

Cookbook for Northwood Middle School

Created by HPS Menu Planner

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Choice of Cereal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20721
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
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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

*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-20720
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each	733220
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each	698251
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each	659731

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	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.67mg
Carbohydrates	14.67g
Fiber	0.00g
Sugar	12.00g
Protein	0.00g
Vitamin A 166.67IU	Vitamin C 20.00mg
Calcium 13.33mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19364
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Put on lined cookie sheets.

24 per pan.

Bake at 325 for 13 minutes.

Put in hamburger buns and wrap.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	390.00		
Fat	18.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	510.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Eah	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19369
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Eah

Amount Per Serving	
Calories	350.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	530.00mg
Carbohydrates	34.00g
Fiber	6.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Daily Chef Salad

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20793
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Quart 1 Pint 1 Cup (11 Cup)	451730
EGG HRD CKD DCD IQF 4-5 GCHC	3/4 Cup	192198
CUCUMBER SELECT 24CT MRKN	1 Pint	418439
TOMATO ROMA 2 1-25 MRKN	1/2 Cup	588381
Ham, Cubed Frozen	3 Gallon 3 Quart 1 Pint 2/5 Cup (62 2/5 Cup)	100188-H
Turkey Breast Deli	3 Quart 1 Pint 1 3/4 Cup (15 3/4 Cup)	100121
Shredded Cheddar Cheese	2 Gallon 1 Pint (34 Cup)	100003
Cheese, Mozzarella, Part Skim, Shredded	1 Gallon 1 Quart 1 Cup (21 Cup)	100021
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Quart 1 Pint 1 Cup (7 Cup)	204822

Preparation Instructions

Veggies are self-serve. Students can take 1 M/MA and 1 cheese.

Eggs= 2 Tbsp. is 1 MAM/MA

Ham cups is 1.5 M/MA

Turkey cups is 1.5 M/MA

Shredded Cheddar cup is 0.5 M/MA

Mozzarella cup is 0.5 M/MA

Meal Components (SLE)

Amount Per Serving

Meat	2.699
Grain	0.146
Fruit	0.000
GreenVeg	0.928
RedVeg	0.092
OtherVeg	0.517
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	222.23		
Fat	11.90g		
SaturatedFat	7.93g		
Trans Fat	0.00g		
Cholesterol	83.16mg		
Sodium	537.29mg		
Carbohydrates	11.67g		
Fiber	2.51g		
Sugar	5.43g		
Protein	17.65g		
Vitamin A	193.86IU	Vitamin C	3.77mg
Calcium	50.45mg	Iron	0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20722
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	959048
PEPPERONI DCD 1/4 10 HRML	9/10 Ounce	101070
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

Preparation Instructions

Package together in Container.

Counts as a reimbursable meal by itself.

Students must also be able to take all other menued vegetables, fruits and milk, if desired.

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	516.00
Fat	28.70g
SaturatedFat	12.40g
Trans Fat	0.00g
Cholesterol	61.50mg
Sodium	1341.00mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	10.00g
Protein	26.50g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 432.18mg	Iron 2.38mg

*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

PB&J Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20723
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	959048
USDA Commodity Smooth Peanut Butter	2 2/3 TBSP.	100396
JELLY GRP 200-.5Z SMUCK	2 Each	254975
Variety of Fruit	1/2 Cup	
CHEESE STRING MOZZ LT IW 168-1Z	1 Each	566413

Preparation Instructions

Package together in Container.

Use a #24 scoop for Peanut Butter.

Counts as a reimbursable meal by itself.

Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	619.82
Fat	28.36g
SaturatedFat	6.01g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	729.89mg
Carbohydrates	70.11g
Fiber	5.88g
Sugar	34.53g
Protein	22.35g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 222.18mg	Iron 1.36mg

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Nutrition - Per 100g

No 100g Conversion Available

Crinkle Cut Taco Fries

Servings:	20.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39996
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
FRIES 3/8 C/C OVATIONS 6-5 MCC	2 Pound	510081
SEASONING TACO 21Z TRDE	1 Fluid Ounce	413429

