

# **Cookbook for New Paris Elementary School**

**Created by HPS Menu Planner**

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# Assorted Whole Grain Cereals

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9688
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811

## 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: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	108.46		
<b>Fat</b>	1.16g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	159.89mg		
<b>Carbohydrates</b>	23.57g		
<b>Fiber</b>	1.81g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	1.89g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	51.54mg	<b>Iron</b>	2.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Fruit

<b>Servings:</b>	10.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9690

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 Cup		268348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 Cup		189979
Applesauce cnd	1 Cup	BAKE	110541comm
FRUIT MIXED 6-10	1 Cup	BAKE	100212
Pear Halves	1 Cup	BAKE	100226

## 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>	0.475
<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: 10.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	58.14		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.40mg		
<b>Carbohydrates</b>	14.59g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	11.74g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.04mg	<b>Iron</b>	0.06mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 100% Fruit Juice

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9689

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	63.33
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 20.00mg
<b>Calcium</b> 10.40mg	<b>Iron</b> 0.07mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Vegetable Juice Box

<b>Servings:</b>	5.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37564
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	1 Each	Credits as 1/2 cup Red/Orange Vegetable	214513
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each	Credits as 1/2 cup Red/Orange Vegetable	597380
JUICE BOX PARADS PNCH 40-4.23FLZ	1 Each	Credits as 1/2 cup Other Vegetable	698261
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each	Credits as 1/2 cup Other Vegetable	510571
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each	Credits as 1/2 cup Other Vegetable	510562

## 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: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	52.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	28.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.60g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Munchable

<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-33359

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

## Preparation Instructions

Package together in Container.

Counts as a reimbursable meal by itself.

Students must also be able to take all other menued vegetables, fruits and milk, if desired.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	393.90
<b>Fat</b>	17.20g
<b>SaturatedFat</b>	7.20g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	899.70mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.20IU	<b>Vitamin C</b> 0.06mg
<b>Calcium</b> 432.18mg	<b>Iron</b> 2.06mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Baked Beans

<b>Servings:</b>	56.00	<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-9692
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 H RTHSTN	2 #10 CAN		822477
SAUCE BBQ 4-1GAL GCHC	2 Cup	READY_TO_EAT This ready-to-use sauce simplifies back-of-house prep, making it easy to create signature barbecue dishes featuring a slow-smoked flavor.	734136
KETCHUP CAN NAT LO SOD 6-10 REDG	2 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	200621
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
MUSTARD PKT 200-1/5Z HNZ	1/4 Cup		109908

## Preparation Instructions

Mix all ingredients in a large mixing bowl. Pour into a 4 inch deep pan that has been sprayed with cooking spray. Put pan in oven that has been pre-heated to 350 degrees. Bake for 45 minutes or until minimum temperature of 150 degrees.

Note: Most times will want to do recipes 3 times for 3-4 inch pans of beans for service.

## 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>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	146.21
<b>Fat</b>	0.49g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	452.01mg
<b>Carbohydrates</b>	30.56g
<b>Fiber</b>	4.70g
<b>Sugar</b>	9.79g
<b>Protein</b>	6.55g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 48.04mg	<b>Iron</b> 1.85mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

<b>Servings:</b>	48.00	<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-9691
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	48 Each		203260
CHEESE AMER 160CT SLCD R/F 6-5 LOL	48 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN HAMB WGRAIN 3.5 10-12CT GCHC	48 Each		266545

## Preparation Instructions

Beef Patty:

Pre-heat oven to 350 degrees.

Put frozen patties on parchment lined 1 inch deep large baking sheet. 24 patties per pan with 4 X 6 arrangement.

Bake 13 minutes or to minimum temperature of 150 degrees.

Keep warm in pass through.

