

Cookbook for Knox Middle School

Created by HPS Menu Planner

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Blueberry or Chocolate Muffin

| | | | |
|----------------------|------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 muffin | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31501 |
| School: | Knox High School | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN | 1 Each | 273442 |
| MUFFIN DBL CHOC WGRAIN IW 48-2Z SL | 1 Each | 262343 |

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: 2.00

Serving Size: 1.00 muffin

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 170.00 |
| Fat | 5.25g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 15.00mg |
| Sodium | 110.00mg |
| Carbohydrates | 26.50g |
| Fiber | 1.50g |
| Sugar | 13.50g |
| Protein | 3.00g |
| Vitamin A 7.21IU | Vitamin C 0.03mg |
| Calcium 19.88mg | Iron 1.17mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice

| | | | |
|----------------------|-----------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31349 |
| School: | Knox Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | 118940 |
| JUICE ORNG 100 FRSH 72-4FLZ SNCUP | 1 Each | 118930 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each | 118921 |

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 63.33 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.40mg | | |
| Carbohydrates | 15.00g | | |
| Fiber | 0.00g | | |
| Sugar | 14.00g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 7.07mg | Iron | 0.33mg |

*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: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22761 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z | 1 Each | 527462 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | 786580 |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z | 1 Package | 736280 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 480.00 |
| Fat | 25.50g |
| SaturatedFat | 8.00g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 650.00mg |
| Carbohydrates | 48.00g |
| Fiber | 4.00g |
| Sugar | 16.00g |
| Protein | 17.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 261.00mg | 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

Ham & Cheese Sub

| | | | |
|----------------------|-----------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-30189 |
| School: | Knox Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|---|-------------|------------|
| TURKEY HAM SLCD 12-1 JENNO | 6 Slice | 556121 |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 1 Each | 100018 |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 1 Each | 276142 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 315.00 |
| Fat | 12.00g |
| SaturatedFat | 4.50g |
| Trans Fat | 0.00g |
| Cholesterol | 72.50mg |
| Sodium | 805.00mg |
| Carbohydrates | 30.00g |
| Fiber | 2.00g |
| Sugar | 4.50g |
| Protein | 21.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 56.00mg | Iron 2.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sub

| | | | |
|----------------------|-----------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-30188 |
| School: | Knox Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|---|-------------|------------|
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 6 Slice | 244190 |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 1 Each | 276142 |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 1 Each | 100018 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 325.00 | | |
| Fat | 11.50g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 57.50mg | | |
| Sodium | 695.00mg | | |
| Carbohydrates | 30.00g | | |
| Fiber | 2.00g | | |
| Sugar | 4.50g | | |
| Protein | 24.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 56.00mg | Iron | 2.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

| | | | |
|----------------------|--------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-22758 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| CEREAL CINN TOAST R/S BWL 96CT GENM | 1 Each | 365790 |
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT | 1 Package | 265811 |
| CEREAL GLDN GRAHAMS BWL 96CT GENM | 1 Each | 509434 |
| CEREAL COCOA PUFFS WGRAIN R/S 96CT | 1 Each | 270401 |
| CEREAL FROOT LOOPS R/S BWL 96-1Z KELL | 1 Each | 283620 |
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM | 1 Package | 265782 |

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: 6.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 108.53 |
| Fat | 1.33g |
| SaturatedFat | 0.05g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 163.20mg |
| Carbohydrates | 23.67g |
| Fiber | 1.97g |
| Sugar | 7.83g |
| Protein | 1.60g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 82.53mg | Iron 2.38mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bar

| | | | |
|----------------------|--------------------|-----------------------|---------|
| Servings: | 5.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-34778 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| BAR CEREAL COCOPUFF WGRAIN 96-1.42Z | 1 Each | 265901 |
| BAR CEREAL TRIX WGRAIN 96-1.42Z GENM | 1 Each | 268690 |
| BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z | 1 Each | 265931 |
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 Each | 265891 |
| BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z | 1 Each | 265921 |

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: 5.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 158.00 |
| Fat | 3.50g |
| SaturatedFat | 0.20g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 108.00mg |
| Carbohydrates | 29.80g |
| Fiber | 3.00g |
| Sugar | 8.80g |
| Protein | 2.20g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 250.00mg | Iron 2.14mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pop Tart

| | | | |
|----------------------|-----------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-30220 |
| School: | Knox Elementary | | |

