

Cookbook for Culver Middle/High School

Created by HPS Menu Planner

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Mini Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31355
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	738181

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	295.00		
Fat	13.50g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	41.50g		
Fiber	2.50g		
Sugar	19.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37509
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAR PK N/F LT 48-4Z YOPL	1 Each	594981
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	551741

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	80.00
Fat	0.25g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	50.00mg
Carbohydrates	16.00g
Fiber	0.00g
Sugar	10.00g
Protein	3.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Lasagna Rollups

Servings:	15.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37498
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	15 Each	234041
SAUCE SPAGHETTI 6-10 GCHC	7 1/2 Cup	144207

Preparation Instructions

4B pans- 15 roll-ups per pan + 7.5 cups of sauce.

Cover bottom of pan with 3 cups of sauce.

Add lasagna roll-ups and top with 4.5 cups of sauce.

Bake 1 hour and 30 minutes at 250 degrees.

When done, cover with mozzarella cheese and put in hot cart- covered.

Reheat- combi at 300 for 45 minutes.

Have 3 cases of spaghetti sauce for 31 pans. Mozz cheese- 8 bags does 32 pans.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 15.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	6.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	890.00mg		
Carbohydrates	42.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	17.00g		
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	325.00mg	Iron	2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37480
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
Shredded Mozzarella Cheese, Part Skim	1/2 Cup	100021

Preparation Instructions

Package all ingredients together. Reimbursable meal by itself. Must also offer fruit, menued vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	393.90
Fat	19.20g
SaturatedFat	10.20g
Trans Fat	0.03g
Cholesterol	50.00mg
Sodium	879.70mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	10.00g
Protein	19.50g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 22.18mg	Iron 2.06mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26872
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 Ounce	100121
EGG HARD CKD PLD BIB 4-2.5 GCHC	1/2 Each	229431
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	735787

Preparation Instructions

Assemble ingredients in container.

Offer with additional fresh vegetables, choose 2 grains (cheez-its, goldfish, pretzels), hot menued vegetable, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	187.64
Fat	9.70g
SaturatedFat	5.13g
Trans Fat	0.00g
Cholesterol	143.32mg
Sodium	467.16mg
Carbohydrates	6.28g
Fiber	2.00g
Sugar	2.50g
Protein	19.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 147.98mg	Iron 1.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cowboy Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37157
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
BEANS BLACK LO SOD 6-10 BUSH	1/4 Cup	231981
Corn, Whole Kernel, Frozen, No Salt added	1/4 Cup	100348
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
PEPPERS RED DOMESTIC 23 MRKN	2 Tablespoon	560715
ONION RED JUMBO 10 MRKN	1 Tablespoon	596973
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon	104396
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each	159791
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422
Ranch Dressing	1 Serving	R-37325

Preparation Instructions

Layer items as listed in container. Serve with cornbread, cheez-its, and ranch dressing.
Offer other menued vegetables, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	760.44
Fat	41.11g
SaturatedFat	14.28g
Trans Fat	0.00g
Cholesterol	100.48mg
Sodium	1437.34mg
Carbohydrates	73.17g
Fiber	5.87g
Sugar	20.86g
Protein	23.18g
Vitamin A 500.11IU	Vitamin C 29.60mg
Calcium 236.27mg	Iron 2.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10628
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BACON TOPPING 3/8 DCD 2-5 HRML	2 Ounce	104396
EGG HARD CKD PLD BIB 4-2.5 GCHC	1/2 Each	229431
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
TOMATO CHERRY 11 MRKN	1/8 Cup	569551
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	735787

Preparation Instructions

Assemble ingredients in container.

Offer with additional fresh vegetables, choose 2 grains (cheez-its. goldfish, pretzels), hot menued vegetable. fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.130
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	384.21		
Fat	26.55g		
SaturatedFat	12.76g		
Trans Fat	0.00g		
Cholesterol	212.50mg		
Sodium	1511.17mg		
Carbohydrates	6.41g		
Fiber	2.29g		
Sugar	3.15g		
Protein	32.21g		
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	46.84mg	Iron	1.28mg

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29288
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	735787
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250

Preparation Instructions

Assemble ingredients in container.

