

Cookbook for Prairie Heights High School

Created by HPS Menu Planner

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Breakfast Pizza

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-34536 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z | 1 Each | | 160432 |
| PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z | 1 Piece | | 503640 |
| BKFST BOAT EGG&BCN WGRAIN 96-3.09Z | 1 Each | | 552690 |

Preparation Instructions

Use cooking instructions on box.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 211.00 |
| Fat | 7.80g |
| SaturatedFat | 2.37g |
| Trans Fat | 0.00g |
| Cholesterol | 27.00mg |
| Sodium | 343.47mg |
| Carbohydrates | 26.00g |
| Fiber | 2.07g |
| Sugar | 4.67g |
| Protein | 9.53g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 155.87mg | Iron 1.70mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29182 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z | 1 Each | | 527462 |
| SAND UNCRUST PB&J STRAWB 72-2.6Z | 1 Each | | 536012 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 2.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 300.00 | | |
| Fat | 16.00g | | |
| SaturatedFat | 3.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 280.00mg | | |
| Carbohydrates | 32.50g | | |
| Fiber | 4.00g | | |
| Sugar | 15.00g | | |
| Protein | 9.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 43.50mg | Iron | 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Poptarts

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10317 |
| School: | Prairie Heights High School | | |

Ingredients

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

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: 3.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 361.00 | | |
| Fat | 5.83g | | |
| SaturatedFat | 1.93g | | |
| Trans Fat | 0.03g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 330.00mg | | |
| Carbohydrates | 75.00g | | |
| Fiber | 5.87g | | |
| Sugar | 30.00g | | |
| Protein | 4.77g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 220.00mg | Iron | 3.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

2 ounce Cereal Bowls

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 4.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-33489 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| 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 Container | | 105840 |
| CEREAL CINN TST CRNCH CUP 60-2Z GENM | 1 Each | | 105931 |

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 |

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Nutrition - Per 100g

No 100g Conversion Available

Mini Donuts

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-29183 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| DONUT CHOC MINI IW 72-3.3Z GOODYMN | 1 Package | | 738181 |
| DONUT PWDRD MINI IW 72-3Z GOODYMN | 1 Package | | 738201 |
| DONUT HOLE CAKE BLUEB WGRAIN 60-3Z | 1 Each | | 371065 |
| DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z | 1 Each | | 371058 |

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 | 282.50 | | |
| Fat | 12.50g | | |
| SaturatedFat | 5.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 265.00mg | | |
| Carbohydrates | 41.00g | | |
| Fiber | 2.25g | | |
| Sugar | 19.25g | | |
| Protein | 4.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.25mg | Iron | 1.25mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fruit Juice

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-9541 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| JUICE GRP 100 70-4FLZ SNCUP | 1 Each | | 403040 |
| DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP | 1 Each | | 118950 |
| JUICE FRT PNCH 100 70-4FLZ SNCUP | 1 Each | | 355900 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118921 |
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |
| 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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 66.17 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 7.70mg | | |
| Carbohydrates | 15.83g | | |
| Fiber | 0.00g | | |
| Sugar | 15.00g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.20mg |
| Calcium | 30.82mg | Iron | 0.28mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun*

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27343 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| BEEF GRND 80/20 3-10 GCHC | 3 Ounce | | 158704 |
| 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

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

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 | 402.50 |
| Fat | 20.50g |
| SaturatedFat | 8.50g |
| Trans Fat | 1.13g |
| Cholesterol | 63.75mg |
| Sodium | 498.75mg |
| Carbohydrates | 26.00g |
| Fiber | 3.00g |
| Sugar | 4.50g |
| Protein | 24.25g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 126.00mg | Iron 3.35mg |

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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-15198 |
| School: | Prairie Heights HS Salad Bar | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| CHIX PTY HOT & SPCY FC 3.23Z 4-7.5 | 1 Each | | 150180 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | | 266546 |

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.750 |
| 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 | 360.00 | | |
| Fat | 13.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 55.00mg | | |
| Sodium | 710.00mg | | |
| Carbohydrates | 37.00g | | |
| Fiber | 4.00g | | |
| Sugar | 4.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 52.00mg | Iron | 4.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, 5.3 oz.

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29168 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z | 1 Each | | 516761 |
| SAND UNCRUST PB&J STRAWB 72-5.3Z | 1 Each | | 543822 |

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: 2.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 600.00 | | |
| Fat | 33.00g | | |
| SaturatedFat | 7.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 530.00mg | | |
| Carbohydrates | 64.00g | | |
| Fiber | 7.00g | | |
| Sugar | 30.00g | | |
| Protein | 18.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 88.50mg | Iron | 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad - Grab & Go

