

Cookbook for South Central

Created by HPS Menu Planner

Table of Contents

Yogurt Lunchable

Ham Chef Salad

Popcorn Chicken Salad

Baked Beans

MS/HS: Tatchos

Dinner Roll (For Tatchos)

Yogurt Parfait

Uncrustable, String Cheese, & Pretzel Sticks

Rice

Glazed Carrots

Ham and Cheese Sub

Frudel

Pop-Tarts- 2 count

Bacon Cheeseburger

HS: Firehouse Burger

MS/HS: Spicy Chicken Tenders

Refried Beans

MS/HS: Two Soft Pretzels

MS/HS: Spicy Chicken Patty

Sidekick Slushie

BBQ Rib Sandwich

Cheesy Mashed Potatoes

Chicken Pot Pie

Yogurt Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14705
School:	South Central		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
Pretzel Sticks	1 Each	25193
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422

Preparation Instructions

Package all things together.

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	330.00
Fat	10.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	605.00mg
Carbohydrates	47.00g
Fiber	4.00g
Sugar	10.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 438.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14702
School:	Westville		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint	206504
Ham, Cubed Frozen	2 Ounce	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
Variety of Fresh Vegetables	1/2 Cup	
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

Place everything together in container.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	451.85
Fat	15.64g
SaturatedFat	7.64g
Trans Fat	0.00g
Cholesterol	59.51mg
Sodium	1061.52mg
Carbohydrates	53.02g
Fiber	9.62g
Sugar	15.76g
Protein	29.82g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 332.43mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32670
School:	Westville		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint	206504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	2 Ounce	327120
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
Variety of Fresh Vegetables	1/2 Cup	
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package	661022

Preparation Instructions

Place all items together in container.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.54
Fat	20.44g
SaturatedFat	7.63g
Trans Fat	0.00g
Cholesterol	42.99mg
Sodium	758.46mg
Carbohydrates	49.83g
Fiber	11.57g
Sugar	13.77g
Protein	28.71g
Vitamin A 814.58IU	Vitamin C 12.33mg
Calcium 344.86mg	Iron 3.54mg

*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:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32668

Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN	100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup	655937
SUGAR BROWN MED 25 GCHC	1 Cup	108626

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	161.04		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	233.74mg		
Carbohydrates	33.58g		
Fiber	4.90g		
Sugar	18.56g		
Protein	6.85g		
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

MS/HS: Tatchos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36956
School:	Westville		

Ingredients

Description	Measurement	DistPart #
POTATO TATER TOTS 6-5 OREI	9 Piece	141510
TACO FILLING BEEF REDC FAT 6-5 COMM	3/8 Cup	722330
SAUCE CHS CHED 6-5 JTM	1/4 Cup	271081

Preparation Instructions

Prepare all item according to directions on boxes

Serve as tots, #10 disher of taco meat, and 2 oz spoodle of cheese sauce together.

Note: Make sure that students are allowed to take 2 Grain equivalent with tots (example: 2 dinner rolls)

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	369.45		
Fat	19.66g		
SaturatedFat	7.57g		
Trans Fat	0.29g		
Cholesterol	62.61mg		
Sodium	1062.65mg		
Carbohydrates	25.08g		
Fiber	4.28g		
Sugar	3.03g		
Protein	22.26g		
Vitamin A	390.14IU	Vitamin C	4.05mg
Calcium	253.78mg	Iron	2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dinner Roll (For Tatchos)

Servings:	1.00	Category:	Grain
Serving Size:	1.00 roll	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36957
School:	Westville		

Ingredients

Description	Measurement	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

No Preparation Instructions available.

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 roll

Amount Per Serving

Calories	70.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	110.00mg
Carbohydrates	12.00g
Fiber	1.00g
Sugar	2.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 15.00mg	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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14708
School:	South Central		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup	881161
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup	226671
Strawberries, diced, Cups, frozen	1 Each	100256

Preparation Instructions

Layer yogurt and fruit in 12 oz. plastic cup and lid. Serve with granola in 5.5 oz. cup with lid.

Meal Components (SLE)

Amount Per Serving

Meat	1.866
Grain	1.866
Fruit	0.500
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	470.60
Fat	4.85g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	365.67mg
Carbohydrates	96.63g
Fiber	4.24g
Sugar	60.54g
Protein	13.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.81mg	Iron 1.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Pretzel Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37007
School:	South Central		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
Pretzel Sticks	1 Each	25193

Preparation Instructions

Package all items together.

