

Cookbook for Crete-Monee School District U201

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Cookbook for CRETE-MONEE HIGH SCHOOL

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Chicken Nuggets 6-12



Servings:	1.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2770
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	8 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 8-10 minutes at 350°F on breaded, fried, light coloring setting for rational from frozen. Cook till temp reaches 135 for 15 seconds. Batch cook item and put in 4 inch full pan for serving. 5 pc = 2mt 1 grain	558040

Preparation Instructions

HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.

- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

Meal Components (SLE)

Amount Per Serving

Meat	3.200
Grain	1.600
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Each

Amount Per Serving			
Calories	384.00		
Fat	22.40g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	32.00mg		
Sodium	752.00mg		
Carbohydrates	25.60g		
Fiber	4.80g		
Sugar	1.60g		
Protein	20.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.40mg	Iron	3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken W/ Rice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-963
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce		791710
RICE BRN ASIAN 6-26.4Z UBEN	1/2 Cup		244541

Preparation Instructions

Heat according to manufacture instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	295.00		
Fat	5.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	605.00mg		
Carbohydrates	46.00g		
Fiber	3.00g		
Sugar	14.50g		
Protein	16.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Egg sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-2952
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD R/SOD IQF 1.5Z 12	1 Each		483152
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Each		722360
EZ Split Biscuit	1 Each		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	430.00
Fat	28.50g
SaturatedFat	13.75g
Trans Fat	0.00g
Cholesterol	112.50mg
Sodium	860.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	3.50g
Protein	15.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vanilla Yogurt Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3298

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUMB CRACKER GRAHAM 10 KEEB	1/4 cup		109568
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/4 cup		812821
BLUEBERRY IQF 4-5 GCHC	1/8 Ounce		166720
STRAWBERRY WHL IQF 4-5 GCHC	1/8		244630
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CRACKER GRHM WGRAIN IW 150-3CT NAB	1 Package		529974
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.403
Fruit	0.260
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	580.28
Fat	18.68g
SaturatedFat	8.37g
Trans Fat	0.00g
Cholesterol	43.73mg
Sodium	735.15mg
Carbohydrates	86.07g
Fiber	4.27g
Sugar	38.86g
Protein	20.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 553.19mg	Iron 2.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Pizza 9-12

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2775
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 2.20mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2796
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830
FRANKS BEEF 8/ 2-5 GFS	1 Each		417350
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	370.00
Fat	20.50g
SaturatedFat	7.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	785.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	3.00g
Protein	12.00g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 128.89mg	Iron 2.49mg

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Nutrition - Per 100g

No 100g Conversion Available

RO - Spicy Chicken Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5221
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791

Preparation Instructions

1. Be sure chicken was cooked & cooled properly and stored at 41 F or below
2. Place 3 chicken tenders, 2 tbsp cheese & 1/2 cup of lettuce into 10" tortilla
3. Wrap, label and date

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	507.50
Fat	24.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	846.25mg
Carbohydrates	50.00g
Fiber	4.25g
Sugar	3.25g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 191.00mg	Iron 4.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-805
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151
BEEF PTY 5/ 80/20 15 GCHC	100 Each	BAKE From thawed state: sleeve pack preparation, put a on sheet pan in preheated convection oven at 375 degrees f for 25 minutes. Remove from oven and let stand 3 minutes before placing on bun.	482790

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a on sheet pan in preheated convection oven at 375 degrees f for 25 minutes. Remove from oven and let stand 3 minutes before placing on bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	19.00g
SaturatedFat	7.00g
Trans Fat	1.00g
Cholesterol	60.00mg
Sodium	185.00mg
Carbohydrates	19.00g
Fiber	3.00g
Sugar	3.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ RIB SANDWICH

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-971
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each		676151
BEEF RIB BBQ HNY 100- 3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410

Preparation Instructions

BAKE

Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Put on Bun and Serve

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	805.00mg
Carbohydrates	32.00g
Fiber	5.00g
Sugar	13.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2781
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each		676151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	340.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	575.00mg
Carbohydrates	35.00g
Fiber	6.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco 6-12

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2771
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Ounce		600504

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.262
Grain	2.000
Fruit	0.000
GreenVeg	0.167
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	366.36
Fat	18.03g
SaturatedFat	11.14g
Trans Fat	0.18g
Cholesterol	51.45mg
Sodium	529.89mg
Carbohydrates	35.15g
Fiber	5.60g
Sugar	3.60g
Protein	18.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 285.88mg	Iron 3.58mg