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-37062 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| Ham, Cubed Frozen | 1 1/2 Ounce | Weight | 100188-H |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | | 150250 |
| CARROT BABY WHL PETITE 4-5 RSS | 1/4 Cup | | 768146 |
| CUCUMBER SELECT 24CT MRKN | 1/4 Cup | | 418439 |
| PEAS 6-10 COMM | 1/4 Cup | | 150550 |
| Variety of Fresh Fruits | 1 cup | | |
| BEAN GARBANZO LO SOD 6-10 P/L | 1/4 Cup | | 597991 |
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1 Cup | | 451730 |
| CROUTON CHS GARL WGRAIN 250-.5Z | 2 Package | | 661022 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557981 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 1.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.250 |
| OtherVeg | 0.250 |
| Legumes | 0.250 |
| Starch | 0.250 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 1487.58 |
| Fat | 21.28g |
| SaturatedFat | 9.23g |
| Trans Fat | 0.00g |
| Cholesterol | 92.13mg |
| Sodium | 1087.75mg |
| Carbohydrates | 259.00g |
| Fiber | 87.67g |
| Sugar | 130.75g |
| Protein | 99.07g |
| Vitamin A 27.30IU | Vitamin C 0.73mg |
| Calcium 1471.46mg | Iron 3.55mg |

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

| | | | |
|----------------------|-------------------------------|-----------------------|-------------------|
| Servings: | 480.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-9547 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| BEAN VEGTAR 6-10 GCHC | 18 #10 CAN | | 298913 |
| ONION DEHY CHPD 15 P/L | 1 Pint | | 263036 |
| MUSTARD YELLOW PREP 4-1GAL CRWNCOLL | 1 Cup | | 860221 |
| SUGAR BROWN LT 12-2 P/L | 3/4 Quart | | 860311 |
| SAUCE WORCESTERSHIRE 4-1GAL FRENC | 1 Cup | | 109843 |
| SAUCE BBQ 4-1GAL SWTBRAY | 1 Gallon | | 655937 |
| KETCHUP CAN NAT LO SOD 6-10 REDG | 1 #10 CAN | | 200621 |

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.940 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.485 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 175.90 |
| Fat | 0.49g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 530.03mg |
| Carbohydrates | 36.05g |
| Fiber | 4.87g |
| Sugar | 15.77g |
| Protein | 7.78g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 52.69mg | Iron 1.94mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fruit, Yogurt & Granola Parfait

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 PARFAIT | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-11477 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| Blueberries, Frozen | 1/4 Cup | THAW | 110624 |
| Strawberries, Whole fzn | 1/4 Cup | Thaw and use | 100253 |
| YOGURT VAN L/F PARFPR 6-4 YOPL | 1/2 Cup | | 811500 |
| GRANOLA BAG IW 144-1Z FLDSTN | 1 Package | | 649742 |

Preparation Instructions

1. Thaw the fruit.
 2. Layer 1/4 cup of strawberries into container.
 3. Layer 1/2 cup of yogurt over strawberries.
 4. Layer 1/4 cup blueberries over yogurt
 5. Serve with package of granola
- Note: Can also use peaches and one kind of fruit.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 1.000 |
| 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 PARFAIT

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 271.44 |
| Fat | 4.75g |
| SaturatedFat | 0.37g |
| Trans Fat | 0.00g |
| Cholesterol | 3.73mg |
| Sodium | 136.20mg |
| Carbohydrates | 53.13g |
| Fiber | 4.00g |
| Sugar | 28.42g |
| Protein | 6.73g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 134.33mg | Iron 0.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Muffin

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 9.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-19925 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL | 1 Each | | 262370 |
| MUFFIN BANANA WGRAIN IW 48-2Z SL | 1 Each | | 262362 |
| MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC | 1 Each | | 280001 |
| MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z | 1 Each | | 279991 |
| MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN | 1 Each | | 273442 |
| MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z | 1 Each | | 273681 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | | 557991 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557981 |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557970 |

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 186.67 |
| Fat | 6.94g |
| SaturatedFat | 1.72g |
| Trans Fat | 0.02g |
| Cholesterol | 25.56mg |
| Sodium | 143.89mg |
| Carbohydrates | 29.00g |
| Fiber | 1.11g |
| Sugar | 15.00g |
| Protein | 2.78g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 19.58mg | Iron 0.96mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 70.00 | Category: | Entree |
| Serving Size: | 6.00 Fluid Ounce | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-29758 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| Chicken, diced, cooked, frozen | 7 Pound | | 100101 |
| SAUCE ALFREDO FZ 6-5 JTM | 10 Pound | | 155661 |
| PASTA PENNE RIGATE 2-10 KE | 5 Pound | | 635501 |

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.750 |
| 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: 70.00

Serving Size: 6.00 Fluid Ounce

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 378.03 | | |
| Fat | 4.08g | | |
| SaturatedFat | 0.55g | | |
| Trans Fat | 0.01g | | |
| Cholesterol | 36.67mg | | |
| Sodium | 109.56mg | | |
| Carbohydrates | 64.68g | | |
| Fiber | 3.05g | | |
| Sugar | 3.56g | | |
| Protein | 21.24g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 32.36mg | Iron | 2.74mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Wrap - Grab & Go

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-34708 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---------------|-------------------|------------|
| Chicken Fillet, Cooked, Unbreaded, Frozen | 2 1/2 Ounce | | 110921 |
| CHEESE MOZZ SHRD 4-5 LOL | 1 Fluid Ounce | | 645170 |
| LETTUCE ROMAINE CHOP 6-2 RSS | 1 Cup | | 735787 |
| Baby Carrots | 1/2 Cup | | |
| Variety of Fruit | 1 Cup | | |
| TORTILLA FLOUR LO SOD 9 16-12CT | 1 Each | | 523610 |
| DRESSING CAESAR RYL PKT 60-1.5Z MARZ | 1 Each | | 554758 |

Preparation Instructions

Start with tortilla shell, layer: lettuce, cheese, and chicken. Fold into a wrap and put in the container with other items. Store in cooler and serve.

