

Cookbook for Prairie Heights Elementary/Middle School

Created by HPS Menu Planner

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Assorted Pastries

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32655
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	N/A	838350
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
BAR BKFST CINN TST & CHS IW 72-2.36Z	1 Each	N/A	880415
BAR BKFST COCOA FILLED IW 72-2.43Z	1 Each	N/A	880370
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each	N/A	401034
ROUND BKFST UBR 140-2.5Z RICH	1 Each	N/A	794230

Preparation Instructions

Cook or warm each product according to directions on each products packaging.

Updated 3.16.23

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	231.38
Fat	6.57g
SaturatedFat	1.46g
Trans Fat	0.05g
Cholesterol	28.78mg
Sodium	229.27mg
Carbohydrates	38.67g
Fiber	2.87g
Sugar	12.44g
Protein	4.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.16mg	Iron 1.71mg

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21449

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into squares.	644182
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	Weigh	394123
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice	Cut into squares	722360

Preparation Instructions

Add all items in container together to be served.

Updated 3.16.23

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	315.50
Fat	11.46g
SaturatedFat	4.80g
Trans Fat	0.06g
Cholesterol	37.70mg
Sodium	1102.44mg
Carbohydrates	31.00g
Fiber	2.70g
Sugar	3.50g
Protein	22.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.31mg	Iron 1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Club Wrap - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21427
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce		426598
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
BACON TOPPING 1 DCD 10 HRML	1/8 Cup		827002
Variety of Vegetable Offering	1/2 Cup		
Variety of Fresh Fruits	1/2 cup		
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133

Preparation Instructions

WASH HANDS

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Lay tortilla(s) out and spread 1 Fluid Ounce (2 Tablespoon) ranch dressing on each tortilla.
2. Layer 3 slices of ham and 3 slices of turkey on top of ranch and then put 1 slice of cheese on top of meat.
3. Place 1 cup of romaine on top of meat and cheese
4. Put 1/8 cup (2 Tablespoon) of diced bacon on top of lettuce.
5. Fold in sides of tortilla and then bring up bottom flap and continue to roll into wrap

Note: Offer with milk

Updated 3.17.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.500
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.500
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	736.62
Fat	33.87g
SaturatedFat	10.05g
Trans Fat	0.00g
Cholesterol	90.68mg
Sodium	1465.65mg
Carbohydrates	73.50g
Fiber	14.00g
Sugar	26.00g
Protein	36.14g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 190.00mg	Iron 4.79mg

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

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 with slice of cheese on each bun.

Updated 3.17.23

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	Place in portion cup or bag	645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

Preparation Instructions

Add all items in container together to be served.

Updated 3.17.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
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	393.90
Fat	17.20g
SaturatedFat	7.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	899.70mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	10.00g
Protein	21.50g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 432.18mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Carrots

Servings:	384.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23929
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY 4-6 GCHC	1 Quart 1 Pint (6 Cup)		225614
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723
CARROT FZ 30 COMM	30 Pound		150390
MARGARINE SLD 30-1 GCHC	1 1/2 Cup		733061

Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, cubed margarine, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

**Allergens: Milk

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: 384.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.02		
Fat	1.23g		
SaturatedFat	0.28g		
Trans Fat	0.00g		
Cholesterol	13.13mg		
Sodium	30.39mg		
Carbohydrates	7.53g		
Fiber	1.09g		
Sugar	5.89g		
Protein	0.00g		
Vitamin A	46.88IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

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	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: 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

*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 - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9553
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each		536620
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
BEAN GARBANZO LO SOD 6-10 P/L	1/4 Cup		597991
PEAS FZ 30 COMM	1/4 Cup		110510
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce		426598
Variety of Fresh Fruits	1/2 cup		

Preparation Instructions

WASH HANDS

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Place 1 cup of romaine lettuce in salad container.
2. Place 10 pieces of popcorn chicken and 1/4 cup (1 ounce weight) of cheese on top of lettuce.
3. Arrange portioned carrots, garbanzo beans, peas, dressing, muffin, and fruit serving in container.

Note: Offer with milk

Updated 3.17.23

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
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	885.21
Fat	44.50g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	1238.05mg
Carbohydrates	89.28g
Fiber	14.09g
Sugar	37.14g
Protein	33.77g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 295.93mg	Iron 3.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Cereal Bowls

Servings:	13.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10347
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	N/A	453143
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	N/A	509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190

Preparation Instructions

Updated 3.10.23

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.85
Fat	1.18g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	148.95mg
Carbohydrates	23.62g
Fiber	1.81g
Sugar	7.62g
Protein	1.79g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 59.69mg	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

Cereal Breakfast Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15508
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX RS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	READY_TO_EAT Ready to eat.	585321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	221.67
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	43.83g
Fiber	2.83g
Sugar	20.33g
Protein	2.67g
Vitamin A 366.67IU	Vitamin C 42.40mg
Calcium 105.17mg	Iron 4.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31624

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Ounce		288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

Preparation Instructions

Note: All of these items count as dessert grain at lunch and only allowed 2 dessert grains for the whole week. At breakfast no dessert grain is tracked.

