

Cookbook for Argos High School

Created by HPS Menu Planner

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Assorted Cereal & Graham Snack

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28102
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Ounce		288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	3 Package		265811
CEREAL CINN TOAST CRNCH BWL 96CT GENM	3 Each		595934
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	3 Each		283620

Preparation Instructions

Offer 1 graham snack and 1 cereal together everyday for breakfast with fruit and juice.

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	231.96
Fat	5.31g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	288.07mg
Carbohydrates	43.78g
Fiber	2.90g
Sugar	15.67g
Protein	3.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 78.04mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Zee Zee Applesauce

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37506
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each		358553
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each		276161
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Each		276171

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	67.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	17.75g		
Fiber	1.00g		
Sugar	15.25g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Taco Meat

Servings:	512.00	Category:	Entree
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13867
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO MIX 6-9Z LAWR	8 Package		159204
100158 - Beef, Find Ground, 85/15, Frozen	80 Pound		100158

Preparation Instructions

BROWN GROUND BEEF,DRAIN. ADD TACO SEASONING MIX & WATER ACCORDING TO PACKAGE. BLEND,BRING TO BOIL,REDUCE HEAT & SIMMER 20-30 MIN,STIRRING OCCASIONALLY

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: 512.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	162.95		
Fat	11.19g		
SaturatedFat	3.73g		
Trans Fat	1.87g		
Cholesterol	0.00mg		
Sodium	275.84mg		
Carbohydrates	1.99g		
Fiber	1.00g		
Sugar	0.00g		
Protein	13.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Cookie

Servings:	4.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27997
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY SGR WGRAIN R/F 192-1.85Z	1 Each		170041
DOUGH CKY CHOC CHP WGRAIN 192-1.85Z	1 Each		169992
DOUGH CKY CNDY WGRAIN R/F 192-1.85Z	1 Each		170031
DOUGH CKY DBL CHOC WGRAIN 192-1.85Z	1 Each		170071

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 cookie

Amount Per Serving	
Calories	192.15
Fat	5.95g
SaturatedFat	2.10g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	182.13mg
Carbohydrates	34.00g
Fiber	3.50g
Sugar	17.00g
Protein	3.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.35mg	Iron 1.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13613
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	4 #10 CAN		100313
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	70.40		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.12mg		
Carbohydrates	16.64g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	132.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13624
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	9 Package	9, 4 lb. bags of frozen potatoes per pan	860560
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

Preparation Instructions

- Place unopened bags of potatoes in 6" pan. (6 bags per pan)
- Steam for approximately 40 minutes.
- Check that temperature is at least 135 degrees.
- Empty 9 bags of steamed potatoes into mixer with 1/2 lb. of margarine.
- Mix until nice and fluffy.
- Transfer potatoes to 6" pan.
- Check that temperature is at least 135 degrees.

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: 132.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	122.43		
Fat	4.34g		
SaturatedFat	1.55g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	203.87mg		
Carbohydrates	18.05g		
Fiber	2.01g		
Sugar	0.00g		
Protein	2.01g		
Vitamin A	90.91IU	Vitamin C	0.00mg
Calcium	20.06mg	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

Cooked Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13614
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	4 #10 CAN		100309
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 package	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	16.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	131.29mg		
Carbohydrates	4.14g		
Fiber	0.92g		
Sugar	1.83g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14570
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941
DOUGH BISC STHRN STYL R/SOD 216-2.2Z	1 Each	**Non-Whole Grain Item**	788950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	290.00
Fat	13.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	680.00mg
Carbohydrates	26.00g
Fiber	1.00g
Sugar	2.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13868
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	4 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	17.59		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.84mg		
Carbohydrates	3.71g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13918
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360
MARGARINE SLD 30-1 GCHC	1 Teaspoon		733061
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822

Preparation Instructions

Butter one side of 1 slice of bread. Place buttered side down on sheet pan. Place 4 slices of cheese on each slice of bread. Top with another slice of bread that is buttered- buttered side up. Cover with tray liner. Repeat with two more layers of sandwiches.

Cook sandwiches on griddle until bread is golden brown and cheese is melted.

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	353.33		
Fat	13.67g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1086.67mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	20.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	480.00mg	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

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28112
School:	Argos K-8 School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
1 % White Milk	7 Cup		

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN MILK. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170*.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	141.30
Fat	1.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	546.94mg
Carbohydrates	25.79g
Fiber	1.01g
Sugar	17.67g
Protein	6.03g
Vitamin A 5.00IU	Vitamin C 1.00mg
Calcium 35.29mg	Iron 0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28099
School:	Argos High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.028
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	122.22		
Fat	3.78g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	118.33mg		
Carbohydrates	20.78g		
Fiber	1.33g		
Sugar	7.33g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.44mg	Iron	0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Gravy

Servings:	96.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13877
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC PEPRD 6-24Z PION	3 Package		792683
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	17 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. PAN_FRY Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941

Preparation Instructions

Grind up sausage patties. Combine with prepared gravy. Steam.

