

Cookbook for Tippecanoe Valley High School

Created by HPS Menu Planner

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2.6 oz. Uncrustable + Juice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37450
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
100% Fruit Juice	1 Each	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
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	360.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	46.00g		
Fiber	4.00g		
Sugar	27.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	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

Muffin, Cheese Stick, & Juice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37453
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Muffin Variety	1 Serving	R-37414
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
100% Fruit Juice	1 Each	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
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	330.00
Fat	13.00g
SaturatedFat	5.33g
Trans Fat	0.07g
Cholesterol	30.00mg
Sodium	316.67mg
Carbohydrates	45.33g
Fiber	1.33g
Sugar	28.00g
Protein	8.33g
Vitamin A 4.80IU	Vitamin C 0.02mg
Calcium 205.01mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

2 oz. Cereal + Juice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37454
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
100% Fruit Juice	1 Each	
Assorted Cereal (2 ounce)	1 Serving	R-37415

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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	276.67
Fat	3.58g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	301.67mg
Carbohydrates	57.50g
Fiber	3.17g
Sugar	26.17g
Protein	3.33g
Vitamin A 83.33IU	Vitamin C 1.00mg
Calcium 118.33mg	Iron 7.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lemon Crunch Bar + Juice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37456
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
BAR LEMON CHP CRNCH IW 120-2.25Z	1 Each	645202
100% Fruit Juice	1 Each	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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	320.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	160.00mg
Carbohydrates	56.00g
Fiber	2.00g
Sugar	27.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	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

Mini Powdered Donuts + Juice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37457
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	738201
100% Fruit Juice	1 Each	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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	330.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	55.00g		
Fiber	2.00g		
Sugar	31.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.00mg	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

Yeast Donuts+ Juice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37459
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
DONUT RING WGRAIN GLZ IW 80-2.5Z	1 Each	668181
100% Fruit Juice	1 Each	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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	290.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	43.00g
Fiber	2.00g
Sugar	18.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	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

Cereal Pouch, Cheese Stick, & Juice

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37460
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Cinnamon Toasters Pouch	1 Each	36779
Honey Graham Toasters Pouch	1 Each	36777
Marshmallow Mateys Pouch	1 Each	36780
Honey Bunches of Oats Vanilla Pouch	1 Each	36785
CHEESE STRING MOZZ IW 168-1Z LOL	4 Each	786580
100% Fruit Juice	4 Each	

Preparation Instructions

Package together 1 cereal pouch, 1 cheese stick, and 1 juice for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
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	252.50
Fat	8.38g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	373.75mg
Carbohydrates	37.75g
Fiber	1.50g
Sugar	20.50g
Protein	7.75g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 285.50mg	Iron 3.58mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Waffle Snaps + Juice

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37461
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Chocolate Chip Waffle Snaps	1 Each	74200
Maple Waffle Snaps	1 Each	74100
100% Fruit Juice	2 Each	

Preparation Instructions

Package 1 package waffle crisps and juice together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.00		
Fat	7.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	54.00g		
Fiber	3.00g		
Sugar	28.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.50mg	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

Butterscotch Oatmeal Bar, String Cheese, & Juice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37462
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
100% Fruit Juice	1 Each	
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	194041

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
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	290.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	305.00mg
Carbohydrates	41.00g
Fiber	2.00g
Sugar	22.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal Round & Juice

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37464
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
ROUND BKFST OATML BAN CHOC CHP 72-2Z	1 Each	806082
ROUND BKFST UBR 140-2.5Z RICH	1 Each	794230
100% Fruit Juice	2 Each	

Preparation Instructions

Package oatmeal round and juice together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	322.20		
Fat	9.20g		
SaturatedFat	3.00g		
Trans Fat	5.03g		
Cholesterol	8.50mg		
Sodium	220.65mg		
Carbohydrates	54.50g		
Fiber	5.25g		
Sugar	27.50g		
Protein	4.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.18mg	Iron	1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart, Cheese Stick, & Juice

