

Cookbook for Triton Elementary

Created by HPS Menu Planner

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2 ct. Pop Tart Variety

NO IMAGE

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	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.5 Grain Equivalents	123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Grain Equivalents	123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.5 Grain Equivalents	452082
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.25 Grain Equivalents	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

NO IMAGE

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	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105931
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each	READY_TO_EAT Ready to eat	105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready To Eat	105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	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

NO IMAGE

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	Prep Instructions	DistPart #
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package		676160
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	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

NO IMAGE

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	Prep Instructions	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

NO IMAGE

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	Prep Instructions	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

NO IMAGE

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	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into 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

Buttered Carrots

NO IMAGE

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19680
School:	Triton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD SMTH MED 30 GCHC	7 Pound		285750
MARGARINE GLDN SWT ZTF 30-1#	1/4 Pound		791630

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	22.23		
Fat	2.24g		
SaturatedFat	1.06g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	25.15mg		
Carbohydrates	0.50g		
Fiber	0.21g		
Sugar	0.28g		
Protein	0.07g		
Vitamin A	99.40IU	Vitamin C	0.00mg
Calcium	2.94mg	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

Seasoned Green Beans

NO IMAGE

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10180
School:	Triton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	3 #10 CAN		118737
SEASONING SALT NO MSG 2-5 LAWRY'S	3 Tablespoon		266566

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	21.56
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	427.11mg
Carbohydrates	3.23g
Fiber	2.16g
Sugar	1.08g
Protein	1.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.79mg	Iron 0.41mg

*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	Prep Instructions	DistPart #
POTATO PRLS GOLD EXCEL 8-31Z BAMER	31 9/10 Ounce		872140
Tap Water for Recipes	17 Cup	UNPREPARED	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

Seasoned Corn



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19948
School:	Triton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL STD GRADE 6-10 KE	24 Cup		244805
SEASONING VEGETABLE NO SALT 21Z TRDE	3 Tablespoon		647230

Preparation Instructions

HACCP: Wash hands before handling any food items.

1. Add corn into a shallow steamtable pan. Add 3TBS Veg seasoning
2. Cover with lids and cook for 20 minutes in the steamer. CCP 165
3. Place in warmer until needed. Hot hold at 135
4. In any left, be sure to weigh and record amounts left.

Serve with 1/2c spoodle

HACCP: We do reuse this item once...cool down from 135 to 70 within the first two hours. Store in ref. Serve out as a choice latter in the week.

Do not mix with any fresh food items.

Recipe #: 0507

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	14.75g		
Fiber	1.00g		
Sugar	7.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Chicken Gravy

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 8-22.6Z TRIO	22 3/5 Ounce	BAKE UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Chicken Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	290025
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	38.93		
Fat	0.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	266.95mg		
Carbohydrates	7.79g		
Fiber	0.00g		
Sugar	0.00g		
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

Baked Beans

NO IMAGE

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	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GCHC	6 #10 CAN		118826
SUGAR BROWN MED 25 GCHC	4 Pound	UNSPECIFIED	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

Hot Dog on Bun



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763225

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	770.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	9.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	80.11mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Bacon Cheese Muffin

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15252
School:	Triton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
BACON CANAD SLCD 64/ 6-2 GFS	4 Slice		167661
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	830.00mg
Carbohydrates	28.50g
Fiber	0.00g
Sugar	2.50g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15274
School:	Triton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	4 Slice		236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.500
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	244.53
Fat	10.22g
SaturatedFat	3.23g
Trans Fat	0.00g
Cholesterol	50.37mg
Sodium	766.41mg
Carbohydrates	20.69g
Fiber	2.00g
Sugar	3.50g
Protein	15.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.88mg	Iron 1.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

NO IMAGE

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	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	40 Pound	UNSPECIFIED Not currently available	570533
Tap Water for Recipes	9 Gallon	UNPREPARED	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

Hamburger on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10233
School:	Triton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	350.00
Fat	16.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	370.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	23.00g
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 Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13540
School:	Triton Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	READY_TO_EAT	100036
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547

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	320.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	830.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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