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Nutrition - Per 100g

No 100g Conversion Available

Waffles

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3282
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE HMSTYL 4 12-12CT EGGO	2		103452
SAUSAGE LNK CKD L/SOD IQF 1Z 12 GFS	2		483162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	380.00
Fat	23.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	560.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	6.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	8.00 8 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2768
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2- 5 6 pieces	8 Each	BAKE CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F. REMOVE MINI CORN DOGS FROM PACKAGING AND PLACE ON A FOIL-LINED BAKING TRAY. FROM THAWED (PREFERRED METHOD): HEAT FOR APPROXIMATEY 10 MINUTES. FOR BEST RESULTS, FLIP PRODUCT HALFWAY THROUGH HEATING. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH A MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.	497360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.000
Grain	6.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 8 each

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	640.00mg
Carbohydrates	40.00g
Fiber	2.00g
Sugar	10.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Bread Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2784
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN GARL CHS 60-4.55Z	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 17 - 19 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154371

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	262.00
Fat	12.30g
SaturatedFat	4.90g
Trans Fat	0.00g
Cholesterol	21.00mg
Sodium	475.40mg
Carbohydrates	25.00g
Fiber	0.00g
Sugar	3.00g
Protein	14.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 278.70mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3306
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
EGG HRD CKD DCD IQF 4-5 GCHC	1 Ounce		192198
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
Grape Tomatoes	3 Each		749041
ROLL DNNR WHEAT IW 144CT BNBSKT	1 Each		617310

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.667
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	1.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	497.58
Fat	25.85g
SaturatedFat	9.23g
Trans Fat	0.00g
Cholesterol	113.48mg
Sodium	741.82mg
Carbohydrates	37.61g
Fiber	6.27g
Sugar	4.42g
Protein	28.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 304.96mg	Iron 4.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-974
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	3 Each		232950
SAUCE SPAGHETTI 6-10 GCHC	2 Ounce		144207
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	520.00
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	2510.00mg
Carbohydrates	86.00g
Fiber	15.00g
Sugar	30.00g
Protein	25.00g
Vitamin A 200.00IU	Vitamin C 6.00mg
Calcium 304.00mg	Iron 6.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Omelet

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3280
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1		240080
POTATO TRIANGLES 2Z 6-5 GCHC	2		518557
SAUSAGE LNK CKD L/SOD IQF 1Z 12 GFS	2		483162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	520.00
Fat	38.00g
SaturatedFat	12.50g
Trans Fat	0.00g
Cholesterol	205.00mg
Sodium	950.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	2.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2780
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce		564790
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.200
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.140
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	299.89
Fat	7.89g
SaturatedFat	2.42g
Trans Fat	0.00g
Cholesterol	48.48mg
Sodium	916.97mg
Carbohydrates	36.02g
Fiber	3.88g
Sugar	12.82g
Protein	20.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 63.06mg	Iron 2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatloaf sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5253
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	330.00
Fat	13.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	9.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Popper Mashed Potato Bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5268
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
POTATO PRLS PREM 10- 29.3Z NATROWN	1/2 Cup	RECONSTITUTE 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan. 2: Add all potatoes, stir for 15-20 seconds. 3: Let stand for 7 minutes, stir and serve.	193610
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	2 Tablespoon		552061
CORN WHL KERNEL R/SOD 6-10 P/L	1/4 Cup		222011
ROLL DNNR WHEAT IW 144CT BNBSKT	1 Each		617310

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.300

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	449.06
Fat	17.29g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	29.34mg
Sodium	795.75mg
Carbohydrates	49.70g
Fiber	4.97g
Sugar	7.09g
Protein	20.98g
Vitamin A 0.19IU	Vitamin C 0.64mg
Calcium 81.51mg	Iron 3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3313
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE CHL ROMAINE SHRD 6/2 LB	2 cup		15D11
CHIX DCD 1/2 60 WHT CKD 10-3 GCHC	1 Ounce		671479
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
EGG HRD CKD DCD IQF 4-5 GCHC	1 Ounce		192198
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
Grape Tomatoes	3 Each		749041
CRACKER SALTINE MINI WGRAIN 300-.39Z	2 Package		522150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.331
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	1.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	314.58
Fat	16.33g
SaturatedFat	7.37g
Trans Fat	0.03g
Cholesterol	134.61mg
Sodium	502.24mg
Carbohydrates	15.33g
Fiber	0.00g
Sugar	0.33g
Protein	21.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 249.63mg	Iron 1.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13266
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKED WHL 6Z 6-5 SUN SUPRM	1 Each		156090
CHILI BEEF W/BEAN 6-5 COMM	2 Ounce		344012
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce		135261
Bongards Mozzarella String Cheese Sticks are individually wrapped and perfect for snacking.	1	READY_TO_EAT none	402951