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	450.00
Fat	22.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	670.00mg
Carbohydrates	50.00g
Fiber	7.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	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

Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32559
School:	Westville		

Ingredients

Description	Measurement	DistPart #
RICE PARBL STRONGBOX 25 GCHC	1/4 Cup	722987

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	85.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.50g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33326

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, Low-sodium, Canned	2 #10 CAN	100309
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup	209810
SUGAR BROWN MED 25 GCHC	1/2 Cup	108626

Preparation Instructions

1. Put the carrots in the steamer and cook for 15 minutes at 150 degrees.
3. Mix together the butter buds and brown sugar.
4. Pour over the carrots.
5. Toss well to coat.
6. Cover the pans and keep warm in hot boxes

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: 37.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	51.59		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	154.19mg		
Carbohydrates	13.11g		
Fiber	2.02g		
Sugar	6.63g		
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

Ham and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39281
School:	South Central		

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 7/16 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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 Sandwich

Amount Per Serving

Calories	274.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	43.50mg
Sodium	794.00mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	6.50g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	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

Frudel

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32556
School:	Westville		

Ingredients

Description	Measurement	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	838350
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	838340

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	210.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	255.00mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	10.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop-Tarts- 2 count

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32558
School:	Westville		

Ingredients

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

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: 3.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	353.33
Fat	5.67g
SaturatedFat	1.83g
Trans Fat	0.00g
Cholesterol	76.67mg
Sodium	286.67mg
Carbohydrates	74.00g
Fiber	6.00g
Sugar	29.67g
Protein	4.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	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

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20487
School:	South Central		

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	371.43
Fat	17.43g
SaturatedFat	6.91g
Trans Fat	0.80g
Cholesterol	62.75mg
Sodium	746.71mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	22.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 147.00mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Firehouse Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39284
School:	South Central		

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
ONION FREN FRIED 6-24Z FRENC	1 Tablespoon	201413
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon	212071
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	407.50		
Fat	17.75g		
SaturatedFat	7.55g		
Trans Fat	0.80g		
Cholesterol	56.50mg		
Sodium	811.00mg		
Carbohydrates	37.00g		
Fiber	4.00g		
Sugar	12.50g		
Protein	20.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	147.00mg	Iron	3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

MS/HS: Spicy Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36673
School:	Westville		

Ingredients

Description	Measurement	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 Each	281731

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: 3.00 Each

Amount Per Serving

Calories	260.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	390.00mg
Carbohydrates	17.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.00mg	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

Refried Beans

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14711
School:	South Central		

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	7 #10 CAN	100362
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.508
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.566
Starch	0.000

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	180.40
Fat	4.58g
SaturatedFat	3.05g
Trans Fat	0.00g
Cholesterol	15.25mg
Sodium	255.02mg
Carbohydrates	23.14g
Fiber	5.66g
Sugar	1.13g
Protein	10.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 101.16mg	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

MS/HS: Two Soft Pretzels

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38662
School:	South Central		

Ingredients

Description	Measurement	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	2 Each	607122

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: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	140.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

MS/HS: Spicy Chicken Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36677
School:	Westville		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080

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	230.00
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	350.00mg
Carbohydrates	15.00g
Fiber	2.00g
Sugar	1.00g
Protein	13.00g
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

Sidekick Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37015
School:	South Central		

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	794181

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.50g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	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

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39282
School:	South Central		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

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 Sandwich

Amount Per Serving	
Calories	360.00
Fat	12.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	860.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	14.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	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

Cheesy Mashed Potatoes

Servings:	80.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39283
School:	South Central		

Ingredients

Description	Measurement	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	3 Pound 4 Ounce (52 Ounce)	166872
Cheese, Cheddar Reduced fat, Shredded	1 1/2 Cup	100012
Tap Water for Recipes	2 Gallon	000001WTR

Preparation Instructions

Measure 2 gallon of boiling water into a 6 x ½ size steam table pan. Add entire pouch of potatoes at once, using a spoon or wire whip to distribute evenly and wet all potatoes. Let stand 60 seconds, stir well. Mix in shredded cheese.

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: 80.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	70.00		
Fat	1.25g		
SaturatedFat	0.30g		
Trans Fat	0.00g		
Cholesterol	1.50mg		
Sodium	263.00mg		
Carbohydrates	13.68g		
Fiber	0.80g		
Sugar	0.80g		
Protein	2.13g		
Vitamin A	0.00IU	Vitamin C	2.88mg
Calcium	16.00mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Pot Pie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39285
School:	South Central		

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce	100101
PEAS & CARROT 30 GCHC	1/4 Cup	285730
GRAVY CHIX RSTD 12-49Z HRTHSTN	1/2 Cup	516309
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	631902

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	380.66
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	42.00mg
Sodium	1153.46mg
Carbohydrates	38.73g
Fiber	3.12g
Sugar	3.49g
Protein	18.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 176.00mg	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