Ingredients

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

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

Variety of Yogurt

| | | | |
|----------------------|-----------------|-----------------------|---------------------|
| Servings: | 3.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-32475 |
| School: | Knox Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 1 Each | 885750 |
| YOGURT RASPB RNBW L/F 48-4Z TRIX | 1 Each | 551770 |
| YOGURT STRAWB BAN BASH L/F 48-4Z TRIX | 1 Each | 551760 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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 | 76.67 |
| Fat | 0.33g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 3.33mg |
| Sodium | 61.67mg |
| Carbohydrates | 14.67g |
| Fiber | 0.00g |
| Sugar | 9.33g |
| Protein | 4.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 126.67mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Salad Bar Entree- See Salad Production

| | | | |
|----------------------|--------------------|-----------------------|-------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-38325 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|-------------|-------------|------------|
|-------------|-------------|------------|

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad with Cheez-It and Muffin

| | | | |
|----------------------|------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31438 |
| School: | Knox High School | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| LETTUCE BLND ROMAINE MXD 4-5 RSS | 1 Pint | 755826 |
| Cheese, Cheddar Reduced fat, Shredded | 1 Ounce | 100012 |
| Ham, Cubed Frozen | 1 1/2 Ounce | 100188-H |
| MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN | 1 Each | 273442 |
| CRACKER CHEEZ-IT WGRAIN IW 175-.75Z | 1 Ounce | 282422 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 438.83 | | |
| Fat | 16.40g | | |
| SaturatedFat | 7.06g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 62.13mg | | |
| Sodium | 813.57mg | | |
| Carbohydrates | 52.13g | | |
| Fiber | 4.97g | | |
| Sugar | 16.87g | | |
| Protein | 21.45g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 186.97mg | Iron | 1.96mg |

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Manhattan

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38821 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|----------------------------------|-------------|------------|
| TURKEY & GRAVY 4-7 | 4 Ounce | 722460 |
| BREAD WGRAIN SLCD 1/2 7-32Z GCHC | 1 Slice | 231053 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 231.65 |
| Fat | 7.08g |
| SaturatedFat | 2.03g |
| Trans Fat | 0.00g |
| Cholesterol | 55.70mg |
| Sodium | 625.70mg |
| Carbohydrates | 22.03g |
| Fiber | 2.00g |
| Sugar | 2.00g |
| Protein | 19.20g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 61.00mg | Iron 1.73mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Sticks with Marinara Sauce

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38818 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| BREADSTICK CHS STFD WGRAIN 6 144CT | 2 Each | 235411 |
| SAUCE MARINARA DIPN CUP 84-2.5Z REDG | 1 Each | 677721 |

Preparation Instructions

Convection Oven:

1. Preheat oven to 400°F.
2. Place Bosco Sticks on a baking sheet.
3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and/or temperature as necessary. Top Bosco Sticks with butter and parmesan cheese (not included) after baking.

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 | 353.90 |
| Fat | 11.20g |
| SaturatedFat | 5.20g |
| Trans Fat | 0.03g |
| Cholesterol | 30.00mg |
| Sodium | 679.70mg |
| Carbohydrates | 44.00g |
| Fiber | 4.00g |
| Sugar | 8.00g |
| Protein | 21.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 444.00mg | Iron 2.70mg |

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

| | | | |
|----------------------|-----------------|-----------------------|------------------|
| Servings: | 38.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31350 |
| School: | Knox Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------|-----------------------------|------------|
| POTATO PRLS EXCEL 12-28Z BAMER | 1 Pound 12 Ounce (28 Ounce) | 613738 |
| Tap Water for Recipes | 1 Gallon 1 Cup (17 Cup) | 000001WTR |

Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 78.34 | | |
| Fat | 0.87g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 348.18mg | | |
| Carbohydrates | 14.80g | | |
| Fiber | 0.87g | | |
| Sugar | 0.00g | | |
| Protein | 1.74g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 8.70mg | Iron | 0.26mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

| | | | |
|----------------------|------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 PARFAIT | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31522 |
| School: | Knox High School | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------|-------------|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 3/4 Cup | 811500 |
| BERRIES THREE BLEND 4-5 GCHC | 1/2 Cup | 221020 |
| GRANOLA BAG IW 144-1Z FLDSTN | 1 Package | 649742 |

Preparation Instructions

Use 12 oz cup. Put 3/4 cup yogurt and 1/2 cup frozen mixed berries and serve a bag of the granola on the side.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.500 |
| Grain | 1.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PARFAIT

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 322.91 |
| Fat | 4.87g |
| SaturatedFat | 0.56g |
| Trans Fat | 0.00g |
| Cholesterol | 5.60mg |
| Sodium | 164.55mg |
| Carbohydrates | 63.20g |
| Fiber | 5.00g |
| Sugar | 35.13g |
| Protein | 9.60g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 215.49mg | Iron 1.22mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31439 |
| School: | Knox High School | | |

Ingredients

| Description | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2 | 1 Each | 281622 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | 266546 |