To assemble:

Line 4 inch deep large pan with parchment paper. Put patties on buns with cheese slice. Layer sandwiches 4 X 6 to equal 48 sandwiches per pan. Cover with foil and keep warm in pass through.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<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: 48.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	345.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	7.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	520.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 121.00mg	<b>Iron</b> 1.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Chef Salad

<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-21943
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup		153121
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	Use Commodity Brown Box when available or GFS#150250	100012
Ham, Cubed Frozen	1 2/9 Ounce	USDA Commodity/Brown Box Weight	100188-H

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<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>	130.67
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.00mg
<b>Sodium</b>	432.00mg
<b>Carbohydrates</b>	5.73g
<b>Fiber</b>	1.37g
<b>Sugar</b>	2.37g
<b>Protein</b>	13.37g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.77mg	<b>Iron</b> 0.49mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Graham Snack

<b>Servings:</b>	12.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31216
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GRHM CHARACT W/G 150-1Z KEEB	1 Package		264282
CRACKER GRHM CHARACT CINN 150-1Z KEEB	1 Package		330751
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.021
<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>	120.83		
<b>Fat</b>	3.79g		
<b>SaturatedFat</b>	0.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	112.92mg		
<b>Carbohydrates</b>	20.67g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	7.25g		
<b>Protein</b>	1.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.67mg	<b>Iron</b>	0.89mg

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## 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>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9758
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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>	284.02
<b>Fat</b>	12.65g
<b>SaturatedFat</b>	3.79g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.55mg
<b>Sodium</b>	1061.19mg
<b>Carbohydrates</b>	21.02g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	19.70g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 175.23mg	<b>Iron</b> 2.10mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mixed Vegetables

<b>Servings:</b>	138.00	<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-9743
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY 30 GCHC	30 Pound		285690
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	3 Tablespoon		225037

## Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 25 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

## 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: 138.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	116.29		
<b>Fat</b>	7.65g		
<b>SaturatedFat</b>	3.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	295.99mg		
<b>Carbohydrates</b>	9.34g		
<b>Fiber</b>	2.34g		
<b>Sugar</b>	3.11g		
<b>Protein</b>	1.56g		
<b>Vitamin A</b>	521.74IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	0.47mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Corn

<b>Servings:</b>	248.00	<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-9702
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	45 Pound		283730
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	3 Tablespoon		225037

## Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 35 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

## 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: 248.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	118.55		
<b>Fat</b>	4.76g		
<b>SaturatedFat</b>	1.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	161.03mg		
<b>Carbohydrates</b>	17.96g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.99g		
<b>Vitamin A</b>	290.32IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.48mg	<b>Iron</b>	0.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hot Ham & Cheese 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-9742
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<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>	275.72
<b>Fat</b>	10.04g
<b>SaturatedFat</b>	3.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.93mg
<b>Sodium</b>	1017.45mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	25.80g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 121.00mg	<b>Iron</b> 1.94mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Beans

<b>Servings:</b>	286.00	<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-9696
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	13 #10 CAN		273856
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	3 Tablespoon		225037

## Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Place 3-4 inch deep pans on counter. Wipe off and open green beans cans. Dump 1 can undrained beans into each pan.

Drain the rest of the cans of green beans and dived among pans.

Put 1 rounded Tablespoon of salt in each pan.

Sprinkle with pepper on each pan.

Steam in steamer for 25 minutes covered.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans and stir margarine and green beans together.

Store in warmer covered until service.

## 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: 286.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	57.08		
<b>Fat</b>	3.69g		
<b>SaturatedFat</b>	1.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	393.97mg		
<b>Carbohydrates</b>	3.53g		
<b>Fiber</b>	2.35g		
<b>Sugar</b>	1.18g		
<b>Protein</b>	1.18g		
<b>Vitamin A</b>	251.75IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.12mg	<b>Iron</b>	0.45mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9755
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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>	280.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	750.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.11mg	<b>Iron</b>	1.76mg

\*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>	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-29652
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package		613738
Tap Water for Recipes	2 Gallon	N/A	000001WTR

## Preparation Instructions

Place potato pearls and cold water into a 4 inch steam table pan. Place pan immediately in steamer (no lid). Steam for 30 minutes and then place in hot hold with lid until ready for service.

### 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>	94.45
<b>Fat</b>	1.05g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	419.79mg
<b>Carbohydrates</b>	17.84g
<b>Fiber</b>	1.05g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.49mg	<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



# Refried Beans

<b>Servings:</b>	120.00	<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-9741
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	5 #10 CAN		293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170

## Preparation Instructions

Wipe off and open cans of refried beans.

