

# **Cookbook for Triton Sr. High School**

**Created by HPS Menu Planner**

# Table of Contents

**2 ct. Pop Tart Variety**

**2 oz. Cereal**

**Cereal Breakfast Kits**

**Fruit Variety**

**100% Fruit Juice**

**BBQ Chicken Flatbread**

**Yogurt with Granola**

**Chicken Wrap**

**Egg Bacon Cheese Croissant**

**Muffin**

**Mashed Potato**

**Chicken Gravy**

**Chicken Patty on Bun**

**Breaded Fish on Bun**

**Hot Dog on Bun**

**Broccoli & Cheese**

**Baked Beans**

# 2 ct. Pop Tart Variety

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12781
<b>School:</b>	Triton Sr. High School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 2 oz. Cereal

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38998
<b>School:</b>	Triton Sr. High School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	207.50
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	3.75g
<b>Sugar</b>	14.50g
<b>Protein</b>	3.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 102.50mg	<b>Iron</b> 5.18mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cereal Breakfast Kits

<b>Servings:</b>	7.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10177
<b>School:</b>	Triton Elementary		

## Ingredients

Description	Measurement	DistPart #
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package	676160
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	150471
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	525290
CEREAL TRIX RS BKFST KIT 60CT	1 Each	525340
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package	676222
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package	676242

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	238.57
<b>Fat</b>	4.43g
<b>SaturatedFat</b>	0.79g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	212.14mg
<b>Carbohydrates</b>	47.86g
<b>Fiber</b>	3.29g
<b>Sugar</b>	19.14g
<b>Protein</b>	2.86g
<b>Vitamin A</b> 592.86IU	<b>Vitamin C</b> 55.71mg
<b>Calcium</b> 134.29mg	<b>Iron</b> 3.52mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Fruit Variety

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10175
<b>School:</b>	Triton Elementary		

## Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup	271497
FRUIT COCKTAIL XL/S 6-10 GCHC	1/2 Cup	225304
PEACH DCD XL/S 6-10 P/L	1/2 Cup	256760
PEAR DCD XL/S 6-10 GCHC	1/2 Cup	290203
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package	531681

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	68.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	17.40g		
<b>Fiber</b>	1.40g		
<b>Sugar</b>	14.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	60.00IU	<b>Vitamin C</b>	0.72mg
<b>Calcium</b>	1.80mg	<b>Iron</b>	0.07mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 100% Fruit Juice

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10176
<b>School:</b>	Triton Elementary		

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	135450
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	62.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.30mg		
<b>Carbohydrates</b>	14.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.50g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.30mg	<b>Iron</b>	0.20mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Chicken Flatbread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29496
<b>School:</b>	Triton Sr. High School		

## Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	570533
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
SAUCE BBQ LO SOD DIP CUP 100-1Z	1 Each	499402
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182

## Preparation Instructions

Top flatbread with BBQ sauce, chicken, and shredded cheese.  
Bake at 350 degrees for 7 minutes.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	406.77		
<b>Fat</b>	14.33g		
<b>SaturatedFat</b>	5.90g		
<b>Trans Fat</b>	0.06g		
<b>Cholesterol</b>	56.67mg		
<b>Sodium</b>	723.50mg		
<b>Carbohydrates</b>	45.67g		
<b>Fiber</b>	2.70g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	24.90g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	25.31mg	<b>Iron</b>	1.98mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt with Granola

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38999
<b>School:</b>	Triton Sr. High School		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	811500
Honey Bunches of Oats Granola Pouch	1 Each	37482

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	343.88
<b>Fat</b>	4.99g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	119.40mg
<b>Carbohydrates</b>	67.27g
<b>Fiber</b>	2.00g
<b>Sugar</b>	38.84g
<b>Protein</b>	9.46g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.66mg	<b>Iron</b> 0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13535
<b>School:</b>	Triton Sr. High School		

## Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	2 Piece	283951
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
TORTILLA FLOUR 8 16-12CT LABAND	1 Each	804443

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	383.33		
<b>Fat</b>	19.50g		
<b>SaturatedFat</b>	7.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.67mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	33.67g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	78.00mg	<b>Iron</b>	2.33mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg Bacon Cheese Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14355

## Ingredients

Description	Measurement	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each	741320
BACON CANAD SLCD 64/ 6-2 GFS	4 Each	167661
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
CROISSANT BKD PLN SLCD 64-2.5Z PILLS	1 Each	120872

## Preparation Instructions

Place 24 croissants on large sprayed baking pan

Remove tops of the croissants and place to the side.