Offer with additional fresh vegetables, choose 2 grains (cheez-its, goldfish, pretzels), hot menued vegetable, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	177.20
Fat	7.18g
SaturatedFat	3.12g
Trans Fat	0.00g
Cholesterol	80.60mg
Sodium	318.80mg
Carbohydrates	4.52g
Fiber	2.00g
Sugar	2.00g
Protein	25.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.48mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26873
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 Each	281831
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787

Preparation Instructions

Assemble ingredients in container.

Offer with additional fresh vegetables, choose 2 grains (cheez-its, goldfish, pretzels), hot menued vegetable, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	1.000
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	307.20
Fat	18.68g
SaturatedFat	5.62g
Trans Fat	0.00g
Cholesterol	40.60mg
Sodium	538.80mg
Carbohydrates	18.52g
Fiber	4.00g
Sugar	2.00g
Protein	18.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 149.48mg	Iron 2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37528

Ingredients

Description	Measurement	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce	199721
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	726567
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Layer ham, salami, pepperoni, and cheese on sub bun.

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	356.70
Fat	14.50g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	78.00mg
Sodium	883.30mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 203.67mg	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

Combo Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37529

Ingredients

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

Preparation Instructions

Layer turkey, ham, and cheese on sub bun.

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 Each

Amount Per Serving

Calories	298.32
Fat	9.35g
SaturatedFat	4.17g
Trans Fat	0.00g
Cholesterol	56.05mg
Sodium	869.02mg
Carbohydrates	33.40g
Fiber	2.00g
Sugar	5.73g
Protein	22.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

2 oz. Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37512
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each	105357
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	105850
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each	105307
CEREAL RICE CHEX BLUEB CUP 60-2Z GENM	1 Each	806114
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container	105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	105931

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	216.67
Fat	3.58g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	301.67mg
Carbohydrates	43.50g
Fiber	3.17g
Sugar	14.17g
Protein	3.33g
Vitamin A 83.33IU	Vitamin C 1.00mg
Calcium 118.33mg	Iron 7.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37611
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Green Beans, Low Sodium Canned	1 #10 CAN	100307
BASE HAM NO ADDED MSG 12-1 GCHC	1 Tablespoon	686691

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	25.81		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.04mg		
Carbohydrates	4.12g		
Fiber	2.06g		
Sugar	2.06g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Chicken Breakfast Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37510
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	645080
BISCUIT BTRMLK UNSLCD 2Z 6-25CT GCHC	1 Each	890071

Preparation Instructions

Chicken: BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
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	275.00		
Fat	11.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	805.00mg		
Carbohydrates	31.00g		
Fiber	2.50g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28526
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	811500
Variety of Fruit	1/2 Cup	
Granola	1 Serving	R-37151
BREAD ELFIN BLUEB LOAF WGRAIN 72-2Z	1 Each	592048

Preparation Instructions

Package 1 cup of yogurt, 1/2 cup of fruit, 1/4 cup granola and 1 mini bread loaf together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
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	569.39
Fat	11.43g
SaturatedFat	3.81g
Trans Fat	0.00g
Cholesterol	45.46mg
Sodium	348.46mg
Carbohydrates	108.10g
Fiber	4.81g
Sugar	66.96g
Protein	12.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 288.66mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grab -n- Go Breakfast Kit

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18867
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	150471
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package	872040
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package	676160
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	525290
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package	282491
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package	676222
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package	676242
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each	525340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.025
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	229.00
Fat	4.15g
SaturatedFat	0.55g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	203.00mg
Carbohydrates	46.60g
Fiber	3.30g
Sugar	18.90g
Protein	3.00g
Vitamin A 515.00IU	Vitamin C 46.50mg
Calcium 124.10mg	Iron 3.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	45.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37608
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BEAN BAKED 6-10 BUSH	1 #10 CAN	520098
Beans, Vegetarian, Low-sodium, Canned	1 #10 CAN	100364

Preparation Instructions

Mix beans together. Heat.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	135.77		
Fat	0.78g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	360.32mg		
Carbohydrates	26.11g		
Fiber	5.22g		
Sugar	8.88g		
Protein	7.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.11mg	Iron	0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29293
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330
POTATO BAKER IDAHO 80CT MRKN	3 Ounce	322385
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/4 Cup	310668