Offer milk.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.250 |
| Fruit | 1.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.500 |
| 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 | 650.18 |
| Fat | 28.05g |
| SaturatedFat | 7.75g |
| Trans Fat | 0.00g |
| Cholesterol | 83.83mg |
| Sodium | 901.57mg |
| Carbohydrates | 68.86g |
| Fiber | 8.42g |
| Sugar | 31.54g |
| Protein | 30.91g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 163.50mg | Iron 2.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Green Beans

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 432.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9560 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|----------------------|------------|
| Green Beans cnd | 18 #10 CAN | | 100307 |
| Tap Water for Recipes | 1 Quart | | 000001WTR |
| BASE BEEF RSTD NO ADDED MSG 6-1 GSIG | 1 Pound | Prepare as directed. | 110611 |

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

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: 432.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 19.86 | | |
| Fat | 0.17g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 288.90mg | | |
| Carbohydrates | 3.41g | | |
| Fiber | 2.16g | | |
| Sugar | 1.08g | | |
| Protein | 1.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.22mg | 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

Sausage and Cheese Biscuit

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-19651 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 1 Each | | 184970 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |
| BISCUIT BTRMLK 100-2.25Z BRIDG | 1 Each | | 451740 |

Preparation Instructions

Prepare Sausage and Biscuit according to directions on case.

Serve as 1 sausage patty, slice of cheese, and 1 biscuit.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.500 |
| 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 305.00 |
| Fat | 15.50g |
| SaturatedFat | 6.50g |
| Trans Fat | 0.00g |
| Cholesterol | 42.50mg |
| Sodium | 875.00mg |
| Carbohydrates | 29.00g |
| Fiber | 1.00g |
| Sugar | 3.50g |
| Protein | 13.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 140.50mg | Iron 2.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Panther Popcorn Chicken Bowl

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29752 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|---------------|---|------------|
| Mashed Potatoes | 1/2 Serving | STEP 1) POUR BOILING WATER INTO A MIXING BOWL. STEP 2) SLOWLY ADD 1 POUCH OF POTATO PEARLS COUNTRY STYLE MASHED POTATOES TO BOILING WATER, SET ON MIXER AND USE HIP ATTACHMENT TO MIX FOR 1 MINUTE. STEP 3) TRANSFER POTATO PEARLS COUNTRY STYLE MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND HOLD FOR 20-30 MINUTES BEFORE SERVING. 4) RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED. | R-29750 |
| Golden Corn | 1/2 Serving | 1. Boil the frozen corn in a pot until it reaches 135 degrees. 2. Drain the corn. 3. Divide the corn among 6 pans. 4. Mix together the butter and seasoning and divide it evenly among the pans. 5. Toss to coat the corn. 6. Cover the pans and keep warm in the hot boxes. | R-10292 |
| CHIX PCORN LRG WGRAIN CKD 6-5 | 10 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620 |
| Chicken Gravy | 1 Serving | | R-29691 |
| Cheese, Cheddar Reduced fat, Shredded | 1 Fluid Ounce | | 100012 |

Preparation Instructions

Popcorn Chicken: BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Layer Mashed potatoes, Popcorn Chicken, Corn, gravy, and shredded cheese in a bowl for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 1.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 388.30 | | |
| Fat | 17.12g | | |
| SaturatedFat | 5.29g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 80.00mg | | |
| Sodium | 973.89mg | | |
| Carbohydrates | 35.60g | | |
| Fiber | 4.81g | | |
| Sugar | 2.40g | | |
| Protein | 24.81g | | |
| Vitamin A | 215.09IU | Vitamin C | 0.00mg |
| Calcium | 24.03mg | Iron | 1.56mg |

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Nutrition - Per 100g

No 100g Conversion Available

Ham Deli Sub

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27022 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 2 1/2 Ounce | Weight | 100187 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 722360 |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 1 Each | | 276142 |

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

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 | 270.82 |
| Fat | 8.60g |
| SaturatedFat | 3.80g |
| Trans Fat | 0.00g |
| Cholesterol | 44.39mg |
| Sodium | 875.41mg |
| Carbohydrates | 34.10g |
| Fiber | 2.00g |
| Sugar | 6.55g |
| Protein | 18.75g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 152.00mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Salad - Grab & Go

