

Cookbook for

Created by HPS Menu Planner

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Cereal Choice

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34686
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

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 Bowl

Amount Per Serving

Calories	110.50		
Fat	1.73g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	145.00mg		
Carbohydrates	23.50g		
Fiber	2.28g		
Sugar	7.50g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	91.10mg	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

Toast (2sl)

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	100 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
MARGARINE CUP SPRD 900-5GM GFS	100 Each		554471

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: 50.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	220.00		
Fat	7.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	6.00g		
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

Toast

NO IMAGE

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37946

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	50 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
MARGARINE CUP SPRD 900-5GM GFS	50 Each		554471

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	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

Steamed Broccoli

NO IMAGE

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32847
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARDEN NO SALT 19Z TRDE	1/2 Cup		565148
MARGARINE SLD 30-1 GCHC	2 Cup	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
Broccoli, No salt added, Frozen	15 Pound		110473

Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Melt Margarine; add seasoning and stir. Pour over cooked broccoli before serving.

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: * Do not cook vegetables too early in the day, holding for too longer will cause the vegetables to turn mushy.

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	56.48		
Fat	3.35g		
SaturatedFat	1.37g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	55.52mg		
Carbohydrates	5.91g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	228.57IU	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

Grape Tomatoes



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38030
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	25 Cup		129631

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER; Serve whole w/ 1oz Lt. Ranch

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup Red/Orange vegetable

Updated October 2013

Notes:

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	16.20		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.50mg		
Carbohydrates	3.50g		
Fiber	1.10g		
Sugar	2.50g		
Protein	0.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	9.00mg	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

Grapes, Fresh



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37948

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup	Wash; drain and de-stem. One case 18# grapes will yield approx. 94-1/2C servings when prepped.	197831

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	56.27		
Fat	0.27g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.67mg		
Carbohydrates	14.67g		
Fiber	0.73g		
Sugar	13.33g		
Protein	0.53g		
Vitamin A	84.00IU	Vitamin C	3.36mg
Calcium	11.76mg	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

Beefy Nachos

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	6 1/2 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	1 1/2 Cup		159204
Cold Water	1 Cup		0000
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	6 1/4 Pound	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SAUCE CHS ULTIM YEL POUZ 6-106Z LOL	12 1/2 Cup		310668

Preparation Instructions

1. Brown beef; drain well. Add water and seasoning and heat to 165F. for 15 seconds. Cover and place in warmer until service. Add thawed Cheese sauce bags to boiling water; heat until hot or at least 135F. Hold till service.

2. Pre-Portion 2oz. Chips ; add meat and cheese during service using #16 Scoops

SERVING: 2oz Chips, 1/4 Cheese Sauce (#16), #16 Taco Meat = 2.0 M/MA, 2.5 WG

**Allergens: Milk, Wheat, Soy (cheese sauce may contain Sesame)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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: 1.00 Serving

Amount Per Serving

Calories	550.39
Fat	27.23g
SaturatedFat	9.05g
Trans Fat	1.55g
Cholesterol	60.10mg
Sodium	1856.34mg
Carbohydrates	54.81g
Fiber	9.76g
Sugar	0.00g
Protein	19.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 206.71mg	Iron 3.07mg

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Nutrition - Per 100g

No 100g Conversion Available

Salsa



Servings:	50.00	Category:	Condiments or Other
Serving Size:	2.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31737
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	100 Ounce	READY_TO_EAT None	452841

Preparation Instructions

Have salsa out and available to students who want it

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.330
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	138.67mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.33mg

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Nutrition - Per 100g

No 100g Conversion Available

Lettuce & Tomatoes



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38041
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	wash and dice tomatoes	199001

Preparation Instructions

Pre-portion 1/4 C shredded lettuce and 1/4 C diced tomatoes in bowl to offer with Nachos.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	10.60		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.50mg		
Carbohydrates	2.25g		
Fiber	0.80g		
Sugar	1.50g		
Protein	0.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	7.00mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Carrots



Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY 4-6 GCHC	6 Cup		225614
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723
MARGARINE SLD 30-1 GCHC	1 1/2 Cup	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
Carrots fzn	30 Pound		100352

Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, cubed margarine, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

**Allergens: Milk

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: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.17		
Fat	2.79g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	24.03mg		
Sodium	60.90mg		
Carbohydrates	17.04g		
Fiber	2.00g		
Sugar	14.03g		
Protein	0.00g		
Vitamin A	121.62IU	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

Sliced Cucumbers



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38029
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	25 Cup		418439

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER; Slice cucumber serve w/ 1oz Lt. Ranch