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	122.22
Fat	3.78g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	118.33mg
Carbohydrates	20.78g
Fiber	1.33g
Sugar	7.33g
Protein	1.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.44mg	Iron 0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tortilla Chips, Cheese and Hummus Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33470
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512

Preparation Instructions

Add all items in container together to be served.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	500.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	830.00mg		
Carbohydrates	61.00g		
Fiber	8.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	406.00mg	Iron	2.60mg

*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 - Grab & Go

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21017
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	UNSPECIFIED Not currently available	570533
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Pint 4 Fluid Ounce (40 Tablespoon)	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	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 3 Quart 1 Pint (30 Cup)		735787
Baby Carrots	2 Quart 1 Pint (10 Cup)	UNSPECIFIED None	
Variety of Fruit	2 Quart 1 Pint (10 Cup)	BAKE dish into 4 oz. portion cups	
TORTILLA FLOUR LO SOD 9 16-12CT	20 Each		523610

Preparation Instructions

WASH HANDS

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Start with a large bowl, combine: chicken, hot sauce, ranch dressing, and cheese and mix well.
2. On a tortilla and layer: 1-1/2 cups of lettuce and 1 cup of the chicken bowl mixture.
3. Fold into a wrap and cut in half.

4. Place in a container with the 1/2 cup of Fruit and 1/2 cup of carrots. Store in the cooler and serve.

Offer milk.

Updated 3.16.23

Meal Components (SLE)

Amount Per Serving

Meat	4.250
Grain	2.250
Fruit	0.500
GreenVeg	0.750
RedVeg	0.500
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	698.65
Fat	36.17g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	103.33mg
Sodium	1454.90mg
Carbohydrates	55.26g
Fiber	7.71g
Sugar	19.02g
Protein	37.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 271.00mg	Iron 3.34mg

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

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

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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-21429
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce	N/A	426598
SAUCE BBQ 4-1GAL SWTBRAY	1 Fluid Ounce	N/A	655937
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 Cup	N/A	163760
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Cut/Dice Up	110921
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1 Fluid Ounce	1/8 cup or 2 Tablespoon	712131
CHERRY TOMATOES	1/4 Cup		16P46
Variety of Fresh Fruits	1/2 cup	N/A	
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package	N/A	818222

Preparation Instructions

WASH HANDS

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Mix the ranch and BBQ together. Put in 2 oz cups.
2. Put the corn & black beans in a cup.
3. Put romaine lettuce in container and then layer other ingredients on top in order listed (chicken, cheese, tomatoes).
4. Place BBQ Ranch cup, corn/black bean cup, 1/2 cup of fruit, and tortilla chips inside container as well.

Offer milk.

Updated 3.16.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.500
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	776.14
Fat	32.84g
SaturatedFat	7.07g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1176.59mg
Carbohydrates	87.43g
Fiber	12.05g
Sugar	40.93g
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

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

*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, & Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29688
School:	Prairie Heights Elementary/Middle 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
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	2 Package	READY_TO_EAT Ready to Enjoy	745481

Preparation Instructions

Package 1 uncrustable, 1 string cheese and 1 package of goldfish crackers 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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	470.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	680.00mg
Carbohydrates	48.50g
Fiber	5.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	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

Poptart

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30008
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	176.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt, Peanut Butter Apple, & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33468
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
PEANUT BUTTER 120-1.1Z JIF	1 Each		794301
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171

Preparation Instructions

Add all items in container together to be served.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Each

Amount Per Serving	
Calories	380.00
Fat	19.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	395.00mg
Carbohydrates	44.00g
Fiber	2.00g
Sugar	18.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 196.00mg	Iron 1.70mg

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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-21420
School:	Prairie Heights Elementary/Middle School		

Ingredients

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

Preparation Instructions

WASH HANDS

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Lay tortilla(s) out and spread 1 Fluid Ounce (2 Tablespoon) ranch dressing on each tortilla.
2. Layer on top of the ranch: lettuce, bacon, and chicken.
3. Fold in sides of tortilla and then bring up bottom flap and continue to roll into wrap.
4. Place wrap in the container with portioned baby carrots, potato salad, and 1/2 cup of fruit. Store in cooler.