Weigh out 2 pounds of shredded mozzarella cheese in bowl.

Spray 2-4 inch deep pans with cooking spray.

Place 2 1/2 cans beans in each pan.

Cover and bake in oven 45 minutes at 350 degrees until at least 150 degrees.

Portion 1/2 cup into Styrofoam 8 ounce bowls and sprinkle with cheese (approximately 1 Tbsp).

Place 4X6 on flat baking sheet. Cover pan with foil, store in warmer.

## 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>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	174.89
<b>Fat</b>	3.76g
<b>SaturatedFat</b>	1.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.00mg
<b>Sodium</b>	619.22mg
<b>Carbohydrates</b>	25.06g
<b>Fiber</b>	6.47g
<b>Sugar</b>	1.34g
<b>Protein</b>	10.49g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 103.17mg	<b>Iron</b> 2.16mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pulled Pork Sandwich

<b>Servings:</b>	302.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37346
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	302 Each		266545
Pulled Pork	65 Pound	13 Bags	110730*

## Preparation Instructions

Note: Janet is going to check on weight of 1/4 cup o

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<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: 302.00

Serving Size: 0.25 Cup

Amount Per Serving	
<b>Calories</b>	268.41
<b>Fat</b>	10.11g
<b>SaturatedFat</b>	3.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.99mg
<b>Sodium</b>	527.81mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	22.94g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.00mg	<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

# Peas

<b>Servings:</b>	144.00	<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-9693
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	30 Pound		285660
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	3 Tablespoon		225037

## Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 25 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

## 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: 144.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	111.44
<b>Fat</b>	7.33g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	268.73mg
<b>Carbohydrates</b>	8.96g
<b>Fiber</b>	2.99g
<b>Sugar</b>	2.99g
<b>Protein</b>	2.99g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.15mg	<b>Iron</b> 0.82mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Combo Cookie

<b>Servings:</b>	340.00	<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-9744
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SUGAR CANE GRANUL 25 GCHC	6 Cup		108642
MARGARINE SLD ZT 30-1 GFS	6 Cup	3 pounds	557482
OIL CORN 2-2.5GAL MAZOLA	6 Cup		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	5 1/3 Tablespoon	5 Tablespoons and 1 teaspoon or 16 teaspoon	110736
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
BAKING SODA 36Z GCHC	2 Tablespoon		513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon		513687
FLOUR H&R GOLD MEDAL 14317 2-25	20 Cup		426253
OATS QUICK HOT CEREAL 12-42Z GCHC	8 Cup		240869
CEREAL RICE KRISPIES 4-27Z KELL	8 Cup		732427
CHOC CHIPS SMISWT MINI 4000/4-4	8 Cup		283630

## Preparation Instructions

Put in large mixer: brown sugar, white sugar, butter, oil.

Mix with paddle attachment and beat well.

Add eggs and vanilla to mixture and mix again

Add the following to mixture: salt, soda, cream of tarter, and flour. Then mix again.

Then fold in the following to cookie dough mixture: oatmeal, rice krispies, and chocolate chips.

Put parchment liner on large 1 inch deep baking sheet pan.

Scoop dough with a #60 disher onto backing sheet. Place dough balls in an arrangement of 4 X 7 to equal 28 cookies per pan.

Bake 8 to 10 minutes at 300 degrees in convection oven.

\*\*This cookie is not whole grain rich.\*\*

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.500
<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: 340.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	140.54		
<b>Fat</b>	8.90g		
<b>SaturatedFat</b>	2.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.89mg		
<b>Sodium</b>	115.53mg		
<b>Carbohydrates</b>	14.87g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	7.12g		
<b>Protein</b>	1.58g		
<b>Vitamin A</b>	141.18IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.98mg	<b>Iron</b>	0.95mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger

<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-9706
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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>	310.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	1.00mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Chili

<b>Servings:</b>	315.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9708
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN		785024
TOMATO PASTE 6-10 HUNTS	2 2/3 #10 CAN		444707
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE GARLIC POWDER 21Z TRDE	2 1/4 Tablespoon		224839
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061
SUGAR BROWN LT 12-2 P/L	4 Cup		860311
Tap Water for Recipes	4 3/4 Gallon	UNPREPARED	000001WTR

## Preparation Instructions

Note: Thaw hamburger in refrigerator 3 days before using.