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37465
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Each	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Each	695890
CHEESE STRING MOZZ IW 168-1Z LOL	3 Each	786580
100% Fruit Juice	3 Each	

Preparation Instructions

Package together 1 poptart, cheese, and juice for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
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	316.67
Fat	8.83g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	345.00mg
Carbohydrates	52.67g
Fiber	3.00g
Sugar	28.00g
Protein	8.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 318.00mg	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

Cinnamon Toast Crunch Bar, Cheese Stick, & Juice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37466
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	265891
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
100% Fruit Juice	1 Each	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
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	300.00
Fat	9.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	320.00mg
Carbohydrates	46.00g
Fiber	3.00g
Sugar	21.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun

Servings:	224.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19134

Ingredients

Description	Measurement	DistPart #
BEEF CRUMBLES 8-5	40 Pound	581950
SALT IODIZED 24-26Z GFS	5 Tablespoon	108308
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Tablespoon	518322
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup	223255
STARCH CORN 24-1 ARGO	8 Ounce	108413
SUGAR CANE GRANUL 25 GCHC	2 1/2 Cup	108642
SAUCE TOMATO 6-10 GCHC	1 Gallon	306347
SAUCE BBQ PIT STYL BSE 4-1GAL GCHC	3 Tablespoon	810301
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	224 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 224.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	306.68
Fat	10.00g
SaturatedFat	3.93g
Trans Fat	0.00g
Cholesterol	34.29mg
Sodium	971.10mg
Carbohydrates	30.84g
Fiber	3.34g
Sugar	6.82g
Protein	20.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 53.69mg	Iron 4.19mg

*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:	51.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9233
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	3 #5 CAN	101427
1% LOW FAT MILK	8 HALF-PINT	4752
Tap Water for Recipes	2 Quart	000001WTR

Preparation Instructions

Put all ingredients into a pan and heat until at temperature.

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: 51.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	90.88
Fat	0.39g
SaturatedFat	0.24g
Trans Fat	0.00g
Cholesterol	2.35mg
Sodium	419.84mg
Carbohydrates	18.43g
Fiber	0.84g
Sugar	11.75g
Protein	2.93g
Vitamin A 1.57IU	Vitamin C 0.31mg
Calcium 21.41mg	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

Green Beans

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9247
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
Green Beans, Low Sodium Canned	8 #10 CAN	100307
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound	299405

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: 192.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	31.94
Fat	0.92g
SaturatedFat	0.58g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	132.19mg
Carbohydrates	3.78g
Fiber	1.89g
Sugar	1.89g
Protein	0.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.25mg	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 Salad- HS

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18611
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	6 2/3 Pound	768230
Cheese, Cheddar Reduced fat, Shredded	8 Cup	100012
CHIP TORTL RND YEL 5-1.5 KE	2 1/4 Pound	163020
LETTUCE ROMAINE CHOP 6-2 RSS	5 Pound	735787
DRESSING FREN RYL RED 4-1GAL PMLL	6 Cup	726001

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.500
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	356.54
Fat	21.19g
SaturatedFat	5.43g
Trans Fat	0.00g
Cholesterol	51.86mg
Sodium	668.45mg
Carbohydrates	27.35g
Fiber	2.08g
Sugar	9.28g
Protein	17.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.16mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9250
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound	299405
CORN, KERNEL YELLOW IQF FROZEN	30 Pound	4328233

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	0.750

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	94.74
Fat	2.24g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	0.00mg
Carbohydrates	18.29g
Fiber	0.00g
Sugar	7.84g
Protein	2.61g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.26mg	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

Polish Sausage on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37700
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
SAUSAGE POLISH CKD 5/ 2-5 GFS	1 Each	260622
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	420.00		
Fat	26.00g		
SaturatedFat	9.00g		
Trans Fat	0.50g		
Cholesterol	60.00mg		
Sodium	1060.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.10mg
Calcium	35.60mg	Iron	2.94mg