Heat egg patties in the steamer for 5 minutes CCP 165

While eggs are heating place 4 slices of canadian bacon on bottom of each croissant

Add heated egg

Place 1 slice of cheese on top of egg pattie, then place top of croissant.

Cover each pan tightly with foil.

Heat for about 1 hr in warmer

CCP 145

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	367.00
<b>Fat</b>	17.20g
<b>SaturatedFat</b>	6.90g
<b>Trans Fat</b>	0.12g
<b>Cholesterol</b>	115.00mg
<b>Sodium</b>	748.40mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	1.10g
<b>Sugar</b>	6.00g
<b>Protein</b>	15.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 27.71mg	<b>Iron</b> 1.83mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Muffin

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39002
<b>School:</b>	Triton Sr. High School		

## Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	262362

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	187.50		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	21.25mg		
<b>Sodium</b>	117.50mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	1.75g		
<b>Sugar</b>	15.50g		
<b>Protein</b>	2.75g		
<b>Vitamin A</b>	3.60IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	20.26mg	<b>Iron</b>	0.99mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mashed Potato

<b>Servings:</b>	41.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29643
<b>School:</b>	Triton Elementary		

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS GOLD EXCEL 8-31Z BAMER	31 9/10 Ounce	872140
Tap Water for Recipes	17 Cup	000001WTR

## Preparation Instructions

### RECONSTITUTE

1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 30 seconds. 3: Let stand for 5 minutes, stir and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	84.84		
<b>Fat</b>	1.70g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	373.29mg		
<b>Carbohydrates</b>	16.12g		
<b>Fiber</b>	1.70g		
<b>Sugar</b>	0.85g		
<b>Protein</b>	1.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.48mg	<b>Iron</b>	0.34mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Gravy

<b>Servings:</b>	64.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39009
<b>School:</b>	Triton Sr. High School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	38.93
<b>Fat</b>	0.56g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	266.95mg
<b>Carbohydrates</b>	7.79g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 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 Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15260
<b>School:</b>	Triton Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	680.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 3.90mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breaded Fish on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15261
<b>School:</b>	Triton Elementary		

## Ingredients

Description	Measurement	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 10	1 Each	495739
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 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 Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15258
<b>School:</b>	Triton Elementary		

## Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each	763225

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	770.00mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.07IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 80.11mg	<b>Iron</b> 1.76mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Broccoli & Cheese

<b>Servings:</b>	135.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14517

## Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	25 Pound	110473
SAUCE CHS CHED SHRP 6-10 GCHC	1 #10 CAN	150991

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 135.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	53.11
<b>Fat</b>	1.92g
<b>SaturatedFat</b>	0.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	229.18mg
<b>Carbohydrates</b>	7.74g
<b>Fiber</b>	3.03g
<b>Sugar</b>	2.16g
<b>Protein</b>	3.42g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.69mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10184
<b>School:</b>	Triton Elementary		

## Ingredients

Description	Measurement	DistPart #
BEAN PORK & NAVY 6-10 GCHC	6 #10 CAN	118826
SUGAR BROWN MED 25 GCHC	4 Pound	108626
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	4 Cup	100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup	860221
ONION DEHY SUPER TOPPER 6-2 P/L	4 Ounce	223255

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	152.04		
<b>Fat</b>	1.08g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	508.22mg		
<b>Carbohydrates</b>	29.94g		
<b>Fiber</b>	5.47g		
<b>Sugar</b>	9.49g		
<b>Protein</b>	7.62g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	54.94mg	<b>Iron</b>	2.17mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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