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-34703 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|---------------|---|------------|
| CHIX PCORN LRG WGRAIN CKD 6-5 | 10 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Fluid Ounce | | 150250 |
| CARROT BABY WHL PETITE 4-5 RSS | 1/4 Cup | | 768146 |
| PEAS FZ 30 COMM | 1/4 Cup | | 110510 |
| DRESSING RNCH BTRMLK PKT 120-1.5Z | 1 Each | | 266523 |
| Variety of Fresh Fruits | 1 cup | | |
| BEAN GARBANZO LO SOD 6-10 P/L | 1/4 Cup | | 597991 |
| Lettuce Chopped Romaine 2# | 1 Cup | | 2784 |
| CROUTON CHS GARL WGRAIN 250-.5Z | 2 Package | | 661022 |

Preparation Instructions

Offer with Milk.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 1.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.250 |
| OtherVeg | 0.000 |
| Legumes | 0.250 |
| Starch | 0.250 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 889.00 |
| Fat | 44.00g |
| SaturatedFat | 9.50g |
| Trans Fat | 0.00g |
| Cholesterol | 95.00mg |
| Sodium | 1406.00mg |
| Carbohydrates | 91.50g |
| Fiber | 14.00g |
| Sugar | 37.00g |
| Protein | 30.75g |
| Vitamin A 200.00IU | Vitamin C 0.00mg |
| Calcium 167.50mg | Iron 4.19mg |

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 40.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29750 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|---------------------------------------|-------------------|------------|
| POTATO PRLS CNTRY STYL 12-30.7Z BAMER | 1 Pound 14 7/10 Ounce (30 7/10 Ounce) | | 325406 |

Preparation Instructions

STEP 1) POUR BOILING WATER INTO A MIXING BOWL.

STEP 2) SLOWLY ADD 1 POUCH OF POTATO PEARLS COUNTRY STYLE MASHED POTATOES TO BOILING WATER, SET ON MIXER AND USE HIP ATTACHMENT TO MIX FOR 1 MINUTE.

STEP 3) TRANSFER POTATO PEARLS COUNTRY STYLE MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND HOLD FOR 20-30 MINUTES BEFORE SERVING.

4) RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

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: 40.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 80.59 | | |
| Fat | 0.81g | | |
| SaturatedFat | 0.40g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 322.34mg | | |
| Carbohydrates | 16.12g | | |
| Fiber | 1.61g | | |
| Sugar | 0.81g | | |
| Protein | 1.61g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 8.06mg | Iron | 0.24mg |

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Nutrition - Per 100g

No 100g Conversion Available

Golden Corn

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 660.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10292 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|-------------------|------------|
| Corn, Whole Kernel, Frozen, No Salt added | 120 Pound | | 100348 |
| MARGARINE SLD 30-1 GCHC | 1 2/3 Cup | | 733061 |
| SEASONING VEGETABLE NO SALT 21Z TRDE | 2 Fluid Ounce 1 Tablespoon (5 Tablespoon) | 1 Tbsp. per pan | 647230 |

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

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: 660.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 71.02 | | |
| Fat | 1.44g | | |
| SaturatedFat | 0.18g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 5.43mg | | |
| Carbohydrates | 16.09g | | |
| Fiber | 2.00g | | |
| Sugar | 3.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 30.18IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

| | | | |
|----------------------|--|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Fluid Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29691 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|----------------|-------------------|------------|
| GRAVY MIX CHIX 8-1 LEGO | 1/2 Tablespoon | | 762067 |

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: 1.00

Serving Size: 1.00 Fluid Ounce

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 12.50 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 160.00mg | | |
| Carbohydrates | 2.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.50g | | |
| Protein | 0.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Warm Pastries

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 8.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-29185 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| PASTRY APPL FILLD IW 72-2.29Z FRUDEL | 1 Each | N/A | 838340 |
| CRESCENT FILLD GRP 72-2.29Z PILLS | 1 Each | N/A | 321752 |
| CRESCENT CHOC FILLD IW 72-2.29Z PILLS | 1 Each | N/A | 321722 |
| ROLL MINI CINNIS IW 72-2.29Z PILLS | 1 Package | N/A | 894291 |
| PRETZEL STIX CINN WGRAIN IW 60-2.1Z | 1 Each | | 550840 |
| DOUGH ROLL CINN WGRAIN 240-1.25Z | 2 Each | | 230312 |
| BAGEL MINI STRAWB CRM CHS IW 72-2.43Z | 1 Each | N/A | 401034 |
| BAR BKFST CINN TST & CHS IW 72-2.36Z | 1 Each | N/A | 880415 |

Preparation Instructions

Heat and Serve according to each products instructions.

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 212.15 | | |
| Fat | 5.43g | | |
| SaturatedFat | 1.19g | | |
| Trans Fat | 0.05g | | |
| Cholesterol | 32.63mg | | |
| Sodium | 193.51mg | | |
| Carbohydrates | 36.75g | | |
| Fiber | 2.56g | | |
| Sugar | 11.00g | | |
| Protein | 4.86g | | |
| Vitamin A | 12.50IU | Vitamin C | 0.00mg |
| Calcium | 20.48mg | Iron | 1.59mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll w/ Icing

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29707 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| Powdered Sugar Icing | 1 Serving | | R-29706 |
| DOUGH ROLL CINN 84-4Z RICH | 1 Each | NOT WHOLE GRAIN | 135181 |