*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-19057
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
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	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	810.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	70.11mg	Iron	2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken w/ Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19183
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
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	290.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	600.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	98.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34254
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	DistPart #
Carrots fzn	20 Pound	100352
SUGAR BROWN MED 25 GCHC	2 Cup	108626
MARGARINE SLD 30-1 GCHC	1/2 Pound	733061

Preparation Instructions

1. Spray two medium pans with Vegalene.
2. Put 10 lbs. of frozen carrots in each pan.
3. Wait to steam till it gets closer to serving time. Steam approximately 10-12 minutes. Stir, check temp.
4. Drain slightly, add 1 cup of Brown Sugar, 1/4 cup Butter to use pan.
5. Stir, cover with lid.
6. Put in heated pass thru

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: 98.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.13		
Fat	2.80g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	24.10mg		
Sodium	61.14mg		
Carbohydrates	9.94g		
Fiber	2.01g		
Sugar	6.93g		
Protein	0.00g		
Vitamin A	122.45IU	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

Chili for Hot Dog

Servings:	448.00	Category:	Condiments or Other
Serving Size:	2.00 TBSP.	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19058
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
BEEF CRUMBLES 8-5	40 Pound	581950
SALT IODIZED 25 CARG	5 Tablespoon	108286
Black Pepper	1 Tablespoon	24108
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup	223255
STARCH CORN 24-1 ARGO	8 Ounce	108413
SUGAR BEET GRANUL 50 GCHC	2 1/2 Cup	224413
SAUCE TOMATO 6-10 GCHC	1 Gallon	306347
SAUCE BBQ PIT STYL BSE 4-1GAL GCHC	3 Quart	810301

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: 448.00

Serving Size: 2.00 TBSP.

Amount Per Serving			
Calories	90.99		
Fat	4.00g		
SaturatedFat	1.71g		
Trans Fat	0.00g		
Cholesterol	17.14mg		
Sodium	429.02mg		
Carbohydrates	5.87g		
Fiber	0.17g		
Sugar	3.73g		
Protein	7.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.06mg	Iron	1.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	770.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19151

Ingredients

Description	Measurement	DistPart #
POTATO GRANULES NO MILK 6-5.75 GCHC	5 Package	118508
SALT IODIZED 25 CARG	15 Tablespoon	108286
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 1/2 Pound	299405
Tap Water for Recipes	15 Gallon	000001WTR

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: 770.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	73.78
Fat	1.14g
SaturatedFat	0.73g
Trans Fat	0.00g
Cholesterol	3.12mg
Sodium	151.47mg
Carbohydrates	14.09g
Fiber	1.41g
Sugar	0.00g
Protein	1.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.87mg	Iron 0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34284
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX 8-22.6Z TRIO	22 3/5 Ounce	290025
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER, BLEND W/WIRE WHIP & SIMMER FOR 1 MIN.

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: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	38.93
Fat	0.56g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	266.92mg
Carbohydrates	7.79g
Fiber	0.00g
Sugar	0.00g
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

Super Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19171
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	768230
SAUCE CHS CHED SHRP 6-10 GCHC	1/4 Cup	150991
CHIP TORTL RND YEL 5-1.5 KE	16 Each	163020

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	372.00
Fat	17.20g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	980.00mg
Carbohydrates	41.00g
Fiber	3.20g
Sugar	3.00g
Protein	19.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.80mg	Iron 2.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19172
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
TORTILLA FLOUR 12 12-12CT GRSZ	1 Each	713370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	417.00
Fat	15.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	33.00mg
Sodium	1092.00mg
Carbohydrates	55.00g
Fiber	2.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37755

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	3 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Each	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Place 2, 1.5 oz. slices of turkey and cheese slice on bun. Warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	295.66
Fat	8.27g
SaturatedFat	3.89g
Trans Fat	0.00g
Cholesterol	60.33mg
Sodium	887.55mg
Carbohydrates	27.89g
Fiber	3.00g
Sugar	4.50g
Protein	24.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Viking Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19127
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	3 Ounce	764720
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	400.00
Fat	20.25g
SaturatedFat	8.75g
Trans Fat	0.00g
Cholesterol	63.75mg
Sodium	428.75mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19066
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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	380.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	590.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Baked Beans- HS