1. Spray tilt skillet with cooking spray and turn on to 300 degrees
2. Brown 40 lbs of thawed hamburger in tilt skillet until no longer pink
3. Drain grease into 5 gallon bucket
4. Turn heat down to 200 to 250 degrees
5. Add all other ingredients (beside tomato paste and 1 gallon of water) to browned hamburger.
6. Stir tomato paste and 1 gallon of the water together into a large pot
7. Add tomato paste/water mixture to tilt skillet with other ingredients.
8. Stir often so it doesn't stick and heat to upper 150 degrees
9. When hot, use sauce pan to fill large pans. Keep in warmer until serving.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.255
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.437
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	246.15		
<b>Fat</b>	9.47g		
<b>SaturatedFat</b>	3.03g		
<b>Trans Fat</b>	1.52g		
<b>Cholesterol</b>	39.42mg		
<b>Sodium</b>	502.82mg		
<b>Carbohydrates</b>	23.78g		
<b>Fiber</b>	9.18g		
<b>Sugar</b>	5.36g		
<b>Protein</b>	15.96g		
<b>Vitamin A</b>	221.71IU	<b>Vitamin C</b>	1.77mg
<b>Calcium</b>	30.11mg	<b>Iron</b>	2.35mg

\*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>	11.00	<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-9760
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	44 Slice		722360
MARGARINE SLD ZT 30-1 GFS	11 Tablespoon		557482
BREAD WHL WHE PULLMAN SLCD 12-22Z	22 Each		710650

## Preparation Instructions

Melt butter

Use pastry brush to butter 1 side of each pieces of bread. Place 4 slices of cheese on each sandwich. Place in arrangement of 4 X 6 on narrow edge large sheet pans.

Grill sandwiches on grill cook top.

Note: 1 loaf of bread makes 11 sandwiches discard heels.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 11.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	10.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1150.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 464.00mg	<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

# 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-9695
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each		281622
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<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>	350.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	2.90mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Salisbury Steak with Gravy

<b>Servings:</b>	40.00	<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-37567
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD 72-2.67Z GCHC	40 Each		512606
GRAVY BF RSTD 12-50Z HRTHTSN	1 1/2 #5 CAN		232424

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.750
<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: 40.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	231.96		
<b>Fat</b>	18.60g		
<b>SaturatedFat</b>	7.53g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	673.47mg		
<b>Carbohydrates</b>	7.26g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	13.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.33mg	<b>Iron</b>	1.44mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Mexican Dip

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9705
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce	2 packages	159204
BEAN REFRD 6-10 P/L	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN		565695
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	452841
Tap Water for Recipes	1 1/2 Quart		000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound		100012

## Preparation Instructions

Spray tilt skillet with cooking spray. Turn on skillet to 300 degrees and cook ground beef until there is no more visible pink. Drain ground beef into a 5 gal bucket. Sprinkle taco seasoning over drained ground beef. Put in the rest of the ingredients into tilt skillet. Turn temp on tilt skillet to 250 degrees.

Put in the rest of the ingredients except for shredded cheese ( cream of mushroom, cream of chicken, cheese sauce, salsa and water).

Mix well, then add shredded cheese. Adjust heat to 200 degrees (to keep from sticking). Heat to 150 degrees.

Spray 5-4 inch deep pans and sauce pan with cooking spray. Use sprayed sauce pan to fill sprayed 4 inch deep pans with dip.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	287.92
<b>Fat</b>	16.80g
<b>SaturatedFat</b>	6.33g
<b>Trans Fat</b>	1.59g
<b>Cholesterol</b>	55.59mg
<b>Sodium</b>	630.77mg
<b>Carbohydrates</b>	15.15g
<b>Fiber</b>	2.51g
<b>Sugar</b>	1.16g
<b>Protein</b>	18.23g
<b>Vitamin A</b> 23.67IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.24mg	<b>Iron</b> 1.50mg

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## Nutrition - Per 100g

No 100g Conversion Available