Updated 3.16.23

Offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
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	797.61
Fat	39.50g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	135.00mg
Sodium	1528.32mg
Carbohydrates	78.84g
Fiber	10.35g
Sugar	25.23g
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

Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19587
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)		135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.56		
Fat	1.25g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	3.56mg		
Sodium	94.65mg		
Carbohydrates	5.87g		
Fiber	3.20g		
Sugar	1.07g		
Protein	4.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.17mg	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

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

Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27064
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	UNPREPARED	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound		427446
Cold Water	2 1/2 Gallon		0000

Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	197.34		
Fat	14.02g		
SaturatedFat	4.67g		
Trans Fat	2.34g		
Cholesterol	0.00mg		
Sodium	243.32mg		
Carbohydrates	1.16g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.16mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	348.05		
Fat	24.72g		
SaturatedFat	8.24g		
Trans Fat	4.12g		
Cholesterol	0.00mg		
Sodium	429.14mg		
Carbohydrates	2.04g		
Fiber	0.00g		
Sugar	0.00g		
Protein	28.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.04mg	Iron	0.00mg

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33829
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/4 Cup	Or if have Bulk Brown Box Commodity Ground Beef use Recipe #27064	722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803

Preparation Instructions

WASH HANDS.

1. Cook the beef according to Recipe #27064 or if using GFS#722330 cook according to directions on package.
2. Crush individual bags of chips and open.
3. Add 1.5 oz (or 1/4 cup) of meat mixture to opened bag of chips. Offer 2 oz souffle cup of shredded cheese and 1/4 cup of shredded lettuce with each bag of chips.
4. Serve.

Updated 3.16.23

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	265.40
Fat	10.20g
SaturatedFat	2.20g
Trans Fat	0.19g
Cholesterol	22.67mg
Sodium	477.13mg
Carbohydrates	31.33g
Fiber	3.33g
Sugar	2.33g
Protein	11.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 83.33mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	650.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28878
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1300 Each		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1950 Slice		100036
MARGARINE SLD 30-1 GCHC	20 Pound		733061

Preparation Instructions

1. Melt the butter and spread it on sheet pans with a brush.
2. Layout 20 pieces of bread per pan.
3. Put 3 slices of cheese on each piece of bread.
4. Then dip the top bread in butter and put it butter side up on the cheese.
5. Cook in a 350 degree oven for 8 minutes.
6. Hold in hot boxes until service.

Updated 3.13.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 650.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	378.46		
Fat	20.33g		
SaturatedFat	8.93g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	798.31mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	5.50g		
Protein	15.00g		
Vitamin A	738.46IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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-9556
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

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	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	750.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27960
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each		359700
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each		359720
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each		359730

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	43.33mg		
Carbohydrates	16.33g		
Fiber	0.00g		
Sugar	11.33g		
Protein	2.00g		
Vitamin A	266.67IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	600.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10307
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	40 Pound		221460
CHEESE PARM GRTD 12-1 PG	2 Pound		164259
SAUCE SPAGHETTI FCY 6-10 REDPK	24 #10 CAN		852759
SEASONING ITAL HRB 6Z TRDE	1 Cup		428574
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
SALT IODIZED 25 CARG	1 Pint		108286
Beef, Fine Ground 85/15, Frozen	60 Pound		100158

Preparation Instructions

1. Cook the meat the day before until it reaches a temperature of 165 degrees and grind it.
2. The day of, boil the water then add the noodles for about 13 minutes.
3. Drain the noodles then add the meat, sauce, and dry ingredients.
4. Cook in a pot until it reaches an temperature of 165 degrees.
5. Transfer to pans, cover, and store in the hot boxes until service.

Updated 3.15.23

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	254.77
Fat	8.15g
SaturatedFat	2.69g
Trans Fat	1.19g
Cholesterol	31.04mg
Sodium	887.18mg
Carbohydrates	32.47g
Fiber	5.67g
Sugar	8.67g
Protein	16.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 47.98mg	Iron 1.07mg

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

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

Uncrustable & String Cheese

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29692
School:	Prairie Heights Elementary/Middle 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
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580

Preparation Instructions

Package all items together.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	480.00mg
Carbohydrates	34.50g
Fiber	4.00g
Sugar	16.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.50mg	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

Cheesy Macaroni

Servings:	597.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12937
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	40 Pound		229941
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	18 Package	3 cases	310668
1 % White Milk	8 Gallon		1% White
MARGARINE SLD 30-1 GCHC	2 Pound		733061
SALT IODIZED 25 CARG	1 Pint		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup		225061

Preparation Instructions

1. Boil the noodles according to package instructions.
2. Drain the noodles.
3. Add the remaining ingredients and cook to 135 degrees.
4. Divide into 8 pans and store in the hot boxes until service.

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: 597.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	278.13
Fat	12.34g
SaturatedFat	6.97g
Trans Fat	0.00g
Cholesterol	30.97mg
Sodium	833.55mg
Carbohydrates	28.98g
Fiber	2.14g
Sugar	4.29g
Protein	12.67g
Vitamin A 80.40IU	Vitamin C 0.00mg
Calcium 240.14mg	Iron 1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Flavored Applesauce

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27287

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN 96-4.5Z	1 Each		358572
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each		276161
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each		358553
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	68.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.00mg		
Carbohydrates	17.60g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.20mg	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