Preparation Instructions

1. KEEP DOUGH FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE ON GREASED OR PARCHMENT LINED PANS.
PANNING CHART

SIZE INDIVIDUAL CLUSTERED CLUSTERED
FULL SHEET PAN FULL SHEET PAN HALF HOTEL PAN (12" X 10"X 2")

2.5 OZ. 3 X 5 5 X 6 3 X 3

3. TO PREVENT PRODUCT FROM DRYING OUT, COVER EACH PAN WITH OILED PLASTIC WRAP OR COVER ENTIRE PAN RACK WITH A RACK COVER.
4. PLACE COVERED PRODUCT IN A RETARDER OR REFRIGERATOR AT 36 F - 40 F (2 C - 4 C) AND THAW OVERNIGHT OR PRODUCT MAY BE THAWED COVERED AT ROOM TEMPERATURE FOR 45 - 120 MINUTES DEPENDING OF SIZE OF DOUGH PIECE.
5. PLACE IN PROOFER SET AT 90 F - 110 F (32 C - 43 C) WITH 85% RELATIVE HUMIDITY FOR APPROXIMATELY 40-60 MINUTES OR UNTIL PROOFED. IF PROOF BOX IS NOT AVAILABLE, LEAVE DOUGH COVERED AND PROOF IN WARM SPOT IN THE KITCHEN. PROOFING IS COMPLETE WHEN THE INDENTATION FROM A FLOURED FINGER, PRESSED LIGHTLY INTO THE DOUGH, REMAINS. IF INDENTATION BOUNCES BACK, FURTHER PROOFING IS REQUIRED.
6. BAKE IN A PREHEATED OVEN (325 F (160 C) - CONVECTION OR RACK OVENS, 350 F (175 C) - DECK OVEN) UNTIL PRODUCT IS GOLDEN BROWN ON TOP, SIDES AND BOTTOM.
BAKING TIMES WILL VARY ACCORDING TO
SIZE OF ROLLS, TYPE OF OVEN AND FAN SPEED (IF APPLICABLE).
APPROXIMATE BAKING TIMES:

SIZE BAKING TIME (MINUTES) -----
2.5 OUNCE ROLLS CLUSTERED 14 TO 20

2.5 OUNCE ROLLS INDIVIDUAL 12 TO15

7. REMOVE FROM OVEN AND BRUSH WITH RICHS GLAZE N SHINE (RICHS® #21784).

8. COOL AND ICE WITH APPROPRIATE ICINGS (RICHS CRÈME CHEESE ICING (RICHS® #20036) OR WARM HEAT N ICE (RICHS® #21952)).

9. HOLD BAKED ROLLS COVERED AT ROOM TEMPERATURE

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: 1.00 Each

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 329.55 |
| Fat | 5.81g |
| SaturatedFat | 1.83g |
| Trans Fat | 0.00g |
| Cholesterol | 5.07mg |
| Sodium | 348.56mg |
| Carbohydrates | 61.50g |
| Fiber | 2.00g |
| Sugar | 17.32g |
| Protein | 8.04g |
| Vitamin A 54.59IU | Vitamin C 0.01mg |
| Calcium 20.14mg | Iron 3.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken, Bacon, Ranch Wrap - Grab & Go

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-34788 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---------------|-------------------|------------|
| Chicken Fillet, Cooked, Unbreaded, Frozen | 1 Each | | 110921 |
| LETTUCE ROMAINE 12CT MRKN | 1 Cup | | 200344 |
| BACON TOPPING 3/8 DCD 2-5 HRML | 1 Tablespoon | | 104396 |
| DRESSING RNCH BTRMLK 4-1GAL GCHC | 1 Fluid Ounce | | 426598 |
| TORTILLA FLOUR LO SOD 9 16-12CT | 1 Each | | 523610 |
| Variety of Fruit | 1 Cup | | |
| CARROT BABY WHL PETITE 4-5 RSS | 1/4 Cup | | 768146 |
| SALAD POT CNTRY 3-8 RESERS | 1/2 Cup | | 186962 |

Preparation Instructions

Start with tortilla shell, layer: ranch dressing, lettuce, bacon, and chicken. Fold into a wrap and put in the container with other items. Store in cooler and serve.

Offer milk.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.250 |
| Fruit | 1.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.250 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.500 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 860.43 |
| Fat | 39.50g |
| SaturatedFat | 10.50g |
| Trans Fat | 0.00g |
| Cholesterol | 135.00mg |
| Sodium | 1534.61mg |
| Carbohydrates | 94.27g |
| Fiber | 11.56g |
| Sugar | 37.75g |
| Protein | 35.28g |
| Vitamin A 100.00IU | Vitamin C 0.00mg |
| Calcium 92.38mg | Iron 3.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Roasted Baby Carrots

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 190.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11203 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|----------------------------|-------------------|------------|
| CARROT BABY WHL PETITE 4-5 RSS | 30 Pound | | 768146 |
| OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS | 1 Pint 1/2 Cup (2 1/2 Cup) | | 743879 |
| SEASONING GARLIC HRB NO SALT 19Z TRDE | 1/2 Cup | | 565164 |

Preparation Instructions

1. Combine all the ingredients and distribute evenly among pans.
2. Roast in a 350 degree oven for about 25 minutes or until the temperature reaches 135 degrees.
3. Hold in hot boxes until service.