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup Other vegetable

Updated October 2013

Notes:

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	7.80		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	2.00g		
Fiber	0.30g		
Sugar	1.00g		
Protein	0.30g		
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	8.32mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dark Green Side Salad

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31754
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
PEPPERS GREEN MED 20 MRKN	1 Ounce	Wash and dice.	206059
CUCUMBER SELECT 24CT MRKN	1/8 Cup	Wash and slice.	418439
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	Rinse and drain; serve 3- per salad	129631

Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 41*
1 Serving= 1 C Romaine, 1T Cheese, 1 T diced peppers, 2 Sl Cucumber, 3 Grape Tomatoes

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
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	38.15		
Fat	1.33g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	3.90mg		
Sodium	27.77mg		
Carbohydrates	5.28g		
Fiber	1.94g		
Sugar	3.01g		
Protein	2.42g		
Vitamin A	457.96IU	Vitamin C	21.52mg
Calcium	50.40mg	Iron	0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Brown Rice

NO IMAGE

Servings:	7.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34265

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
Cold Water	2 Cup		0000

Preparation Instructions

Place rice in steam table pan. Steam until tender (approximately 20/25 minutes).

1. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

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: 7.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	97.14		
Fat	0.86g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.57g		
Fiber	0.57g		
Sugar	0.00g		
Protein	2.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.86mg	Iron	0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dinner Roll (31418)

NO IMAGE

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31418
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	50 Each		266548
MARGARINE CUP SPRD 900-5GM GFS	30 Each		554471

Preparation Instructions

Wash hands

Put on gloves.

Place dinner rolls, in a 4 inch pan.

Top with cover and tongs

Serve immediately.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	82.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	137.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	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

Pineapple Chunk



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34312
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GCHC	25 Cup	Drain well. Portion with #8 scoop	189952

Preparation Instructions

1. Drain well.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	59.70		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.93g		
Fiber	0.75g		
Sugar	12.69g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.22mg	Iron	0.30mg

*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:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31735
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810
Corn, Whole Kernel, Frozen, No Salt added	1/2 Cup	STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	69.33		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.00mg		
Carbohydrates	16.67g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
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

Fresh Granny Smith Apple



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Apple	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38064
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH 100CT MRKN	25 Apple		302864

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: 50.00

Serving Size: 0.50 Apple

Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Beef Tacos

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31741
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	6 1/2 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	1 1/2 Cup		159204
Cold Water	1 Cup		0000
CHEESE CHED MLD SHRD 4-5 LOL	12 1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	1= 1G	882690

Preparation Instructions

1. Brown beef; drain well. Add water and seasoning and heat to 165F. for 15 seconds. Cover and place in warmer until service.

2. Warm tortillas.

3. To serve, fill each tortilla with taco #30 taco meat and #30 shredded cheese. Serving is (2) tacos.

2 Shells/#10 Taco Meat/ #16 shredded Cheese= 2 M/MA, 2 WG

**Allergens: Milk, Wheat, Soy

serve 2 per student

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	474.87
Fat	24.31g
SaturatedFat	13.10g
Trans Fat	1.55g
Cholesterol	70.36mg
Sodium	1703.18mg
Carbohydrates	42.52g
Fiber	9.76g
Sugar	2.00g
Protein	20.87g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 247.00mg	Iron 4.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Shredded Chicken Tacos

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31406
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

1) Heat chicken in steamer to 165F. Warm tortillas.

To assemble:

1) place 2 warm white corn tortilla in street taco holders

2) Add to each tortilla 1oz of Chicken by weight and add 1/2oz (2T) Shredded Cheese

Total of 3 filled tortillas per serving

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	383.33
Fat	19.67g
SaturatedFat	11.33g
Trans Fat	0.00g
Cholesterol	83.33mg
Sodium	606.67mg
Carbohydrates	32.33g
Fiber	4.00g
Sugar	2.00g
Protein	21.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 256.33mg	Iron 2.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexicali Corn Salad

NO IMAGE

Servings:	28.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	3 3/4 Quart	Drain and rinse	518551
Corn, Whole Kernel, Frozen, No Salt added	3 Cup	2 Quarts 1/4cup	100348
ONION RED DCD 1/4 2- 5 RSS	1/2 Cup	Chopped	429201
PEPPERS GREEN MED 20 MRKN	1 1/4 Cup	Chopped	206059
CILANTRO CLEANED 4- 1 RSS	1/4 Cup	*OPTIONAL; Chopped	219550
DRESSING ITAL FF 4- 1GAL KENS	1 1/2 Cup	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).	188875
SPICE CHILI POWDER MILD 16Z TRDE	1 Teaspoon		331473
SPICE CUMIN GRND 15Z TRDE	1 Teaspoon		273945
TOMATO CHERRY 10 MRKN	1 1/4 Cup	wash; drain; and dice	169275

Preparation Instructions

Wash hands and put on gloves

Thaw frozen corn in refrigerator overnight. Drain liquid.