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	0.750

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	72.33		
Fat	2.67g		
SaturatedFat	0.27g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	90.67mg		
Carbohydrates	10.73g		
Fiber	0.68g		
Sugar	0.68g		
Protein	0.68g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.33mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	134.00	Category:	Entree
Serving Size:	1.25 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28523
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF CRUMBLES 8-5	10 Pound	581950
ONION YELLOW BAG 2 50	1/3 Cup	570109
SEASONING TACO 21Z TRDE	1 1/8 Cup	413429
LETTUCE ROMAINE RIBBONS 6-2 RSS	16 Pound	451730
Cheese, Cheddar Reduced fat, Shredded	8 Pound	100012
BEAN KIDNEY RED DARK 6-10 GCHC	1 #10 CAN	118761

Preparation Instructions

Place ingredients in 4B pan and place in steamer 20-30 min with lid off. For production purposes only put 1/2 the recipe in the 4-B pan for heating and then put 2 back together for serving. Hold meat in hot cart.

Taco Salad-Cold Items

Divide cheese in 3 containers.

Drain beans in colander and rinse. Divide in 3 containers.

Mix all ingredients together by hand in large pan just before serving. One batch at a time. Divide into 4- 4B pans.

Serve 1 1/4 cup per student.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 134.00

Serving Size: 1.25 Cup

Amount Per Serving

Calories	167.28
Fat	9.07g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	33.43mg
Sodium	516.58mg
Carbohydrates	7.99g
Fiber	2.65g
Sugar	1.51g
Protein	15.38g
Vitamin A 0.01IU	Vitamin C 0.02mg
Calcium 33.96mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled BBQ Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19380
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
PORK BBQ W/TEXAS SCE 4-5 COMM	1 Pint 1 5/8 Cup (3 5/8 Cup)	651590
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

IN EACH 4B PAN PLACE:

2 5lb. containers of pulled pork

Bake at 350* until temperature reaches 160*

Put hamburger buns in 4B Pans.

Assemble on serving line.

Use disher #12 (3.63 oz weight)

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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	365.08
Fat	13.71g
SaturatedFat	4.31g
Trans Fat	0.00g
Cholesterol	67.16mg
Sodium	885.23mg
Carbohydrates	35.89g
Fiber	3.18g
Sugar	19.43g
Protein	21.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Steak Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19399
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF STK CNTRY FRD PTY 40-4Z QKTFX	1 Each	621620
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	470.00		
Fat	18.00g		
SaturatedFat	6.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	1440.00mg		
Carbohydrates	54.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Bean Dip w/ Chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19518
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
Northwood MS-Beef Taco Meat with Dehydrated Beans	1/3 Cup	R-38155
SAUCE CHS JALAP 6-10 THNKU	1 Fluid Ounce 1 1/5 Tablespoon (3 1/5 Tablespoon)	521485
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	662512

Preparation Instructions

Prepare taco meat according to recipe. Use #12 dipper for taco meat.

Cheese Sauce- Thaw 1 bag per deep 1/2 pan- dip with #20 dipper.

Serve with bag of tortilla chips.

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	357.61
Fat	13.56g
SaturatedFat	3.05g
Trans Fat	0.18g
Cholesterol	25.19mg
Sodium	974.83mg
Carbohydrates	42.71g
Fiber	6.87g
Sugar	3.25g
Protein	14.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 115.50mg	Iron 2.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19357
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice	556121
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.250
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	283.33
Fat	8.67g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	57.50mg
Sodium	800.00mg
Carbohydrates	31.00g
Fiber	2.50g
Sugar	5.00g
Protein	20.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19354
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	3 #10 CAN	100307
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Pound	840860
SALT IODIZED 25 CARG	1 Teaspoon	108286
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon	565148
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon	225037

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	28.36		
Fat	1.22g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.89mg		
Carbohydrates	3.40g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.13mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Sandwich on Bun

Servings:	29.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19359
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
SAUCE BBQ 4-1GAL SWTBRAY	1 Pint 1 Cup (3 Cup)	655937
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	29 Each	266546

Preparation Instructions

Thaw diced chicken 1 day ahead.

5 lbs. per 4-B

3 cups Sweet Baby Rays per 4-B

Steam 15-20 min. Check after 15 min. Lid on.