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.728
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	342.14
Fat	11.22g
SaturatedFat	6.33g
Trans Fat	0.00g
Cholesterol	35.63mg
Sodium	493.90mg
Carbohydrates	42.65g
Fiber	5.37g
Sugar	3.72g
Protein	17.96g
Vitamin A 429.50IU	Vitamin C 21.52mg
Calcium 142.00mg	Iron 2.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos and cheese

NO IMAGE

Servings:	130.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10755
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	240 Ounce		722330
SALSA 103Z 6-10 REDG	103 Ounce	READY_TO_EAT None	452841
Beans, Refried, Low sodium, canned	108 Ounce	BAKE Open can and heat according to recipe or instructions on can	100362
SAUCE CHS QUESO JALAP POU 6-106Z LOL	130 Ounce		135271

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.665
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.132
OtherVeg	0.000
Legumes	0.831
Starch	0.000

Nutrition Facts

Servings Per Recipe: 130.00

Serving Size: 3.00

Amount Per Serving

Calories	306.56
Fat	6.30g
SaturatedFat	3.30g
Trans Fat	0.17g
Cholesterol	29.80mg
Sodium	669.76mg
Carbohydrates	39.23g
Fiber	9.47g
Sugar	3.35g
Protein	21.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 133.62mg	Iron 1.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hoagie Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13301

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce		199721
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	321.70
Fat	11.50g
SaturatedFat	3.95g
Trans Fat	0.00g
Cholesterol	65.50mg
Sodium	943.30mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	4.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 178.67mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3267
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE SPAGHETTI 6-10 GCHC	2 Ounce		144207
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	554.00
Fat	11.50g
SaturatedFat	4.00g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	2426.00mg
Carbohydrates	87.00g
Fiber	15.00g
Sugar	34.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 215.00mg	Iron 7.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Patty sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2790
School:	CRETE-MONEE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary. THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	676151
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	330.00
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	485.00mg
Carbohydrates	34.00g
Fiber	5.00g
Sugar	4.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for CRETE-MONEE MIDDLE SCHOOL

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[Italian Sub Wrap](#)

[BLT Salad](#)

Italian Sub Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35124
School:	CRETE-MONEE MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice		199721
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
DRESSING ITAL GLDN 4-1GAL BRTHARB	2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	221681
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Layer each tortilla with the following:
 6 slices Italian combo meat(2 each flavor)
 ¼ c. shr. mozzarella cheese
 2 tbl Italian dressing
 1 c. lettuce

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	456.91		
Fat	21.50g		
SaturatedFat	6.70g		
Trans Fat	0.00g		
Cholesterol	73.00mg		
Sodium	1263.30mg		
Carbohydrates	38.04g		
Fiber	3.02g		
Sugar	8.02g		
Protein	25.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	355.01mg	Iron	2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLT Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35414
School:	CRETE-MONEE MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	5 Each		129631
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each	Cut in half.	229431
BACON TOPPING 1 DCD 10 HRML	4 Fluid Ounce	loose	827002

Preparation Instructions

Steam eggs in slotted pan for 15 minutes.

Slice with egg slicer.

Layer all salad ingredients, ending with eggs on top.

Cover.

Keep chilled.

Offer with bread sticks and dressing.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	606.13		
Fat	41.13g		
SaturatedFat	17.53g		
Trans Fat	0.00g		
Cholesterol	385.00mg		
Sodium	2622.81mg		
Carbohydrates	10.69g		
Fiber	3.49g		
Sugar	6.06g		
Protein	48.90g		
Vitamin A	468.56IU	Vitamin C	7.71mg
Calcium	70.63mg	Iron	2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Monee Elementary

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No Recipes found

Cookbook for Talala Elementary

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No Recipes found