Preparation Instructions

No Preparation Instructions available.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	264.13
Fat	10.82g
SaturatedFat	5.75g
Trans Fat	0.29g
Cholesterol	53.74mg
Sodium	563.96mg
Carbohydrates	23.29g
Fiber	3.90g
Sugar	3.00g
Protein	19.11g
Vitamin A 1.70IU	Vitamin C 16.75mg
Calcium 206.91mg	Iron 2.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37476
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	265039
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each	270913

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 Each

Amount Per Serving			
Calories	320.00		
Fat	18.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	730.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.89mg	Iron	2.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Chips

Servings:	7.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37477
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	696900
CHIP POT BKD 64-LSSV LAYS	1 Package	712560
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	456090
CHIP POT BKD VAR PK 2-30CT FRITOL	1 Each	903636
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	541502
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	788670

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	115.71
Fat	4.43g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	152.86mg
Carbohydrates	17.43g
Fiber	1.71g
Sugar	1.29g
Protein	1.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 18.57mg	Iron 0.34mg

*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	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

California Blend

Servings:	86.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37612
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF PREM 30 GCHC	15 Pound	285740
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 86.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	12.92		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.34mg		
Carbohydrates	2.62g		
Fiber	1.50g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.04mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31353
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303

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: 2.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Meatball Sub

Servings:	30.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10631

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Pound	785860
SAUCE BBQ 4-1GAL SWTBRAY	3 Cup	655937
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	30 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	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 4.00 Each

Amount Per Serving	
Calories	373.97
Fat	11.73g
SaturatedFat	4.09g
Trans Fat	0.62g
Cholesterol	36.93mg
Sodium	664.08mg
Carbohydrates	49.55g
Fiber	3.03g
Sugar	19.65g
Protein	17.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.52mg	Iron 3.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37507
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	204822
Peanut Butter, Smooth	1/4 Cup	100396
JELLY APPLE-GRAPE 6-10 GCHC	2 Tablespoon	100927

Preparation Instructions

Spread 1/4 cup peanut butter on one slice of bread. Add jelly. Top with other slice.

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 Each

Amount Per Serving

Calories	680.00
Fat	34.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	550.00mg
Carbohydrates	74.00g
Fiber	6.00g
Sugar	34.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	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

Ranch Potato Wedges

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37563
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
Potatoes, Wedges, Low-sodium Frozen	2 Pound	100355
SEASONING MIX RNCH 6-16Z HVALL	2 Teaspoon	618684

Preparation Instructions

Spray potato wedges with butter spray. Sprinkle ranch powder on top. Bake.

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	0.500

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	112.53
Fat	3.19g
SaturatedFat	1.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	154.40mg
Carbohydrates	17.82g
Fiber	2.13g
Sugar	0.00g
Protein	2.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	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

Buttered Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37613
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound	100348
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

Preparation Instructions

No Preparation Instructions available.

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	0.500

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	67.81		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.46mg		
Carbohydrates	16.21g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Buttered Peas

Servings:	70.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37614
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	15 Pound	100350
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

Preparation Instructions

No Preparation Instructions available.

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	0.500

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.58		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	63.09mg		
Carbohydrates	11.33g		
Fiber	4.07g		
Sugar	4.07g		
Protein	4.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

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-37496
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
CRUMB CRACKER SALTINE KRISPY 160Z	1 1/4 Quart	857521
EGG SHL LRG A GRD 6-30CT GCHC	5 Each	206539
KETCHUP CAN NAT LO SOD 6-10 REDG	4 Cup	200621
SPICE ONION MINCED 12Z TRDE	1/8 Cup	513997
Black Pepper	1 Tablespoon	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, & herbs 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	2.250
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	246.02		
Fat	15.33g		
SaturatedFat	4.93g		
Trans Fat	2.39g		
Cholesterol	18.50mg		
Sodium	214.30mg		
Carbohydrates	10.22g		
Fiber	0.20g		
Sugar	3.84g		
Protein	17.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.35mg

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

Nutrition - Per 100g

Calories	216.95		
Fat	13.52g		
SaturatedFat	4.34g		
Trans Fat	2.11g		
Cholesterol	16.31mg		
Sodium	188.98mg		
Carbohydrates	9.01g		
Fiber	0.18g		
Sugar	3.39g		
Protein	15.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.65mg	Iron	0.31mg