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: 190.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 54.46 | | |
| Fat | 2.95g | | |
| SaturatedFat | 0.42g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 49.40mg | | |
| Carbohydrates | 7.24g | | |
| Fiber | 2.25g | | |
| Sugar | 3.37g | | |
| Protein | 0.56g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 22.46mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Salad - Grab & Go

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-34787 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---------------|-------------------|------------|
| Chicken Fillet, Cooked, Unbreaded, Frozen | 1 Each | | 110921 |
| LETTUCE ROMAINE 12CT MRKN | 1 Cup | | 200344 |
| CORN & BLK BEAN FLME RSTD 6-2.5 | 3/4 Cup | N/A | 163760 |
| CHEESE BLND CHED/MONTRY JK SHRD 4-5 | 1 Fluid Ounce | | 712131 |
| CHERRY TOMATOES | 1/4 Cup | | 16P46 |
| DRESSING RNCH BTRMLK 4-1GAL GCHC | 1 Fluid Ounce | N/A | 426598 |
| SAUCE BBQ 4-1GAL SWTBRAY | 1 Fluid Ounce | N/A | 655937 |
| Variety of Fresh Fruits | 1 cup | N/A | |
| CHIP TORTL TOP N GO WGRAIN 44-1.4Z | 1 Package | N/A | 818222 |

Preparation Instructions

Mix the ranch and BBQ together. Put in 2 oz cups.

Put the corn & black beans in a cup.

Layer salad ingredients and add other components.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 1.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.250 |
| OtherVeg | 0.375 |
| Legumes | 0.125 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 856.14 |
| Fat | 32.84g |
| SaturatedFat | 7.07g |
| Trans Fat | 0.00g |
| Cholesterol | 82.50mg |
| Sodium | 1186.59mg |
| Carbohydrates | 105.43g |
| Fiber | 15.05g |
| Sugar | 55.93g |
| Protein | 32.55g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 161.50mg | Iron 2.22mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Strip Basket

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29753 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---|------------|
| CHIX BRST STRP BRD WGRAIN 6-5.15 | 3 Each | N/A | 740820 |
| White Pepper Gravy | 1/4 Serving | SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE. | R-29754 |
| BREAD GARL TX TST SLC 120-1.4Z | 1 Each | | 243681 |

Preparation Instructions

Chicken Strips: BAKE PREPARATION: Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered.

Convection Oven

Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.

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 | 436.96 | | |
| Fat | 22.03g | | |
| SaturatedFat | 4.52g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 60.00mg | | |
| Sodium | 746.44mg | | |
| Carbohydrates | 32.09g | | |
| Fiber | 2.00g | | |
| Sugar | 0.27g | | |
| Protein | 26.00g | | |
| Vitamin A | 100.00IU | Vitamin C | 0.00mg |
| Calcium | 20.13mg | Iron | 2.58mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27277 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS | 1 Each | | 863880 |
| SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC | 1 Each | | 863890 |
| SLUSHIE SR CHRY-LEM 84-4.4FLZ | 1 Each | | 667911 |
| SLUSHIE BL RASP/LEM 84CT SIDEKICKS | 1 Each | | 794181 |

Preparation Instructions

Note: Remove from freezer and let sit out a short time before eating
Counts towards daily fruit juice

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 | 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 | 18.75g |
| Protein | 0.00g |
| Vitamin A 1187.50IU | Vitamin C 60.00mg |
| Calcium 80.00mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

White Pepper Gravy

| | | | |
|----------------------|-----------------------------|-----------------------|---------------------|
| Servings: | 64.00 | Category: | Condiments or Other |
| Serving Size: | 0.25 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29754 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|----------------------------|-------------------|------------|
| GRAVY MIX PEPR DRY 12-24Z GCHC | 1 Pound 8 Ounce (24 Ounce) | | 701450 |

Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL 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 | 0.000 |

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 47.83 | | |
| Fat | 2.13g | | |
| SaturatedFat | 1.06g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 265.74mg | | |
| Carbohydrates | 6.38g | | |
| Fiber | 0.00g | | |
| Sugar | 1.06g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 8.50mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Biscuit & Gravy

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-28351 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|------------------------------|-------------------|------------|
| GRAVY SAUS CNTRY 6-10 CHEFM | 3 Quart 1/2 Cup (12 1/2 Cup) | N/A | 464694 |
| BISCUIT BTRMLK 100-2.25Z BRIDG | 50 Each | N/A | 451740 |

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 1 biscuit on tray with 2 fl. oz. cup of gravy.