Use #12 dipper

Yield: 29 sandwiches per 4-B pan

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 29.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	327.47
Fat	6.60g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	50.57mg
Sodium	590.34mg
Carbohydrates	40.82g
Fiber	3.00g
Sugar	18.07g
Protein	21.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	27.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19370
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 GCHC	1 Quart 1 Cup (5 Cup)	285590
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	840860
SALT IODIZED 25 CARG	1 Cup	108286
SEASONING GARDEN NO SALT 19Z TRDE	1 Cup	565148
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Cup	225037

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	53.77		
Fat	3.26g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	134.48mg		
Carbohydrates	5.27g		
Fiber	2.90g		
Sugar	0.97g		
Protein	2.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.13mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19448
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	564790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	295.10		
Fat	7.80g		
SaturatedFat	2.70g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	908.80mg		
Carbohydrates	35.00g		
Fiber	3.80g		
Sugar	12.00g		
Protein	18.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19371
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Cup	100750
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Cup	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	410.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	570.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas

Servings:	33.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19365
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 GCHC	7 Pound	285660
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Pound	840860
SALT IODIZED 25 CARG	1 Tablespoon	108286
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon	225037

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	0.500

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	89.11		
Fat	2.67g		
SaturatedFat	1.09g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	241.21mg		
Carbohydrates	12.97g		
Fiber	4.32g		
Sugar	4.32g		
Protein	4.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.28mg	Iron	1.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Potato Wedges

Servings:	20.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28571
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
Potatoes, Wedges, Low-sodium Frozen	3 Quart 1 Pint 1 Cup (15 Cup)	100355
SEASONING TACO 21Z TRDE	1 Fluid Ounce	413429

Preparation Instructions

Note: Students should be given the option of #24 scoop of Cheese Sauce (GFS#521485) to be taken with potato wedges.

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	0.750

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	156.00		
Fat	4.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	222.00mg		
Carbohydrates	24.60g		
Fiber	3.15g		
Sugar	0.15g		
Protein	3.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19353
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each	643142
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Pan 28.

Bake at 400 degrees for 12-15 minutes.

Use bottom oven to keep fish warm while making sandwiches

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	510.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Carrots

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19401
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
Carrots fzn	5 Pound	100352
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Pound	840860
SALT IODIZED 25 CARG	2 Teaspoon	108286
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon	565148
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon	225037

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.29		
Fat	4.96g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	31.07mg		
Sodium	289.00mg		
Carbohydrates	8.27g		
Fiber	2.59g		
Sugar	3.88g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.38mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rice

Servings:	64.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19351
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	4 Pound	516371
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Pound	299405

Preparation Instructions

Add 5 quart of water per pan and steam uncovered for 25 minutes.

Serve rice with #8 dipper.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.207
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	114.92		
Fat	2.28g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	3.75mg		
Sodium	0.00mg		
Carbohydrates	21.69g		
Fiber	0.60g		
Sugar	0.00g		
Protein	2.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.39mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19449
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	350.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	370.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19509
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN SEAS BLK DEHY 6-26.9Z	1 Pound 10 9/10 Ounce (26 9/10 Ounce)	183900
Salsa, Low-Sodium, Canned	1 Pint	100330
Cheese, Mozzarella, Part Skim, Shredded	1 Cup	100021

Preparation Instructions

Use one package of black beans per 4B pan. Prepare beans per package instructions. Add 2 cups of heated salsa and mix. Top with 1 cup mozzarella cheese and put in hot cart.

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	174.56		
Fat	2.39g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	398.75mg		
Carbohydrates	26.56g		
Fiber	9.71g		
Sugar	2.98g		
Protein	10.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.71mg	Iron	2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19453
School:	Northwood Middle School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Polish Sausage on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19377
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
SAUSAGE POLISH CKD 8/ 2-5 GFS	1 Each	225347
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each	270913

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	17.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	750.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.06mg
Calcium	33.49mg	Iron	2.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli w/ Cheese

Servings:	45.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19360
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 GCHC	5 Pound	285590
CHEESE AMER 160CT SLCD 6-5 COMM	1 2/3 Pound	150260
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon	225037

Preparation Instructions

5 lb. frozen broccoli in 4B pan with 1 tsp. pepper. 1.66 lb. cheese slices per pan- 1/3 of 5 lb. chunk of cheese. Lay on top. Cook 10 minutes, uncovered.