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

Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31849
School:	Culver Middle/High School		

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	252.03		
Fat	2.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1120.13mg		
Carbohydrates	47.61g		
Fiber	2.80g		
Sugar	0.00g		
Protein	5.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.00mg	Iron	0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Gravy

Servings:	60.00	Category:	Condiments or Other
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31848
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	1 Package	242390

Preparation Instructions

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY

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: 60.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	25.30		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	404.78mg		
Carbohydrates	4.05g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.02mg	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

Egg Sausage and Cheese on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18876
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each	208990
SAUSAGE PTY CKD IQF 2Z 12 GFS	1 Each	112630
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264

Preparation Instructions

Assemble sandwich. Heat.

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 Each

Amount Per Serving	
Calories	445.00
Fat	28.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	840.00mg
Carbohydrates	31.00g
Fiber	4.00g
Sugar	6.50g
Protein	19.00g
Vitamin A 32.73IU	Vitamin C 0.01mg
Calcium 45.00mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37565
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	25 Each	110921
SAUCE BBQ 6-80FLZ SWTBRAY	1 1/2 Cup	212071

Preparation Instructions

Cook Chicken as directed. Coat chicken in bbq sauce and hold in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	133.60
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	359.20mg
Carbohydrates	8.16g
Fiber	0.00g
Sugar	7.68g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Brussels Sprouts

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37620

Ingredients

Description	Measurement	DistPart #
SPROUTS BRUSSEL MED 12-2 GCHC	10 Pound	426288
BASE HAM NO ADDED MSG 12-1 GCHC	1 Tablespoon	686691
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	38.02
Fat	0.43g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.45mg
Carbohydrates	7.66g
Fiber	3.41g
Sugar	0.00g
Protein	3.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.47mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	393.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20902

Ingredients

Description	Measurement	DistPart #
BEAN CHILI HOT 6-10 BROOKS	10 #10 CAN	785024
Diced Tomatoes cnd	5 #10 CAN	100329
JUICE TOMATO 100 FRSH 12-46FLZ HV	20 #5 CAN	732790
100158 - Beef, Find Ground, 85/15, Frozen	30 Pound	100158

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 393.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	175.12
Fat	5.80g
SaturatedFat	1.82g
Trans Fat	0.91g
Cholesterol	0.00mg
Sodium	455.59mg
Carbohydrates	19.71g
Fiber	7.50g
Sugar	4.35g
Protein	11.24g
Vitamin A 197.45IU	Vitamin C 1.58mg
Calcium 32.18mg	Iron 1.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37508
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	735787

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	184.23
Fat	9.22g
SaturatedFat	4.82g
Trans Fat	0.27g
Cholesterol	47.78mg
Sodium	378.64mg
Carbohydrates	9.25g
Fiber	3.89g
Sugar	3.89g
Protein	17.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.80mg	Iron 2.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Bean Wrap

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37566
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	882690
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1/2 Cup	668341
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	100012

Preparation Instructions

Spread refried beans on tortilla. Sprinkle with cheese. Roll up. Bake until warm and the cheese is melted.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.00
Fat	6.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	315.00mg
Carbohydrates	39.50g
Fiber	11.00g
Sugar	1.00g
Protein	14.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 74.00mg	Iron 3.10mg

*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	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

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29173
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
CROUTON PLAIN CUBE NT 10 FRSHGOURM	1/8 Cup	773590
DRESSING CAESAR 4-1 GAL GFS	1 Tablespoon	818201
CHEESE PARM SHRD FCY 10-2 PG	1/2 Tablespoon	460095

Preparation Instructions

Layer items as listed in container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	97.41
Fat	7.84g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	210.00mg
Carbohydrates	6.34g
Fiber	0.12g
Sugar	0.52g
Protein	1.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.02mg	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

Pasta

Servings:	3.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37571
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
PASTA ROTINI 4-5 GCHC	1/2 Cup	413360
PASTA PENNE RIGATE 2-10 KE	1/2 Cup	635501
PASTA SPAGHETTI 10 2-10 KE	1/2 Cup	654560

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: 0.50 Cup

Amount Per Serving

Calories	127.53		
Fat	0.64g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	26.78g		
Fiber	1.28g		
Sugar	1.28g		
Protein	4.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37615
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	15 Pound	110473
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.32		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	24.70mg		
Carbohydrates	5.09g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Buttered Peas & Carrots

Servings:	70.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37621
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
PEAS & CARROT 12-2.5 GCHC	15 Pound	119458
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

Preparation Instructions

No Preparation Instructions available.