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: 50.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 280.00 | | |
| Fat | 14.00g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 10.00mg | | |
| Sodium | 810.00mg | | |
| Carbohydrates | 32.00g | | |
| Fiber | 1.00g | | |
| Sugar | 3.00g | | |
| Protein | 6.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 59.00mg | Iron | 2.10mg |

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Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 264.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9546 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|---|-------------------|------------|
| BEAN REFRD 6-10 ROSARITA | 9 #10 CAN | | 293962 |
| Salsa, Low-Sodium, Canned | 2 #10 CAN | | 100330 |
| CHEESE CHED MLD SHRD 4-5 LOL | 2 Gallon | 2 quart per pan | 150250 |
| SPICE CHILI POWDER HOT 5.5 TRDE | 1 Fluid Ounce 1 1/2 Tablespoon (3 1/2 Tablespoon) | | 224715 |
| SPICE CUMIN GRND 15Z TRDE | 1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon) | | 273945 |
| SPICE PAPRIKA SPANISH 16Z TRDE | 2 1/2 Teaspoon | | 225002 |
| SPICE ONION POWDER 19Z TRDE | 2 1/2 Teaspoon | | 126993 |

Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.

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: 264.00

Serving Size: 0.50 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 184.63 |
| Fat | 6.13g |
| SaturatedFat | 3.35g |
| Trans Fat | 0.00g |
| Cholesterol | 14.55mg |
| Sodium | 589.30mg |
| Carbohydrates | 22.37g |
| Fiber | 6.07g |
| Sugar | 1.67g |
| Protein | 9.96g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 136.17mg | Iron 1.81mg |

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti & Meat Sauce

| | | | |
|----------------------|-----------------------------|-----------------------|-------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-10322 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---------------|-------------------|------------|
| 100158 - Beef, Find Ground, 85/15, Frozen | 17 1/2 Pound | | 100158 |
| SAUCE SPAGHETTI FCY 6-10 REDPK | 3 1/4 #10 CAN | | 852759 |
| Tap Water for Recipes | 12 Gallon | | 000001WTR |
| PASTA SPAG 51 WGRAIN 2-10 | 9 1/2 Pound | | 221460 |

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
CCP: Heat to 165°F or above for at least 15 seconds.
2. Add spaghetti sauce. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving.
CCP: Hold at 135o F or higher.
3. Bring water to a boil.
4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir noodles into meat sauce.
6. Divide mixture equally into steam table pans (12 x 20 x 4) which have been lightly coated with pan release spray. Use 3 pans for every 100 servings.
7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently.
CCP: Hold at 135°F or higher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.625 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 355.95 |
| Fat | 13.30g |
| SaturatedFat | 4.18g |
| Trans Fat | 2.09g |
| Cholesterol | 0.00mg |
| Sodium | 419.86mg |
| Carbohydrates | 39.78g |
| Fiber | 5.91g |
| Sugar | 8.02g |
| Protein | 22.82g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 27.70mg | Iron 1.52mg |

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Nutrition - Per 100g

No 100g Conversion Available

Banana or Blueberry Bread

| | | | |
|----------------------|--|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31991 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| BREAD BANANA IW 75-3.45Z SUPBAK | 1 Each | | 319413 |
| BREAD BLUEB IW 75-3.45Z SUPBAK | 1 Each | | 319418 |

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 | 265.00 |
| Fat | 8.00g |
| SaturatedFat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 245.00mg |
| Carbohydrates | 45.00g |
| Fiber | 2.00g |
| Sugar | 24.00g |
| Protein | 5.00g |
| Vitamin A | 0.00IU** |
| Vitamin C | 0.00mg** |
| Calcium | 103.50mg |
| Iron | 1.00mg |

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**One or more nutritional components are missing from at least one item on this recipe.

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-10314 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7 | 1 Each | N/A | 558061 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | | 266546 |

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

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 | 15.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 700.00mg | | |
| Carbohydrates | 40.00g | | |
| Fiber | 6.00g | | |
| Sugar | 5.00g | | |
| Protein | 19.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 65.00mg | 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

Biscuit & Gravy w/ Scrambled Eggs

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-33506 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|------------------------------|-------------------|------------|
| EGG SCRMBD CKD W/BCN & CHS 4-5 SNY | 7 Pound 13 Ounce (125 Ounce) | Weight | 533034 |
| BISCUIT BTRMLK 100-2.25Z BRIDG | 50 Each | N/A | 451740 |
| GRAVY SAUS CNTRY 6-10 CHEFM | 3 Quart 1/2 Cup (12 1/2 Cup) | N/A | 464694 |

Preparation Instructions

- Prepare BISCUITS as package indicates
- Prepare GRAVY, SAUSAGE as package indicates
- Hold each until service.
- Place 1 biscuit on tray with 2 fl. oz. cup of gravy.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| 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: 50.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 430.00 |
| Fat | 25.25g |
| SaturatedFat | 8.75g |
| Trans Fat | 0.00g |
| Cholesterol | 222.50mg |
| Sodium | 1160.00mg |
| Carbohydrates | 33.25g |
| Fiber | 1.00g |
| Sugar | 4.25g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 134.00mg | Iron 3.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap*