Wash and chop/dice onions, tomatoes, and peppers.

Drain and rinse black beans thoroughly.

Mix together thawed corn, beans, and chopped fresh ingredients.

Add dressing and seasonings to vegetables and gently toss.

Serve chilled.

Serve #6 disher (2/3C)

CCP: Hold salsa for cold service at 41°F or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.045
OtherVeg	0.058
Legumes	0.536
Starch	0.107

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.66 Cup

Amount Per Serving			
Calories	140.82		
Fat	0.23g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	365.01mg		
Carbohydrates	26.94g		
Fiber	9.20g		
Sugar	1.93g		
Protein	8.03g		
Vitamin A	24.61IU	Vitamin C	5.35mg
Calcium	2.04mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31422
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	25 Cup		510637

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable

Updated October 2013

Notes:

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	44.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	80.00mg
Carbohydrates	10.68g
Fiber	3.56g
Sugar	5.36g
Protein	0.00g
Vitamin A 21400.00IU	Vitamin C 7.80mg
Calcium 37.36mg	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

Apricot Cup



Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apricots Cups SLCD FZ 96-4.5Z	50 Each	Thaw and serve	100261

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	23.00g		
Protein	1.00g		
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

Grilled Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34687
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
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	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 Sandwich

Amount Per Serving

Calories	250.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	460.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	25.00g		
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

Spicy Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32836
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

- Cook chicken patty according to instructions.
- Put chicken on bun.
- Wrap in foil wrapper.
- Hold at 135F.

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	340.00
Fat	11.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	510.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	5.00g
Protein	25.00g
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

Spinach Salad

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32849
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	3 1/4 Pound		560545
SEASONING ITAL HRB 6Z TRDE	3 Teaspoon		428574
VINEGAR BALSAM IMPRTD 2-5LTR FAMOSO	1/2 Cup		382971
Water	1/2 Cup	READY_TO_DRINK	Water
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1/4 Cup		292702
PRESERVE STRAWB 6-48Z SMUCK	1/4 Cup		857282
STRAWBERRY 8 MRKN	6 1/4 Pound		212768
ORANGES MAND WHL L/S 6-10 GCHC	3 1/2 Quart		117897

Preparation Instructions

Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1-2 days prior to service for maximum flavor.

Drain mandarin oranges.

Wash and slice fresh strawberries.

Lightly toss spinach, oranges, and strawberries.

Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.500
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	85.73
Fat	1.30g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.18mg
Carbohydrates	17.00g
Fiber	2.20g
Sugar	13.63g
Protein	2.00g
Vitamin A 6.80IU	Vitamin C 33.34mg
Calcium 54.83mg	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

Seasoned Green Beans



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31421
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	2 #10 CAN	Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans.	118737
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open cans, strain liquid and pour all ingredients into steam table pan.
2. Heat through. 212 degrees F, 100% moisture, 15 minutes.
3. Top with Seasoning.
4. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

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	20.69		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	227.63mg		
Carbohydrates	3.34g		
Fiber	2.07g		
Sugar	1.03g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.80mg	Iron	0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Green Peppers



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38017
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN MED 20 MRKN	25 Cup		206059

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup Other vegetable

Updated October 2013

Notes:

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	14.90		
Fat	0.15g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	3.50g		
Fiber	1.25g		
Sugar	2.00g		
Protein	0.65g		
Vitamin A	275.65IU	Vitamin C	59.90mg
Calcium	7.45mg	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

Egg Patty w/ cheese on toast



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37045
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CKD 84-3Z PAP	1 Each		300790
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

Preparation Instructions

1. Lay out egg patties on prepared sheet pan. Bake at 350F for 10-12 min or until internal temps reach 165F for 15 seconds. Cut omelets in 1/2.
 2. Melt margarine; Lay out bread on sheet pan, brush bread with margarine and bake until lightly browed.
 3. Assembly 1 sl toast topped with egg and cheese on serving line.
- Serving= 1sl. Toast, 1 sl. Cheese, 1/2 Egg Omelet

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	215.00
Fat	10.50g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	137.50mg
Sodium	470.00mg
Carbohydrates	18.50g
Fiber	1.00g
Sugar	4.50g
Protein	10.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.50mg	Iron 1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available