

# **Cookbook for Prairie Heights Elementary/Middle School**

**Created by HPS Menu Planner**

# Table of Contents

**Assorted Pastries**

**Fruit Juice**

**Turkey & Cheese Lunch Kit**

**Turkey Club Wrap - Grab & Go**

**Cheeseburger on Bun\***

**Pizza Munchable**

**Candied Carrots**

**Baked Beans**

**Popcorn Chicken Salad - Grab & Go**

**Variety of Cereal Bowls**

**Cereal Breakfast Kit**

**Graham Snack**

**Tortilla Chips, Cheese and Hummus Cup**

**Buffalo Chicken Wrap - Grab & Go**

**Green Beans**

**BBQ Chicken Salad - Grab & Go**

**Golden Corn**

**Uncrustable, String Cheese, & Goldfish**

**Poptart**

**Yogurt, Peanut Butter Apple, & Goldfish**

**Chicken, Bacon, Ranch Wrap - Grab & Go**

**Cheesy Broccoli**

**Sidekick Slushie**

**Chicken Patty on Bun**

**Taco Meat**

**Refried Beans**

**Walking Taco**

**Grilled Cheese Sandwich**

**Hot Dog on Bun**

**Ice Cream Cup**

**Spaghetti with Meat Sauce**

**Cinnamon Roll w/ Icing**

**Uncrustable & String Cheese**

**Cheesy Macaroni**

**Flavored Applesauce**

# Assorted Pastries

<b>Servings:</b>	9.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32655
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9541
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	66.17		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.70mg		
<b>Carbohydrates</b>	15.83g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	30.82mg	<b>Iron</b>	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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21427
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.250
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27343
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	393.90
<b>Fat</b>	17.20g
<b>SaturatedFat</b>	7.20g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	899.70mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.20IU	<b>Vitamin C</b> 0.06mg
<b>Calcium</b> 432.18mg	<b>Iron</b> 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

<b>Servings:</b>	384.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23929
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

<b>Servings:</b>	480.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9547
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	175.90
<b>Fat</b>	0.49g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	530.03mg
<b>Carbohydrates</b>	36.05g
<b>Fiber</b>	4.87g
<b>Sugar</b>	15.77g
<b>Protein</b>	7.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 52.69mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9553
<b>School:</b>	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

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.250
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	885.21
<b>Fat</b>	44.50g
<b>SaturatedFat</b>	13.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	140.00mg
<b>Sodium</b>	1238.05mg
<b>Carbohydrates</b>	89.28g
<b>Fiber</b>	14.09g
<b>Sugar</b>	37.14g
<b>Protein</b>	33.77g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 295.93mg	<b>Iron</b> 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

<b>Servings:</b>	13.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10347
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15508
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33470
<b>School:</b>	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

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.250
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound		570533
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Pint 4 Fluid Ounce (40 Tablespoon)	N	426598
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1 Quart 1 Cup (5 Cup)		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)		
Variety of Fruit	2 Quart 1 Pint (10 Cup)		
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

<b>Meat</b>	4.250
<b>Grain</b>	2.250
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	698.65
<b>Fat</b>	36.17g
<b>SaturatedFat</b>	13.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	103.33mg
<b>Sodium</b>	1454.90mg
<b>Carbohydrates</b>	55.26g
<b>Fiber</b>	7.71g
<b>Sugar</b>	19.02g
<b>Protein</b>	37.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 271.00mg	<b>Iron</b> 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

<b>Servings:</b>	432.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9560
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	19.86		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	288.90mg		
<b>Carbohydrates</b>	3.41g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.22mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# BBQ Chicken Salad - Grab & Go

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21429
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.375
<b>Legumes</b>	0.125
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	776.14
<b>Fat</b>	32.84g
<b>SaturatedFat</b>	7.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	1176.59mg
<b>Carbohydrates</b>	87.43g
<b>Fiber</b>	12.05g
<b>Sugar</b>	40.93g
<b>Protein</b>	32.55g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 161.50mg	<b>Iron</b> 2.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Golden Corn

<b>Servings:</b>	660.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10292
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 660.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29688
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30008
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Yogurt, Peanut Butter Apple, & Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33468
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21420
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	797.61
<b>Fat</b>	39.50g
<b>SaturatedFat</b>	10.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	135.00mg
<b>Sodium</b>	1528.32mg
<b>Carbohydrates</b>	78.84g
<b>Fiber</b>	10.35g
<b>Sugar</b>	25.23g
<b>Protein</b>	35.28g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 92.38mg	<b>Iron</b> 3.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Broccoli

<b>Servings:</b>	274.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19587
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27277
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.50mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.75g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1187.50IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10314
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	390.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	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

<b>Servings:</b>	230.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27064
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# Refried Beans

<b>Servings:</b>	264.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9546
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33829
<b>School:</b>	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		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

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	650.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28878
<b>School:</b>	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

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 650.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9556
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27960
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	600.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10307
<b>School:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	329.55		
<b>Fat</b>	5.81g		
<b>SaturatedFat</b>	1.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.07mg		
<b>Sodium</b>	348.56mg		
<b>Carbohydrates</b>	61.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.32g		
<b>Protein</b>	8.04g		
<b>Vitamin A</b>	54.59IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	20.14mg	<b>Iron</b>	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

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29692
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	597.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12937
<b>School:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 597.00

Serving Size: 0.75 Cup

### Amount Per Serving

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

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---