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 20.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31956 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------------------------------|----------------------|------------|
| Chicken, Diced, Cooked, Frozen | 5 Pound | | 100101 |
| DRESSING RNCH BTRMLK 4-1GAL GCHC | 1 Pint 4 Fluid Ounce (40 Tablespoon) | | 426598 |
| CHEESE BLND CHED/MONTRY JK SHRD 4-5 | 1 Quart 1 Cup (5 Cup) | READY_TO_EAT None | 712131 |
| SAUCE BUFF WNG REDHOT 4-1GAL FRNKS | 1 1/2 Cup | | 704229 |
| LETTUCE ROMAINE CHOP 6-2 RSS | 1 Gallon 1 Quart (20 Cup) | | 735787 |
| TORTILLA FLOUR LO SOD 9 16-12CT | 20 Each | | 523610 |

Preparation Instructions

Start with a large bowl, combine: chicken, hot sauce, ranch dressing, and cheese and mix well. Start with a tortilla and layer: 1 cup of lettuce and 1 cup of the bowl mixture. Fold into a wrap and cut in half. Store in the cooler and serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 5.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 584.00 |
| Fat | 33.50g |
| SaturatedFat | 11.50g |
| Trans Fat | 0.00g |
| Cholesterol | 114.00mg |
| Sodium | 1373.11mg |
| Carbohydrates | 34.00g |
| Fiber | 5.00g |
| Sugar | 4.00g |
| Protein | 37.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 263.00mg | Iron 2.36mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-29187 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| CHIX PTY HMSTYL 1.6Z 4-5 TYS | 1 Each | N/A | 645080 |
| BISCUIT BTRMLK 100-2.25Z BRIDG | 1 Each | N/A | 451740 |

Preparation Instructions

Chicken Patty: Bake Conventional Oven 10-12 minutes at 400°F from frozen. or Convection Oven 6-8 minutes at 375°F from frozen.

Biscuit: 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN. 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Prepare sandwich by placing 1 chicken patty between the biscuit and hold in hot hold unit until ready for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 2.500 |
| 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 | 285.00 |
| Fat | 11.50g |
| SaturatedFat | 4.00g |
| Trans Fat | 0.00g |
| Cholesterol | 12.50mg |
| Sodium | 775.00mg |
| Carbohydrates | 34.00g |
| Fiber | 2.50g |
| Sugar | 3.00g |
| Protein | 11.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 80.00mg | Iron 3.00mg |

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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-34109 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS | 1 Each | | 304913 |
| BUN HOT DOG WGRAIN SLCD 144-6 | 1 Each | | 733411 |

Preparation Instructions

1. Boil the hot dogs until the internal temperature reaches 165 degrees.
2. Transfer to pans and cover.
3. Store in hot boxes until service.
4. Then place each hot dog into a bun.

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 | 18.00g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 45.00mg | | |
| Sodium | 880.00mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 2.00g | | |
| Sugar | 5.00g | | |
| Protein | 11.00g | | |
| Vitamin A | 0.07IU | Vitamin C | 0.00mg |
| Calcium | 76.11mg | Iron | 2.26mg |

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Nutrition - Per 100g

No 100g Conversion Available

Honey BBQ Rib on Bun

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38215 |
| School: | Prairie Heights High School | | |

Ingredients

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

Preparation Instructions

1. Bake the BBQ rib in a 350 degree oven for 13 minutes or until the ribs reach 155 degrees.
2. Place the rib on a bun before service.

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 | 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cauliflower

| | | | |
|----------------------|-------------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-19897 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| Broccoli Crowns | 1/4 Cup | | 199043 |
| Cauliflower Florets | 1/4 Cup | READY_TO_EAT | 6322 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 20.50 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 18.50mg | | |
| Carbohydrates | 4.00g | | |
| Fiber | 2.00g | | |
| Sugar | 1.00g | | |
| Protein | 1.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles w/ Cheese Stick

| | | | |
|----------------------|-----------------------------|-----------------------|-------------------|
| Servings: | 512.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-31670 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------------------------------|-------------------|------------|
| Chicken, Diced, Cooked, Frozen | 40 Pound | | 100101 |
| PASTA NOODL EGG FZ 4-3 REAMES | 72 Pound | | 245046 |
| Tap Water for Recipes | 14 Gallon | | 000001WTR |
| BROTH CHIX 12-5 COLLEGE INN | 6 #10 CAN 1 1/14 #5 CAN (12 #5 CAN) | | 264865 |
| BASE CHIX LO SOD NO MSG 6-1 MINR | 2 Quart | | 580589 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 512 Each | | 786580 |

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
 2. Bring to a boil.
 3. Add the noodles.
 4. Return to a boil and lower the heat to a simmer.
 5. Simmer for 1 hour.
 6. Distribute evenly into 8 pans.
 7. Cover and store in the hot boxes until service.
- Serve 1 cup chicken & noodles with cheese stick to meet meat/meat alternate requirements.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.250 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 1.00 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 307.73 |
| Fat | 9.67g |
| SaturatedFat | 4.56g |
| Trans Fat | 0.00g |
| Cholesterol | 113.75mg |
| Sodium | 389.75mg |
| Carbohydrates | 35.95g |
| Fiber | 0.00g |
| Sugar | 1.17g |
| Protein | 19.13g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 199.33mg | Iron 2.25mg |

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

Nutrition - Per 100g

No 100g Conversion Available