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	124.00		
Fat	5.79g		
SaturatedFat	2.63g		
Trans Fat	0.00g		
Cholesterol	7.08mg		
Sodium	634.78mg		
Carbohydrates	14.35g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.77mg	Iron	0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Potatoes

Servings:	31.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37514
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	2 1/4 Pound	1 Package	118575
MARGARINE SLD 30-1 GCHC	1/2 Cup		733061
Tap Water for Recipes	5 Quart		000001WTR

Preparation Instructions

- 1: Add 5 quarts boiling water (212°F) for convection oven (4 1/2 quarts for conventional) and 4 ounces unsalted butter to a 2 1/2" deep full-size steamtable pan.
- 2: Stir in sauce mix until dissolved.
- 3: Add potato slices. Stir.
- 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.

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: 31.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	126.82		
Fat	3.85g		
SaturatedFat	1.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.83mg		
Carbohydrates	22.22g		
Fiber	0.91g		
Sugar	3.03g		
Protein	2.02g		
Vitamin A	193.55IU	Vitamin C	0.00mg
Calcium	35.15mg	Iron	0.26mg

*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:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13623
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	2 #10 CAN	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098
Beans, Vegetarian, Low Sodium, Canned	2 #10 CAN		100364
SPICE ONION MINCED 12Z TRDE	1 Cup		513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	1 1/2 Teaspoon	1/2 pump of mustard dispenser	819506
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
KETCHUP DISPENSER PK 2-1.5GAL HNZ	20 Tablespoon	20 pumps of ketchup from dispenser	819492

Preparation Instructions

Drain beans.

Pour into 4" steam table pan.

Add the remaining ingredients.

Stir.

Bake in oven on 350 degrees-400 degrees for 2-2.5 hours.

Check that temperature is at least 135 degrees.

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.80
Fat	0.74g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	388.63mg
Carbohydrates	31.88g
Fiber	4.99g
Sugar	13.25g
Protein	6.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.87mg	Iron 0.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll with icing

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27998
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120- 2.25Z RICH	1 Each	<p>BAKE</p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127
Powdered Sugar Icing	2 Serving		R-27999

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	229.10
Fat	4.62g
SaturatedFat	1.67g
Trans Fat	0.00g
Cholesterol	5.14mg
Sodium	207.12mg
Carbohydrates	43.01g
Fiber	1.00g
Sugar	17.65g
Protein	5.07g
Vitamin A 0.09IU	Vitamin C 0.02mg
Calcium 10.44mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28001

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	225 Ounce		100187
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice		150260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	100 Each		266546

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Shave ham in wafer thin slices. Weigh 2 1/4 ounces of ham to determine size of individual serving. Place 24 bottom portions of buns on bun pan, 4 across and 6 down. Portion 2 1/4 ounces of shaved ham and 1/2 ounce of sliced cheese on bun. Place top on sandwich. Cover pan tightly with plastic wrap and place in refrigerator until serving time. For hot ham and cheese follow above directions and set in oven until hot and cheese is melted. Serve immediately.

CCP: Cold foods should be kept at 41° or colder. Hot foods should be kept at 140° or warmer.

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: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	273.24
Fat	10.19g
SaturatedFat	4.84g
Trans Fat	0.00g
Cholesterol	45.70mg
Sodium	892.87mg
Carbohydrates	29.69g
Fiber	3.00g
Sugar	6.34g
Protein	17.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	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

Assortment Pop-tart

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27968
School:	Argos High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	57.50mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28000

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	11 1/4 Pound		IN110473
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	6 Cup		310668

Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 10 minutes or until it reaches temp. Check that temperature is at least 135 degrees.

Drain the water from the pan and put cheddar cheese over it to coat.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.83
Fat	2.37g
SaturatedFat	1.58g
Trans Fat	0.00g
Cholesterol	7.89mg
Sodium	127.79mg
Carbohydrates	6.43g
Fiber	3.07g
Sugar	1.02g
Protein	4.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 58.68mg	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

Pancakes

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Pancake	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37517
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MIX SWT CRM 6-5 KRUST	5 Pound	1 Box **Non-Whole Grain Item**	113451
Tap Water for Recipes	10 Cup		000001WTR

Preparation Instructions

1. Blend mix and water together using a wire whisk until well-blended.
2. Pour batter onto greased, preheated 365°F-375F griddle. Use 2 oz ladle.
3. Cook pancakes 1 1/4 to 1 1/2 minutes per side. Turn only once

Note: If Pancakes weighs 2 ounce will equal 1.5 oz Grain equivalents.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Pancake

Amount Per Serving

Calories	72.15		
Fat	1.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	257.68mg		
Carbohydrates	14.43g		
Fiber	0.34g		
Sugar	3.78g		
Protein	1.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.36mg	Iron	0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe

Servings:	390.00	Category:	Entree
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13922
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	80 Pound		100158
KETCHUP LO SOD 2-1.5GAL REDG	228 Ounce		645922
SAUCE BBQ 4-1GAL SWTBRAY	1/2 Gallon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	655937
SUGAR BROWN LT 12-2 P/L	4 Cup		860311

Preparation Instructions

Brown ground beef. Drain. Add ketchup, bbq sauce, and brown sugar. Simmer.

