

Cookbook for Culver Elementary

Created by HPS Menu Planner

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Variety of Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18856
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL RICE CHEX BLUEB BOWL 96-1Z	1 Each	READY_TO_EAT Ready to eat	261737
CEREAL CHEERIOS HNY BOWL 96-1Z	1 Each		261557

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.39		
Fat	1.45g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	131.06mg		
Carbohydrates	21.17g		
Fiber	1.93g		
Sugar	6.33g		
Protein	1.83g		
Vitamin A	225.17IU	Vitamin C	3.92mg
Calcium	93.22mg	Iron	5.83mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Graham

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37494
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package	READY_TO_EAT Ready to Enjoy	288252
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	READY_TO_EAT Ready to Enjoy	194510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	123.33		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	131.67mg		
Carbohydrates	20.33g		
Fiber	1.33g		
Sugar	7.67g		
Protein	1.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Chicken

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13601
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BNLS SKNLS TRAY 48-4Z GCHC	300 Each	Approximately 6.25 cases.	268127
DRESSING RNCH 4-1GAL HVALL	1 Gallon		759082
CEREAL CORN FLKS 4-35Z HOSP	12 Package	3 cases crushed.	705454

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 300.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	314.72		
Fat	8.34g		
SaturatedFat	1.45g		
Trans Fat	0.00g		
Cholesterol	78.26mg		
Sodium	445.27mg		
Carbohydrates	30.61g		
Fiber	0.99g		
Sugar	4.39g		
Protein	25.78g		
Vitamin A	0.00IU	Vitamin C	2.27mg
Calcium	3.70mg	Iron	13.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37474
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each		129001

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	286.65
Fat	8.63g
SaturatedFat	3.05g
Trans Fat	0.03g
Cholesterol	13.00mg
Sodium	214.33mg
Carbohydrates	47.75g
Fiber	3.85g
Sugar	21.50g
Protein	4.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.25mg	Iron 1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Nutrigrain Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37495
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

Assorted Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28667
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	187.50
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	128.75mg
Carbohydrates	31.25g
Fiber	2.00g
Sugar	16.50g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.01mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Eggs

Servings:	25.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	1 Pound		100188-H
EGG SCRMBD CKD FZ 4-5 CARG	5 Pound		192330

Preparation Instructions

Preheat oven to 250°F.

Place scrambled eggs and ham into a full steam table pan and cook for 15 to 20 minutes (if frozen cook 20 to 25 minutes).

Once eggs and ham are at temp remove from oven.

Hold for service. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	163.41
Fat	10.12g
SaturatedFat	3.72g
Trans Fat	0.00g
Cholesterol	313.44mg
Sodium	537.70mg
Carbohydrates	4.25g
Fiber	0.00g
Sugar	0.52g
Protein	12.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 57.60mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety of 4 oz. Yogurt

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36718
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	65.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Granola

Servings:	30.00	Category:	Grain
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-37151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	6 Cup		240869
SUGAR BROWN LT 12-2 P/L	1 1/2 Cup		860311
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon		110744
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Cup	2 sticks	191205
SALT IODIZED 18-2.25 GCHC	1 Teaspoon		350732

Preparation Instructions

Mix melted butter, sugar, salt and vanilla. Pour over oats. Toss really well.

Pour onto baking sheet.

Bake 350 in preheated oven for 30 min or until you can smell granola *tossing 1/2 way through the bake

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	122.69		
Fat	3.93g		
SaturatedFat	2.07g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	102.77mg		
Carbohydrates	20.40g		
Fiber	1.60g		
Sugar	9.60g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger Soup

Servings:	85.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13812
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP POT RSTD YKN&CHDR HT&SRV 4-4	32 Pound		572971
BEEF CRUMBLES 8-5	5 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950