Don't drain, stir in cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.11
Fat	5.53g
SaturatedFat	3.07g
Trans Fat	0.00g
Cholesterol	15.37mg
Sodium	285.36mg
Carbohydrates	4.13g
Fiber	1.74g
Sugar	1.19g
Protein	5.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.49mg	Iron 0.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19539
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370

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	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19452
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Quart	689541
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Cup	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	241.66		
Fat	3.52g		
SaturatedFat	1.01g		
Trans Fat	0.00g		
Cholesterol	40.83mg		
Sodium	649.31mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	23.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19403
School:	Northwood Middle School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	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

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19347
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN PORK & NAVY 6-10 GCHC	3 #10 CAN	118826
SUGAR BROWN MED 25 GCHC	1 Quart	108626
SPICE MUSTARD DRY 1 COLMANS	1 Fluid Ounce	400018
ONION DEHY CHPD 15 P/L	1/2 Cup	263036
SAUCE BBQ 5GAL SWTBRAY	1 Cup	262595

Preparation Instructions

Crush dry onions in baggie with rolling pin.

Combine all ingredients.

Put in 1-4B pan.

Bake uncovered at 250 degrees in convection oven for 2 hours.

Yield: 9qt. per 4B pan.

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	189.26
Fat	1.09g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	442.22mg
Carbohydrates	39.95g
Fiber	5.43g
Sugar	20.12g
Protein	7.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 54.45mg	Iron 2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19442
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRGR CKD 2.75Z 3-10 JENNO	1 Each	511265
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	300.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	650.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Doritos

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20832
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	456090
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	541502
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	737611
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	788670

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	5.00g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.75g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.50mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	57.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19400
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	10 Pound	785860
SAUCE SPAGHETTI FCY 6-10 REDPK	1 Quart 1 Pint (6 Cup)	852759
Cheese, Mozzarella, Part Skim, Shredded	1 3/4 Cup	100021
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	57 Each	270913

Preparation Instructions

10 lbs. meatballs per 4B pan.

6 cups spaghetti sauce per pan.

Use hot dog buns, 4 meatballs per sandwich.

Top with 2 Tbsp. mozzarella cheese.

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: 57.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	371.19
Fat	15.16g
SaturatedFat	6.24g
Trans Fat	0.65g
Cholesterol	51.15mg
Sodium	666.13mg
Carbohydrates	34.26g
Fiber	4.84g
Sugar	8.18g
Protein	21.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 99.05mg	Iron 3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

Servings:	82.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19355
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound	722330
Salsa, Low-Sodium, Canned	1 Pint 1 1/2 Cup (3 1/2 Cup)	100330
BEAN REFRD 6-10 ROSARITA	2 Quart 1 Pint 1/4 Cup (10 1/4 Cup)	293962
SEASONING TACO SLT FR 19.5Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	605062

Preparation Instructions

Pull out taco meat 2 days ahead of time.

Combine ingredients and put in steamer with lid for 30 minutes

Portion: 1/3 cup (2, #24 scoops)

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 82.00

Serving Size: 0.33 Cup

Amount Per Serving	
Calories	109.13
Fat	3.45g
SaturatedFat	1.23g
Trans Fat	0.18g
Cholesterol	20.93mg
Sodium	327.56mg
Carbohydrates	9.73g
Fiber	3.13g
Sugar	1.82g
Protein	9.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.03mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27740
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF CRUMBLES 8-5	35 Pound	581950
SAUCE PIZZA W/BASL 6-10 REDPK	1 3/4 #10 CAN	256013
Salsa, Low-Sodium, Canned	1 #10 CAN	100330
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon	225037
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)	224839
SPICE OREGANO GRND 12Z TRDE	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)	513725
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Fluid Ounce	413453
SALT SEA 36Z TRDE	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)	748590
ONION DEHY CHPD 15 P/L	1 1/2 Cup	263036
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	315 Slice	726567
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	315 Each	266546

Preparation Instructions

In each 4B Pan (120 halves per pan):

- 5 lbs. beef crumbles
- 1/4 #10 can pizza sauce
- 2 cups salsa
- 1/2 tsp. white pepper
- 1 tsp. garlic powder
- 1 tsp oregano
- 1 Tbsp. Italian seasoning
- 1 tsp. salt
- 1/4 cup dried onion

Heat in steamer with a lid on the top shelf until 170 degrees. Use hamburger buns. Use #16 dipper for meat on bun, place a slice of cheese on top of meat. Use pan liners on cookie sheets. Put in oven for 2-3 minutes at 350 degrees to melt cheese and bring back to temp.