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: 70.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.45		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.24mg		
Carbohydrates	7.73g		
Fiber	2.28g		
Sugar	3.04g		
Protein	1.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.53mg

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20922
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
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	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	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18889
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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 Each

Amount Per Serving	
Calories	338.00
Fat	14.50g
SaturatedFat	5.60g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	649.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.50g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 63.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Bean Salad

Servings:	28.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20915
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	15 Cup	231981
CORN WHL KERNEL FCY GRADE 6-10 GCHC	3 Cup	118966
OIL SALAD CANOLA NT 3-1GAL GFS	1/2 Cup	432000
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce	499943
ONION RED JUMBO 10 MRKN	1/2 Cup	596973
PEPPERS GREEN MED 20 MRKN	1 1/4 Cup	206059
PEPPERS RED 5 P/L	1 1/4 Cup	597082
SALT IODIZED 25 CARG	1 Teaspoon	108286
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon	224839
Black Pepper	1/2 Teaspoon	24108
SUGAR BEET GRANUL 25 GCHC	1 Cup	108588
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup	430795

Preparation Instructions

1. Drain and rinse beans. Drain corn. Chop peppers, onion, and jalapenos. Combine all ingredients and set aside.
 2. Mince garlic. Add to vegetables.
 3. Combine sugar, vinegar, oil, salt and pepper until blended; pour over vegetables. Mix well. Cover and refrigerate. This salad should marinate for several hours or overnight to allow the flavors to develop.
- Serving size 2/3 cup or #6 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	200.81
Fat	4.24g
SaturatedFat	0.29g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	264.07mg
Carbohydrates	33.15g
Fiber	6.08g
Sugar	9.59g
Protein	8.08g
Vitamin A 203.29IU	Vitamin C 16.06mg
Calcium 88.47mg	Iron 1.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37618

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, Low-sodium, Canned	3 #10 CAN	100309
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810
SUGAR BROWN LT 12-2 P/L	1 Cup	860311

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	54.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	146.42mg		
Carbohydrates	13.75g		
Fiber	2.02g		
Sugar	7.53g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Broccoli and Cheese Soup

Servings:	2.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28525
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
SOUP GLDN BROCC 3-4 CAMP	1 Cup	165500

Preparation Instructions

REMOVE PLASTIC FILM COVER. PLACE BLOCKS OF SOUP IN A SUITABLE CONTAINER. ADD ONE QUART OF WATER FOR EACH BLOCK OF SOUP. COVER AND HEAT TO BOILING, STIRRING OCCASIONALLY. REDUCE HEAT AND LET SIMMER FOR 2 TO 3 MINUTES. TRANSFER TO SERVING CONTAINER CAREFULLY HEAT AND SERVE.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	190.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	950.00mg
Carbohydrates	10.00g
Fiber	1.00g
Sugar	3.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Blend

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37616
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
VEG BLND ITAL 30 GCHC	15 Pound	285670
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.98		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.70mg		
Carbohydrates	4.09g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	83.33IU	Vitamin C	3.33mg
Calcium	0.00mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Apples

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37568
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	1 #10 CAN	100206
SUGAR CANE GRANUL 50 GCHC	10 1/2 Ounce	425311
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Teaspoon	224723
JUICE LEM 6-.5GAL RSS	1/4 Cup	887320

Preparation Instructions

Drain apples, reserving juice. Add enough water to juice to make 1 ½ cups liquid.

Place apples into steamtable pan.

Sprinkle 10 ½ ounces sugar, 1 ½ teaspoons cinnamon, and ¼ cup lemon juice over apples. Stir to combine.

Pour 1 ½ cups liquid over apples.

Bake until apples are warm and bubbly.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	100.07		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.29mg		
Carbohydrates	25.32g		
Fiber	2.06g		
Sugar	22.22g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.02mg	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