

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

Yogurt with Granola

Chicken & Noodles

Mashed Potato

Muffin

Cheeseburger

Grilled Chicken Sandwich

Grilled Pizza Sandwich

Sloppy Joe on Bun

Baked Beans

2 ct. Pop Tart Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12781
School:	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

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

2 oz. Cereal

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38998
School:	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

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Breakfast Kits

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10177
School:	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

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Variety

Servings:	5.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10175
School:	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

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: 5.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10176
School:	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

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt with Granola

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38999
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	225.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13666
School:	Triton Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	40 Pound	570533
Tap Water for Recipes	9 Gallon	000001WTR
SPICE PEPR BLK REST GRIND 5 TRDE	1/4 Cup	242179
ONION DEHY SUPER TOPPER 6-2 P/L	3/4 Pound	223255
MARGARINE SLD 30-1 GCHC	1 1/4 Pound	733061
FLOUR H&R A/P 2-25 GCHC	2 Pound	227528
BASE CHIX LO SOD 12-1 LEGO	3 Pound	130869
1 % White Milk	2 Gallon	
PASTA NOODL KLUSKI 1/8 2-5 GCHC	10 Pound	270385
GRAVY MIX CHIX LO SOD 6-1# KNOR	1 Pound	562860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 225.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	274.44		
Fat	8.62g		
SaturatedFat	2.61g		
Trans Fat	0.00g		
Cholesterol	75.22mg		
Sodium	311.69mg		
Carbohydrates	24.39g		
Fiber	0.98g		
Sugar	3.66g		
Protein	22.93g		
Vitamin A	134.76IU	Vitamin C	0.28mg
Calcium	22.65mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potato

Servings:	41.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29643
School:	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

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: 41.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39002
School:	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

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13677
School:	Triton Sr. High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
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	3.250
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	390.00
Fat	18.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	510.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	26.00g
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

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29629
School:	Triton Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	1 Each	209244
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 Each

Amount Per Serving	
Calories	260.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	770.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	6.00g
Protein	19.00g
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

Grilled Pizza Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13663
School:	Triton Sr. High School		

Ingredients

Description	Measurement	DistPart #
SAUCE PIZZA W/BASL 6-10 GCHC	3 Tablespoon	100234
PEPPERONI SLCD 14-16/Z 2-5 GCHC	5 Each	729981
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	3 Slice	726567
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.188
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	426.25
Fat	21.06g
SaturatedFat	12.56g
Trans Fat	0.00g
Cholesterol	69.38mg
Sodium	994.06mg
Carbohydrates	34.31g
Fiber	3.75g
Sugar	7.00g
Protein	23.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 403.50mg	Iron 2.86mg

*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:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39048
School:	Triton Sr. High School		

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	564790
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 Each

Amount Per Serving	
Calories	295.10
Fat	7.80g
SaturatedFat	2.70g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	908.80mg
Carbohydrates	35.00g
Fiber	3.80g
Sugar	12.00g
Protein	18.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10184
School:	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

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: 144.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available