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: 315.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	318.42
Fat	11.98g
SaturatedFat	6.13g
Trans Fat	0.00g
Cholesterol	41.33mg
Sodium	803.25mg
Carbohydrates	28.38g
Fiber	3.96g
Sugar	5.24g
Protein	19.56g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 165.58mg	Iron 3.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19410
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice	689541
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	231.66		
Fat	3.02g		
SaturatedFat	1.01g		
Trans Fat	0.00g		
Cholesterol	40.83mg		
Sodium	699.31mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	23.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19349
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	417350
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each	270913

Preparation Instructions

- Pull hot dogs day before
- Put hot dogs in 4B pans (2 packs per pan)
- Combi oven on steam/ Lid off
- 20 min- 160
- Check after 10 minutes.
- Put in hot dog buns and wrap

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	18.00g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	730.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.00g
Protein	11.00g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 38.89mg	Iron 2.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19412
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	152121
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	560.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Beef w/ Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19411
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	2 Ounce	593591
SAUCE CHS CHED MILD 6-10 THNKU	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	563005
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each	270913

Preparation Instructions

Philly Beef #12 disher (1/3 cup) (2.29 oz. weight) 7 per lb, 35 per bag

Cheese Cup 2.66 Tbsp. (#24 scoop)

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	296.57		
Fat	12.66g		
SaturatedFat	4.67g		
Trans Fat	0.33g		
Cholesterol	16.66mg		
Sodium	909.17mg		
Carbohydrates	32.33g		
Fiber	3.67g		
Sugar	8.00g		
Protein	9.67g		
Vitamin A	66.67IU	Vitamin C	6.00mg
Calcium	69.93mg	Iron	2.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	34.00	Category:	Entree
Serving Size:	0.80 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19413
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package	573201
BEEF CRUMBLES 8-5	1 Pound	581950
SALT IODIZED 25 CARG	1 Teaspoon	108286
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon	225037
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Teaspoon	224839
SEASONING SPAGHETTI ITAL 12Z TRDE	2 Fluid Ounce	413453
PASTA SPAGHETTI CKD 4-5 PG	1 Quart	835910

Preparation Instructions

Place first 6 items in 4B pan and stir. Lay noodles on top. Serve with #5 disher. 7.5 quarts per pan. 34 servings per pan.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.80 Cup

Amount Per Serving

Calories	195.28
Fat	7.91g
SaturatedFat	3.04g
Trans Fat	0.00g
Cholesterol	51.87mg
Sodium	508.17mg
Carbohydrates	13.16g
Fiber	2.09g
Sugar	6.29g
Protein	15.99g
Vitamin A 543.70IU	Vitamin C 15.97mg
Calcium 41.92mg	Iron 2.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19450
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice	556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	288.33
Fat	10.67g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	62.50mg
Sodium	865.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	19.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Penne Alfredo

Servings:	34.00	Category:	Entree
Serving Size:	0.67 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31957
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	10 Pound	491074
Chicken, Diced, Cooked, Frozen	2 Pound	100101

Preparation Instructions

Place 2 bags of JTM Penne Alfredo in 4B pan with 2 lbs of diced chicken. Steam 15 minutes with no lid. Add lid and steam additional 30 minutes.

Note: Use a #6 dipper

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.67 Cup

Amount Per Serving

Calories	272.71
Fat	10.75g
SaturatedFat	5.73g
Trans Fat	0.05g
Cholesterol	48.78mg
Sodium	580.08mg
Carbohydrates	24.31g
Fiber	0.08g
Sugar	6.27g
Protein	18.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.73mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Creamy Turkey Sandwich

Servings:	41.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19444
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SHRD CKD 4-5AVG JENNO	1 Quart 1 Pint (6 Cup)	416042
SOUP CRM OF CHIX 12-5 CAMP	1 Cup	101125
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	2 Gallon 2 Quart 1 Cup (41 Cup)	517810

Preparation Instructions

Pull turkey 2 days before. Mix turkey and soup in pan. Steam with lid off to 165 degrees. Check after 15 minutes (may take 20-30 minutes). #12 disher (1/3 cup) with hamburger bun.