Preparation Instructions

Add 0.75 lbs. beef crumbles to each bag of soup. Heat.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
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: 85.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	271.06
Fat	19.20g
SaturatedFat	10.92g
Trans Fat	0.38g
Cholesterol	64.00mg
Sodium	862.12mg
Carbohydrates	13.18g
Fiber	1.51g
Sugar	0.75g
Protein	11.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.46mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31352
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Servings:	280.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10627

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	20 Pound		100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	25 Pound		270385
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	6 Pound		110601

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 280.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	198.61
Fat	2.94g
SaturatedFat	0.36g
Trans Fat	0.00g
Cholesterol	56.14mg
Sodium	53.93mg
Carbohydrates	28.61g
Fiber	1.43g
Sugar	1.45g
Protein	12.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.29mg	Iron 1.36mg

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18875
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	370.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	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

Servings:	320.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18879
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package		573201
PASTA SPAGHETTI 10 2-10 KE	20 Pound		654560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	189.46
Fat	4.25g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	29.46mg
Sodium	155.36mg
Carbohydrates	25.82g
Fiber	2.07g
Sugar	4.75g
Protein	11.54g

Vitamin A 346.61IU **Vitamin C** 10.18mg

Calcium 23.57mg **Iron** 1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	50.00	Category:	Entree
Serving Size:	4.93 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20921
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	5 Pound		155661
PASTA ROTINI 2-10 KE	4 Pound		635511
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
Cheese, Mozzarella, Part Skim, Shredded	2 Cup		100021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.93 Ounce

Amount Per Serving

Calories	464.87
Fat	5.58g
SaturatedFat	2.12g
Trans Fat	0.00g
Cholesterol	40.97mg
Sodium	357.71mg
Carbohydrates	81.82g
Fiber	3.82g
Sugar	5.28g
Protein	23.48g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.65mg	Iron 3.44mg

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

Nutrition - Per 100g

Calories	332.61
Fat	3.99g
SaturatedFat	1.52g
Trans Fat	0.00g
Cholesterol	29.31mg
Sodium	255.94mg
Carbohydrates	58.54g
Fiber	2.73g
Sugar	3.78g
Protein	16.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.21mg	Iron 2.46mg

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

Taste Like Home Meatloaf

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20907

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	UNPREPARED	100158
CRUMB CRACKER SALTINE CRUSHED 10 NAB	1 1/4 Quart		314347
EGG SHL LRG A GRD 6-30CT GCHC	5 Each		206539
KETCHUP CAN NAT LO SOD 6-10 REDG	4 Cup	READY_TO_EAT None	200621
SPICE ONION MINCED 12Z TRDE	1/8 Cup		513997
SALT IODIZED 25 CARG	1 Teaspoon		108286
Black Pepper	1 Tablespoon	BAKE	24108

Preparation Instructions

Thaw raw ground meat under refrigeration. It should be on its own shelf at the bottom of cooler.

Mix ground beef, onions, ketchup, raw eggs, cracker crumbs, pepper, & salt on low speed or by hand until blended.

Place baking rack on sheet pan and coat with cooking spray.

Use a 5 oz. scoop to portion out meatloaf balls onto the rack.

Bake at 350 degrees in a convection oven for approximately 1 hour until internal temperature reaches 165 degrees or higher.

Top with 1 oz. of low sodium ketchup before serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	266.02		
Fat	15.83g		
SaturatedFat	5.13g		
Trans Fat	2.53g		
Cholesterol	18.50mg		
Sodium	263.32mg		
Carbohydrates	14.02g		
Fiber	0.40g		
Sugar	3.84g		
Protein	18.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.16mg	Iron	0.67mg

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

Nutrition - Per 100g

Calories	234.59		
Fat	13.96g		
SaturatedFat	4.52g		
Trans Fat	2.23g		
Cholesterol	16.31mg		
Sodium	232.21mg		
Carbohydrates	12.36g		
Fiber	0.35g		
Sugar	3.39g		
Protein	15.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.79mg	Iron	0.59mg

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