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19064
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
BEAN BAKED FCY 6-10 ALLEN	8 #10 CAN	583375
SUGAR BROWN LT 12-2 GFS	3 3/4 Pound	314641
SUGAR CANE GRANUL 25 GCHC	2 Pound	108642
SALT IODIZED 24-26Z GFS	2 Tablespoon	108308
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup	223255
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup	860221
KETCHUP CAN NAT LO SOD 6-10 REDG	2 Cup	200621

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	201.23		
Fat	1.47g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	668.78mg		
Carbohydrates	42.88g		
Fiber	4.93g		
Sugar	24.86g		
Protein	5.90g		
Vitamin A	0.00IU	Vitamin C	1.17mg
Calcium	39.61mg	Iron	1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Queso Pollo Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19132
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117
CHIP TORTL RND YEL 5-1.5 KE	16 Each	163020

Preparation Instructions

1. Heat cheese sauce according to package
2. Chicken may need to be diced or shredded up depending on size of pieces.
3. Heat Chicken Fajita to 165 degrees for 15 seconds or higher
4. Serve 2 ounce weight of cheese, 3 ounce weight of chicken fajita on top of serving of tortilla chips.

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	421.25
Fat	20.33g
SaturatedFat	8.16g
Trans Fat	0.01g
Cholesterol	94.29mg
Sodium	1091.21mg
Carbohydrates	34.76g
Fiber	3.30g
Sugar	1.76g
Protein	25.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 262.80mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken on Bun

Servings:	320.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19126
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	40 Pound	100101
SAUCE BBQ PIT STYL BSE 4-1GAL GCHC	2 Gallon	810301
Tap Water for Recipes	3/4 Gallon	000001WTR
BASE CHIX 12-1 KE	3 Tablespoon	160790
SUGAR BEET GRANUL 50 GCHC	1 1/2 Quart	224413
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	320 Each	266546

Preparation Instructions

1. Mix chicken base with hot water.
2. Put 10 lbs. chicken in each pan.
3. In a large bowl mix bbq sauce, sugar, and chicken base. Stir well.
4. Add equal amounts of sauced mixture to each pan of diced chicken. Stir to coat.
5. Heat in 325 degree oven until temp is 165 degrees,
- 6.. Place 1/4 cup (#16 scoop) of BBQ Chicken mixture on each bun.

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: 320.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	283.46
Fat	4.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	42.00mg
Sodium	536.20mg
Carbohydrates	39.79g
Fiber	3.00g
Sugar	16.39g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	142.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11315
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	327120
Minor's Zesty Orange Sauce RTI 4 x 0.5 gallon	15 Cup	33420

Preparation Instructions

Serving Size should be about 12 Pieces of popcorn chicken

Meal Components (SLE)

Amount Per Serving

Meat	2.012
Grain	1.006
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 142.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	328.47
Fat	14.27g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	21.95mg
Sodium	384.12mg
Carbohydrates	33.11g
Fiber	3.29g
Sugar	15.46g
Protein	15.36g
Vitamin A 100.60IU	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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9248
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS 6-4 GCHC	30 Pound	610902
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound	299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.847
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	36.74
Fat	0.94g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	16.94mg
Carbohydrates	5.65g
Fiber	3.39g
Sugar	1.13g
Protein	3.39g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.77mg	Iron 1.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Backyard BBQ Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26654
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ SEMI DRY 2-5	1 4/5 Ounce	801860
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup	119122
SAUCE BBQ SWEET 6-.5GAL GCHC	1/2 Teaspoon	786690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	349.86		
Fat	18.29g		
SaturatedFat	8.61g		
Trans Fat	0.25g		
Cholesterol	63.64mg		
Sodium	817.55mg		
Carbohydrates	24.67g		
Fiber	1.03g		
Sugar	6.08g		
Protein	22.80g		
Vitamin A	11.88IU	Vitamin C	0.09mg
Calcium	314.38mg	Iron	1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib on Sub Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Rib	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19056
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each	451660
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 Rib

