>Vitamin A</b>	187.50IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.91mg	<b>Iron</b>	3.73mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Applesauce Cake

<b>Servings:</b>	90.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15465
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 2-25 GCHC	5 1/2 Pound	227528
SUGAR CANE GRANUL 25 GCHC	5 1/4 Pound	108642
BAKING POWDER 6-5 CLABBER GIRL	3/8 Cup	361032
BAKING SODA 1# HOSP	3 Tablespoon	302938
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	224723
SALT IODIZED 25 CARG	4 1/2 Teaspoon	108286
MARGARINE SLD 30-1 GCHC	2 1/2 Pound	733061
EGG SHL MED A GRD 6-30CT GCHC	5 Each	206547
Applesauce cnd	1 3/4 #10 CAN	110541comm

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.500
<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: 90.00

Serving Size: 1.00 Piece

### Amount Per Serving

<b>Calories</b>	312.60		
<b>Fat</b>	10.18g		
<b>SaturatedFat</b>	4.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.17mg		
<b>Sodium</b>	444.08mg		
<b>Carbohydrates</b>	53.79g		
<b>Fiber</b>	1.24g		
<b>Sugar</b>	31.96g		
<b>Protein</b>	3.57g		
<b>Vitamin A</b>	666.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.14mg	<b>Iron</b>	1.28mg

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

## 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-15352
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each	270913

## Preparation Instructions

No Preparation Instructions available.

### 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>	810.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<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>	70.11mg	<b>Iron</b>	2.76mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pasta Salad

<b>Servings:</b>	90.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15353
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
PASTA ROTINI RAINBOW TRI-COLOR 4-5	6 Pound	413340
PEPPERS GREEN LRG 5 MRKN	1 1/2 Each	592315
CARROT JUMBO 50 P/L	2 Cup	198501
CUCUMBER SELECT 24CT MRKN	3 Each	418439
TOMATO 5X6 XL 5 MRKN	3 Each	438197
DRESSING ITAL 4-1GAL KE	3/4 Gallon	631420

## 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>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	131.89		
<b>Fat</b>	1.63g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	615.23mg		
<b>Carbohydrates</b>	25.41g		
<b>Fiber</b>	1.31g		
<b>Sugar</b>	3.64g		
<b>Protein</b>	3.88g		
<b>Vitamin A</b>	653.29IU	<b>Vitamin C</b>	3.04mg
<b>Calcium</b>	13.17mg	<b>Iron</b>	1.07mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 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-15358
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 Ounce	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

No Preparation Instructions available.

### 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>	300.77
<b>Fat</b>	9.16g
<b>SaturatedFat</b>	4.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.47mg
<b>Sodium</b>	858.53mg
<b>Carbohydrates</b>	32.90g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.32g
<b>Protein</b>	23.42g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Creamed Chicken

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15335
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
MARGARINE SLD 30-1 GCHC	1 Pound	733061
FLOUR H&R A/P 2-25 GCHC	2 Pound	227528
Tap Water for Recipes	1/2 Gallon	000001WTR
1 % White Milk	2 Gallon	
BASE CHIX NO ADD MSG 2.76 GCHC	1/2 Pound	237931
Chicken, Diced, Cooked, Frozen	12 Pound	100101

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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: 65.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	259.92		
<b>Fat</b>	9.69g		
<b>SaturatedFat</b>	2.95g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	69.42mg		
<b>Sodium</b>	850.90mg		
<b>Carbohydrates</b>	17.04g		
<b>Fiber</b>	0.37g		
<b>Sugar</b>	5.42g		
<b>Protein</b>	23.29g		
<b>Vitamin A</b>	374.15IU	<b>Vitamin C</b>	0.98mg
<b>Calcium</b>	16.86mg	<b>Iron</b>	2.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Apple Crisp

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15376
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 2-25 GCHC	14 Ounce	227528
OATS QUICK HOT CEREAL 12-42Z GCHC	9 Ounce	240869
SUGAR BROWN MED 25 GCHC	15 Ounce	108626
SPICE CINNAMON GRND 5 TRDE	2 Tablespoon	224731
SALT IODIZED 24-26Z GFS	1/2 Teaspoon	108308
Apple Slices, Canned, Unsweetened	1 #10 CAN	100206
SUGAR CANE GRANUL 25 GCHC	10 1/2 Ounce	108642
LEMON JUICE 100 12-32FLZ GCHC	1/4 Cup	311227

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.750
<b>Fruit</b>	0.125
<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: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	124.86		
<b>Fat</b>	0.37g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	28.18mg		
<b>Carbohydrates</b>	29.52g		
<b>Fiber</b>	1.67g		
<b>Sugar</b>	18.83g		
<b>Protein</b>	1.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.21mg	<b>Iron</b>	0.55mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ravioli

<b>Servings:</b>	21.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37366
<b>School:</b>	Tri Township Schools		

## Ingredients

Description	Measurement	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	5 Pound	232950
SAUCE MARINARA A/P 6-10 REDPK	8 Cup	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. 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

<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: 21.00

Serving Size: 3.00 Each

Amount Per Serving			
<b>Calories</b>	239.79		
<b>Fat</b>	5.68g		
<b>SaturatedFat</b>	2.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.21mg		
<b>Sodium</b>	660.19mg		
<b>Carbohydrates</b>	30.30g		
<b>Fiber</b>	3.54g		
<b>Sugar</b>	5.83g		
<b>Protein</b>	16.65g		
<b>Vitamin A</b>	201.69IU	<b>Vitamin C</b>	6.05mg
<b>Calcium</b>	217.69mg	<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**

---

# PBJ Sandwich

<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-15375
<b>School:</b>	Tri Township Elementary		

## Ingredients

Description	Measurement	DistPart #
USDA Commodity Smooth Peanut Butter	2 TBSP.	100396
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	204822

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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>	18.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	380.00mg
<b>Carbohydrates</b>	53.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	20.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 96.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---