41 sandwiches per pan.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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: 41.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	232.51		
Fat	3.63g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	33.87mg		
Sodium	565.27mg		
Carbohydrates	28.46g		
Fiber	3.35g		
Sugar	4.17g		
Protein	22.87g		
Vitamin A	34.64IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Bacon Ranch Wrap

Servings:	225.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19451
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	675 Slice	689541
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	225 Slice	100036
BACON CKD 3-100CT FAST N EASY	225 Piece	125141
LETTUCE ROMAINE CHOP 6-2 RSS	7 Pound 1/2 Ounce (112 1/2 Ounce)	735787
TORTILLA FLOUR ULTRGR 8 18-12CT	225 Each	882700
DRESSING RNCH BTRMLK 4-1GAL MARZ	1 Quart	292877
YOGURT PLN L/F SWTND 4-5 P/L	1 Quart	266396

Preparation Instructions

1 wrap:

3 slices turkey

1 slice cheese

1 piece bacon

1/2 oz. weight lettuce

#30 dipper ranch dressing

4 cups ranch plus 4 cups yogurt will do 225 wraps. Spread ranch dressing across wrap (#30 disher). Assemble wrap. Roll up and place in bag.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	367.15
Fat	16.44g
SaturatedFat	7.26g
Trans Fat	0.00g
Cholesterol	59.01mg
Sodium	915.44mg
Carbohydrates	32.25g
Fiber	4.30g
Sugar	3.37g
Protein	27.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 55.10mg	Iron 2.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cold Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19376
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	1 Quart 1 Cup (5 Cup)	556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Cup	150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Cup	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.768
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	358.40
Fat	14.17g
SaturatedFat	4.95g
Trans Fat	0.00g
Cholesterol	110.54mg
Sodium	1189.31mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	31.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rattlesnake Pasta Bowl

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37182

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	5 Pound	722110
PASTA PENNE CKD 4-5 PG	2 Gallon 2 Quart (40 Cup)	835900
CHICKEN FAJITA STRIPS, COOKED, FROZEN	7 1/2 Pound	100117
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	1 Quart 1 Cup (5 Cup)	403573

Preparation Instructions

PREPARATION

Thawing Instructions:

1. Thaw cooked chicken per manufacturers instructions.

Pasta:

1. Re-heat pasta per manufacturers instructions.
2. Place in a hot holding cabinet until ready for assembly (HACCP).

J.T.M. Queso Blanco Sauce:

1. Place unopened bag of J.T.M. Queso Blanco Sauce in perforated, full-sized pan. Heat in steamer for approximately 30 - 45 minutes or until an internal temperature of 135°F is reached (HACCP). Cook time may vary according to quantity of products being heated.
2. Once the product has reached internal temperature, place in a hot holding cabinet until ready for assembly (HACCP).

Chicken:

1. Put fajita chicken in preheated oven and cook according to manufacturers instructions.
2. Once the product has reached internal temperature of 135°F, place in a hot holding cabinet until ready for assembly (HACCP).

ASSEMBLY (for each serving)

1. Place ingredients in 12 oz. bowl using the following order:
 - a. 1 cup pasta
 - b. 3 oz. weight chicken
 - c. 2 oz. weight (1/4 cup) J.T.M. Queso Blanco Sauce
 - d. Garnish with 2 Tablespoon tri-colored tortilla strips

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: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	524.25
Fat	21.13g
SaturatedFat	8.36g
Trans Fat	0.01g
Cholesterol	94.29mg
Sodium	1041.21mg
Carbohydrates	50.76g
Fiber	2.10g
Sugar	3.76g
Protein	30.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 225.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Boat

Servings:	86.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19508
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF CRUMBLES 8-5	10 Pound	581950
SALT IODIZED 25 CARG	2 Teaspoon	108286
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon	225037
ONION DEHY CHPD 15 P/L	1 Tablespoon 1 Teaspoon (4 Teaspoon)	263036
SOUP CRM OF MUSHRM 12-5 CAMP	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	101346
Cheese, Mozzarella, Part Skim, Shredded	2 Quart 1 Pint 3/4 Cup (10 3/4 Cup)	100021
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	86 Each	270913

Preparation Instructions

Split into 2 pans.

Combine meat, onion, salt, pepper, and soup.

Put in steamer w/ lid for 20 minutes.

Use #12 disher and put in hot dog buns.

Top with 2 Tbsp. shredded mozzarella cheese and wrap in hot dog bags.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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: 86.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	297.70
Fat	11.37g
SaturatedFat	4.82g
Trans Fat	0.00g
Cholesterol	35.65mg
Sodium	820.41mg
Carbohydrates	27.78g
Fiber	3.34g
Sugar	4.67g
Protein	18.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 44.96mg	Iron 3.34mg

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

Nutrition - Per 100g

No 100g Conversion Available