

Cookbook for LCMS

Created by HPS Menu Planner

Table of Contents

Plain Chips

Dorito's

Very Berry Juice

Apple Juice Box

Orange Tang. Juice Box

Fruit Punch Juice Box

Vegetable Fruit Paradise Juice Box

French Fries Cavendash

Ham/Turkey & Cheese on Bun

Macaroni Salad

Taco Cheese

Cucumber Slices

Chicken Fillet on Bun

Soy Sauce Packet

Pepperoni Pizza Round

Chicken Fajita Bowl

Plain Chips



Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 1 bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28488
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT BKD 64-LSSV LAYS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712560

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: 100.00

Serving Size: 1.00 1 bag

Amount Per Serving

Calories	1.40		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.80mg		
Carbohydrates	0.24g		
Fiber	0.02g		
Sugar	0.03g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	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

Dorito's

NO IMAGE

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 1 bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28489
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090

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: 100.00

Serving Size: 1.00 1 bag

Amount Per Serving

Calories	1.30		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	0.20g		
Fiber	0.02g		
Sugar	0.01g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.40mg	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

Very Berry Juice



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 1 Box	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28490
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391

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: 100.00

Serving Size: 1.00 1 Box

Amount Per Serving			
Calories		0.60	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.10mg	
Carbohydrates		0.17g	
Fiber		0.00g	
Sugar		0.15g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	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

Apple Juice Box



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 1 Box	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28491
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

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: 100.00

Serving Size: 1.00 1 Box

Amount Per Serving			
Calories		0.60	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		0.14g	
Fiber		0.00g	
Sugar		0.13g	
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

Orange Tang. Juice Box



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 1 Box	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28492
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251

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: 100.00

Serving Size: 1.00 1 Box

Amount Per Serving			
Calories		0.60	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.10mg	
Carbohydrates		0.15g	
Fiber		0.00g	
Sugar		0.13g	
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

Fruit Punch Juice Box

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 1 Box	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28493
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

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: 100.00

Serving Size: 1.00 1 Box

Amount Per Serving			
Calories		0.60	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.05mg	
Carbohydrates		0.15g	
Fiber		0.00g	
Sugar		0.14g	
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

Vegetable Fruit Paradise Juice Box



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 1 Box	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28494
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX PARADS PNCH 40-4.23FLZ	1 Each		698261

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: 100.00

Serving Size: 1.00 1 Box

Amount Per Serving			
Calories		0.60	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.05mg	
Carbohydrates		0.14g	
Fiber		0.00g	
Sugar		0.13g	
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

French Fries Cavendash

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 1 serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28496
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 S/C CLR COAT 6-5# CAVFM	1 Cup		622812

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	0.010

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 serving

Amount Per Serving			
Calories		2.56	
Fat		0.13g	
SaturatedFat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.40mg	
Carbohydrates		0.32g	
Fiber		0.02g	
Sugar		0.00g	
Protein		0.02g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.40mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham/Turkey & Cheese on Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28497
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD SLCD 5 10/ 2-5 GFS	2 Slice		757845
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 Slice		244190
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.021
Grain	0.015
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 1 sandwich

Amount Per Serving

Calories	2.63		
Fat	0.10g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.65mg		
Sodium	13.72mg		
Carbohydrates	0.20g		
Fiber	0.03g		
Sugar	0.04g		
Protein	0.22g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni Salad

NO IMAGE

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 1 serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28498
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 2-5 SANDRIDGE	3/4 Cup		524395

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: 100.00

Serving Size: 1.00 1 serving

Amount Per Serving			
Calories	2.02		
Fat	0.09g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.67mg		
Sodium	4.70mg		
Carbohydrates	0.26g		
Fiber	0.01g		
Sugar	0.12g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.22mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Cheese

NO IMAGE

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 1 serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28499
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED REDC FAT SHRD 6-5 COMM	4 Ounce		448010

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: 100.00

Serving Size: 1.00 1 serving

Amount Per Serving

Calories	3.60		
Fat	0.24g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.80mg		
Sodium	8.40mg		
Carbohydrates	0.04g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.28g		
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

Cucumber Slices



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 0.75 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28500
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	3/4 Cup		418439

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	0.008
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 0.75 cup

Amount Per Serving			
Calories		0.12	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.02mg	
Carbohydrates		0.03g	
Fiber		0.00g	
Sugar		0.02g	
Protein		0.00g	
Vitamin A	0.82IU	Vitamin C	0.02mg
Calcium	0.12mg	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 Fillet on Bun

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28501
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

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: 100.00

Serving Size: 1.00 1 sandwich

Amount Per Serving

Calories	3.30		
Fat	0.10g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.55mg		
Sodium	7.55mg		
Carbohydrates	0.39g		
Fiber	0.06g		
Sugar	0.04g		
Protein	0.22g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.40mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soy Sauce Packet



Servings:	100.00	Category:	Condiments or Other
Serving Size:	2.00 2 Pkg	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28503
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY ORIENTAL PKT 500-7GM	2 Each		602841

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: 100.00

Serving Size: 2.00 2 Pkg

Amount Per Serving			
Calories		0.01	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.95mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.03IU	Vitamin C	0.00mg
Calcium	0.01mg	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

Pepperoni Pizza Round



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29094
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pepperoni Pizza	1 Slice	Preheat oven to 325 degrees F. Place pizza on baking sheet. Frozen: Bake 13-15 minutes. Thawed: Bake 11-13 minutes. Due to oven variances, times and temperatures may require adjustments.	765071

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: 100.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	3.60		
Fat	0.16g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.35mg		
Sodium	5.40mg		
Carbohydrates	0.34g		
Fiber	0.02g		
Sugar	0.04g		
Protein	0.21g		
Vitamin A	4.00IU	Vitamin C	0.06mg
Calcium	4.50mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Bowl



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29095
School:	LCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	2 Ounce		154900
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Ounce		701201
RICE BRN ASIAN 6-26.4Z UBEN	1/2 Cup		244541
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	3.81		
Fat	0.18g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.91mg		
Sodium	12.61mg		
Carbohydrates	0.26g		
Fiber	0.01g		
Sugar	0.05g		
Protein	0.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.90mg	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