Amount Per Serving			
Calories	370.00		
Fat	14.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	850.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas

Servings:	402.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9267
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/4 Pound	299405
PEAS FZ 30 COMM	201 Cup	110510

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: 402.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	71.95
Fat	1.09g
SaturatedFat	0.70g
Trans Fat	0.00g
Cholesterol	2.99mg
Sodium	58.00mg
Carbohydrates	11.00g
Fiber	4.00g
Sugar	4.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.30mg	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 Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27745
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
Shredded Mozzarella Cheese, Part Skim	1/4 Cup	100021
SAUCE SPAGHETTI FCY 6-10 REDPK	1/4 Cup	852759
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.000
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	505.40		
Fat	23.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1082.27mg		
Carbohydrates	47.44g		
Fiber	7.81g		
Sugar	9.63g		
Protein	26.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.70mg	Iron	3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31011
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
Chicken, diced, cooked, frozen	2 Ounce	100101
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	2 Tablespoon	547871
Cheese, Mozzarella, Part Skim, Shredded	1 Tablespoon	100021
Cheese, Cheddar Reduced fat, Shredded	1 Tablespoon	100012

Preparation Instructions

Put bbq on a piece of flatbread.

Add diced chicken.

Top with mixed cheese.

Put on sheet pan and bake until at temp.

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	344.60
Fat	10.25g
SaturatedFat	3.15g
Trans Fat	0.06g
Cholesterol	53.25mg
Sodium	702.00mg
Carbohydrates	40.50g
Fiber	2.70g
Sugar	13.25g
Protein	21.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.31mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tot Casserole

Servings:	380.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19131

Ingredients

Description	Measurement	DistPart #
BEEF CRUMBLES 8-5	60 Pound	581950
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup	223255
Cheese, Cheddar Reduced fat, Shredded	20 Pound	100012
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	7 1/2 #5 CAN	488259
SPICE PEPR BLK REG FINE GRIND 16Z	10 Tablespoon	225037
POTATO TATER TOTS 6-5 OREI	70 Pound	141510

Preparation Instructions

Thaw ground beef ahead

Use 15 half steamtable pans

To each pan add:

4 # Brown Ground Beef, 1/2 cup Mushroom Soup, 4 Tablespoon of spice mixture (onion and pepper mixed together), and then sprinkle 1 1/2lb cheese on top. Layer Tator tots on top of cheese.

Bake at 350 degrees for 30 to 40 minutes or temp reaches 165 degrees.

Serving and holding: Hold at 140 degree or more.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 380.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	351.98
Fat	19.85g
SaturatedFat	7.64g
Trans Fat	0.00g
Cholesterol	47.86mg
Sodium	1023.49mg
Carbohydrates	22.35g
Fiber	2.53g
Sugar	0.31g
Protein	21.69g
Vitamin A 0.00IU	Vitamin C 4.21mg
Calcium 34.82mg	Iron 1.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Steak & Cheese

Servings:	357.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19129

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	45 Pound	593591
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	60 Pound	722110
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	357 Each	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 357.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	431.06
Fat	23.47g
SaturatedFat	12.06g
Trans Fat	0.35g
Cholesterol	52.44mg
Sodium	1126.47mg
Carbohydrates	34.38g
Fiber	2.81g
Sugar	6.69g
Protein	18.04g
Vitamin A 67.23IU	Vitamin C 6.05mg
Calcium 351.80mg	Iron 2.48mg

*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 Sauce

Servings:	288.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21984
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No Salt Added, Frozen	60 Pound	IN110473
SAUCE CHS CHED SHRP 6-10 GCHC	4 #10 CAN	150991

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: 288.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	79.87		
Fat	3.59g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	413.02mg		
Carbohydrates	10.72g		
Fiber	3.41g		
Sugar	3.29g		
Protein	4.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.80mg	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