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

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 Sandwich

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 390.00 | | |
| Fat | 16.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 680.00mg | | |
| Carbohydrates | 41.00g | | |
| Fiber | 6.00g | | |
| Sugar | 5.00g | | |
| Protein | 19.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 3.90mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-Ups

| | | | |
|----------------------|-----------------|-----------------------|------------------|
| Servings: | 18.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38120 |
| School: | Knox Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|---------------------------------|-------------|------------|
| LASAGNA ROLL-UP WGRAIN 110-4.3Z | 18 Each | 234041 |
| CHEESE MOZZ SHRD 4-5 LOL | 1 Cup | 645170 |
| SAUCE MARINARA A/P 6-10 REDPK | 1/2 #10 CAN | 592714 |

Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

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: 18.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-----------------------------|---------------------------|
| Calories | 578.55 |
| Fat | 16.89g |
| SaturatedFat | 4.28g |
| Trans Fat | 0.00g |
| Cholesterol | 23.33mg |
| Sodium | 2914.71mg |
| Carbohydrates | 80.19g |
| Fiber | 14.74g |
| Sugar | 37.08g |
| Protein | 29.30g |
| Vitamin A 400.00IU** | Vitamin C 6.00mg** |
| Calcium 437.13mg | Iron 7.45mg |

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31440 |
| School: | Knox High School | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2 | 1 Each | 327080 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | 266546 |

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

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 Sandwich

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 380.00 | | |
| Fat | 15.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 20.00mg | | |
| Sodium | 590.00mg | | |
| Carbohydrates | 40.00g | | |
| Fiber | 5.00g | | |
| Sugar | 5.00g | | |
| Protein | 18.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 4.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Eggo Bites® Mini Pancakes

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31436 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|-------------------------------------|-------------|------------|
| PANCAKE MINI CONFET 72-3.03Z EGGO | 1 Package | 395303 |
| PANCAKE MINI BLUEB IW 72-3.03Z EGGO | 1 Package | 284841 |
| PANCAKE MINI MAPL IW 72-3.03Z EGGO | 1 Package | 284831 |

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 206.67 | | |
| Fat | 6.33g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 6.67mg | | |
| Sodium | 240.00mg | | |
| Carbohydrates | 36.00g | | |
| Fiber | 4.00g | | |
| Sugar | 11.33g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 26.67mg | Iron | 2.40mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sausage & Cheese on Biscuit

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-38324 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS | 1 Each | 631902 |
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 1 Each | 184970 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | 150260 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 335.00 | | |
| Fat | 18.50g | | |
| SaturatedFat | 10.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 42.50mg | | |
| Sodium | 725.00mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.50g | | |
| Protein | 13.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 251.50mg | Iron | 1.86mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

| | | | |
|----------------------|------------------|-----------------------|---------------------|
| Servings: | 128.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Fluid Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30186 |
| School: | Knox Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|-----------------------------|-------------|------------|
| GRAVY MIX CHIX 8-22.6Z TRIO | 1 Package | 290025 |
| Tap Water for Recipes | 1 Gallon | 000001WTR |

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER, BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.

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: 128.00

Serving Size: 1.00 Fluid Ounce

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 19.45 |
| Fat | 0.28g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 133.40mg |
| Carbohydrates | 3.89g |
| Fiber | 0.00g |
| Sugar | 0.00g |
| Protein | 0.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 0.00mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38819 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|-------------------------------------|---------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 1/6 Ounce | 722330 |
| CHIP NACHO CHS R/F TOP N GO 44-1.4Z | 1 Package | 815803 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Fluid Ounce | 150250 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| 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 | 358.10 | | |
| Fat | 16.30g | | |
| SaturatedFat | 5.80g | | |
| Trans Fat | 0.29g | | |
| Cholesterol | 49.00mg | | |
| Sodium | 670.70mg | | |
| Carbohydrates | 33.50g | | |
| Fiber | 4.00g | | |
| Sugar | 3.00g | | |
| Protein | 18.80g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 199.50mg | Iron | 2.38mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 16.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38820 |
| School: | Knox Middle School | | |

Ingredients

| Description | Measurement | DistPart # |
|----------------------------------|---------------------------------------|------------|
| BEAN REFRD VEGTAR 6-27.09Z SANTG | 1 Pound 11 1/11 Ounce (27 1/11 Ounce) | 703753 |
| Tap Water for Recipes | 1/2 Gallon | 000001WTR |

Preparation Instructions

RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 173.78 |
| Fat | 1.86g |
| SaturatedFat | 0.62g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 682.71mg |
| Carbohydrates | 28.55g |
| Fiber | 11.17g |
| Sugar | 0.00g |
| Protein | 11.17g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 62.06mg | Iron 2.61mg |

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

Nutrition - Per 100g

No 100g Conversion Available
