

Cookbook for Triton Sr. High School

Created by HPS Menu Planner

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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

Lasagna Roll-Up

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29493
School:	Triton Sr. High School		

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each	234041
SAUCE SPAGHETTI FCY 6-10 REDPK	8 Cup	852759

Preparation Instructions

- 1.Preheat convection oven to 375°F. Set fan to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with aluminum foil.
- 6.Bake for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

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: 18.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	285.16
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	802.92mg
Carbohydrates	38.68g
Fiber	5.23g
Sugar	11.45g
Protein	18.23g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 322.58mg	Iron 1.08mg

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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

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15261
School:	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

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	310.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	570.00mg
Carbohydrates	41.00g
Fiber	4.00g
Sugar	5.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.00mg

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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

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

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39055
School:	Triton Sr. High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15260
School:	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

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	390.00
Fat	16.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	680.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Peach Crisp

Servings:	48.00	Category:	Condiments or Other
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39054
School:	Triton Sr. High School		

Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GCHC	2 #10 CAN	268348
FLOUR H&R A/P 50 GCHC	6 Cup	765180
OATS QUICK HOT CEREAL 12-42Z GCHC	11 Ounce	240869
SUGAR BROWN LT 12-2 P/L	22 Ounce	860311
SALT IODIZED 24-26Z GFS	1/2 Teaspoon	108308
MARGARINE SLD 30-1 GCHC	2 Cup	733061
Tap Water for Recipes	1 1/2 Cup	000001WTR
SUGAR CANE GRANUL 50 GCHC	1 1/4 Cup	425311
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	224723
LEMON JUICE 100 12-32FLZ GCHC	1/2 Cup	311227

Preparation Instructions

Directions:

Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine or butter. Mix until crumbly. Set aside for step 6

Filling: Drain peaches, reserving juice. Add enough water to juice to make 3/4 cup for 30 servings, and 1 1/2 cups for 48 servings. Reserve for step 5.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 1 can. For 24 servings, use 1 pan. For 48 servings use 2 pans.

Over apples in each pan, sprinkle 5 oz (3/4 cup) sugar, 3/4 tsp cinnamon, and 2 Tbsp lemon juice. Stir to combine
For each pan, pour 3/4 cup liquid over apples

Sprinkle approximately 1 lb 11 oz (1 qt 1 cup) topping from step 1 evenly over apples in each pan.

Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes

Cool. Cut each pan 6x4 (24 pieces). Portion is 1 piece.

No CCP necessary.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	212.57
Fat	7.84g
SaturatedFat	3.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	105.11mg
Carbohydrates	32.52g
Fiber	1.05g
Sugar	14.93g
Protein	2.56g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 2.27mg	Iron 0.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bread & Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29261

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Teaspoon	299405
BREAD WGRAIN WHT 16-22Z GCHC	1 Each	266547

Preparation Instructions

Spread 1 tsp. butter on each slice of bread.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	113.33
Fat	4.67g
SaturatedFat	2.33g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	135.00mg
Carbohydrates	16.00g
Fiber	2.00g
Sugar	2.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.00mg	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

Brown Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39053
School:	Triton Sr. High School		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX BROWN 8-13.37Z TRIO	13 3/8 Ounce	741141
Tap Water	1 Gallon	

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: 64.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving			
Calories	23.40		
Fat	0.58g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.76mg		
Carbohydrates	3.51g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

Servings:	135.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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: 135.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	53.11
Fat	1.92g
SaturatedFat	0.38g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	229.18mg
Carbohydrates	7.74g
Fiber	3.03g
Sugar	2.16g
Protein	3.42g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.69mg	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 & Herb Rice

Servings:	48.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29500
School:	Triton Elementary		

Ingredients

Description	Measurement	DistPart #
Chicken & Herb Rice	1 Carton	0490
Tap Water for Recipes	4 1/2 Quart	000001WTR
MARGARINE SLD 30-1 GCHC	1 Cup	733061
RICE WHT 25 UBEN	2 1/2 Pound	108251

Preparation Instructions

1. Combine seasoning, water, margarine and rice.
2. Bring to a boil while stirring occasionally.
3. Reduce heat, cover and simmer for 20 minutes.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	152.17
Fat	3.67g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	438.76mg
Carbohydrates	25.59g
Fiber	0.00g
Sugar	1.00g
Protein	2.81g
Vitamin A 250.00IU	Vitamin C 0.00mg
Calcium 30.67mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available