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: 390.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	232.97		
Fat	14.70g		
SaturatedFat	4.90g		
Trans Fat	2.45g		
Cholesterol	0.00mg		
Sodium	157.53mg		
Carbohydrates	7.16g		
Fiber	0.00g		
Sugar	6.99g		
Protein	17.15g		
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

Mixed Vegetables

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13610
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
Carrots, Sliced, low sodium, canned	1 #10 CAN		100309
Corn cnd	1 #10 CAN		100313
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 pouch of butterbuds	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Mix.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.73		
Fat	0.27g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	403.30mg		
Carbohydrates	15.30g		
Fiber	3.91g		
Sugar	5.93g		
Protein	1.08g		
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

Peas

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13874
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	20 Pound	BAKE	100350
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.09		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.71mg		
Carbohydrates	11.43g		
Fiber	3.98g		
Sugar	3.98g		
Protein	3.98g		
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

Baked Apples

Servings:	300.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13875
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	12 #10 CAN		117773
SUGAR BROWN LT 12-2 P/L	24 3/4 Cup		860311
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Cup		224723
FLOUR H&R A/P 50 GCHC	3 Pound		765180
MARGARINE SLD 30-1 GCHC	1 1/2 Cup		733061

Preparation Instructions

Spray 4, 4" pans.

Place 3 cans of apples in each 4" pan. Sprinkle with brown sugar, cinnamon, and flour. Add margarine.

Bake at 300 degrees for 3 hours.

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: 300.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.66		
Fat	0.91g		
SaturatedFat	0.36g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.15mg		
Carbohydrates	18.22g		
Fiber	2.19g		
Sugar	11.79g		
Protein	0.53g		
Vitamin A	60.00IU	Vitamin C	0.00mg
Calcium	0.68mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assortment Cereal

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27969
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL FRSTD FLKS BWL 96CT KELL	1 Each		233021
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	N/A	453143
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	N/A	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each		270401

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	109.62		
Fat	1.38g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	158.18mg		
Carbohydrates	23.54g		
Fiber	1.73g		
Sugar	8.08g		
Protein	1.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.46mg	Iron	3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Yogurt

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37518
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

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	70.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	55.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	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

Bread & Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13611
School:	Argos High School- Pre Covid		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Doritos or Cheetos

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27971
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package		456090
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package		788670
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package		541502
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	1 Package		191090

Preparation Instructions

Doritos= 1.5 grain per bag

Cheetos= 1.25 grain per bag

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	127.50		
Fat	4.88g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	19.00g		
Fiber	1.75g		
Sugar	0.75g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.33mg

*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:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13612
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	11 1/4 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 package butterbuds	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	27.17		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	27.25mg		
Carbohydrates	5.88g		
Fiber	3.07g		
Sugar	1.02g		
Protein	3.07g		
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

Ben's Original White Rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37388
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE WHT LNG GRAIN 2-10 BENS	1/4 Cup (Dry)		231058

Preparation Instructions

STOVE TOP METHOD: Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 20 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN METHOD: Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.

STEAMER METHOD: Combine rice, HOT water, salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturers directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160 °F). Fluff with fork before serving.

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	160.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	35.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.00g		
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

Variety of Uncrustable

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27972
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&HNY WHE IW 72-2.6Z	1 Each		524129
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&CHOC WHE IW 72-2.4Z	1 Each		556980

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	302.50		
Fat	17.00g		
SaturatedFat	3.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	13.25g		
Protein	9.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.25mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey & Noodles

Servings:	480.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13911
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	80 Pound		100125
PASTA NOODL KLUSKI AMISH 10 INN MAID	30 Pound	**Non-Whole Grain**	456632
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Cup		225037
Tap Water for Recipes	17 Quart		000001WTR
BASE CHIX LO SOD 12-1 LEGO	3 Pound		130869
BROTH CHIX NO MSG 12-5 HRTHSTN	36 #5 CAN		261564

Preparation Instructions

Put two turkeys in each of 4, 6" pan. Add enough water to cover bottom of pan. Wrap pan with saran wrap and foil. Cook turkey on 180 degrees overnight

In the morning, cut up turkey. Add to skillet with broth and chicken base. Simmer for at least 2 hours.

Add noodles. Cook until noodles are tender.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 480.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	276.61		
Fat	10.23g		
SaturatedFat	3.42g		
Trans Fat	0.00g		
Cholesterol	128.65mg		
Sodium	371.96mg		
Carbohydrates	20.96g		
Fiber	0.50g		
Sugar	0.46g		
Protein	26.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28101
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each		359700
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each		359730
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each		359720

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	130.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	43.33mg		
Carbohydrates	16.33g		
Fiber	0.00g		
Sugar	11.33g		
Protein	2.00g		
Vitamin A	266.67IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available
