

Cookbook for Prairie Heights High School

Created by HPS Menu Planner

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Breakfast Pizza

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34536
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	N/A	160432
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	N/A	503640

Preparation Instructions

Place frozen pizzas in 18"x26"x12" prepared pans.

CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion.

Updated 3.10.23

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	211.50
Fat	7.20g
SaturatedFat	2.05g
Trans Fat	0.00g
Cholesterol	15.50mg
Sodium	335.20mg
Carbohydrates	26.50g
Fiber	3.10g
Sugar	5.50g
Protein	9.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 163.80mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Poptarts

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

2 ounce Cereal Bowls

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	207.50
Fat	3.50g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	42.00g
Fiber	3.75g
Sugar	14.50g
Protein	3.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 102.50mg	Iron 5.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Donuts

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Fruit Juice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each		403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each		355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10314
School:	Prairie Heights Middle School		

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	390.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	700.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	20.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33764
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	5 Pound		498702
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	20 Each		266546

Preparation Instructions

Cook Pork according to manufactures directions and hold in hot hold unit until ready for service.

Weigh out 4 ounce portion of pork and see what serving scoop portion fits in.

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: 20.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	380.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	490.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	4.00g		
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

Calories	335.10		
Fat	8.82g		
SaturatedFat	2.65g		
Trans Fat	0.00g		
Cholesterol	57.32mg		
Sodium	432.11mg		
Carbohydrates	36.16g		
Fiber	2.65g		
Sugar	3.53g		
Protein	22.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.46mg	Iron	1.76mg

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

Buffalo Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11202

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	Weight	570533
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup	2 fluid ounce spoodle	712131
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Teaspoon		704229
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Tablespoon		426598
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

1. Thaw and cook the chicken according to package instructions. Heat to 135 degrees.
2. Assemble the wrap with all of the ingredients.
3. After assembly, hold the wraps in the hot box until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	441.67
Fat	24.83g
SaturatedFat	11.25g
Trans Fat	0.00g
Cholesterol	64.17mg
Sodium	727.00mg
Carbohydrates	32.17g
Fiber	4.00g
Sugar	2.50g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 247.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, 5.3 oz.

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21445

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Start with 1 slice of bread and layer 5 slices of ham on top and then place 1 slice of cheese. Put other slice of bread on top of the cheese. Store in cooler and serve

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	378.40
Fat	14.67g
SaturatedFat	4.95g
Trans Fat	0.00g
Cholesterol	110.54mg
Sodium	1279.31mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.50g
Protein	31.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.50mg	Iron 3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39904
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CUCUMBER SELECT 24CT MRKN	1/2 Cup		418439
PEPPERS GREEN MED 20 MRKN	1/2 Cup		206059
TOMATO CHERRY 10 MRKN	1/2 Cup		169275
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/2 Cup		732451
CAULIFLOWER BITE SIZE 2-3 RSS	1/2 Cup		732486
BEAN GARBANZO 6-10 GCHC	1/4 Cup		118753
PEAS FRZN 30	1/4 Cup		100350
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	1/4 cup portion or 2 ounce souffle cups	150250
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	Weight Pre-package into souffle cup for portion	202150
TURKEY BRST DCD 2-5	1 1 Ounce	Weight Pre-package into souffle cup for portion	451300
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	2 Each	Spray with pan spray and bake for 5 minutes. Cut into strips or	644182

Preparation Instructions

Self-serve vegetables options include: Lettuce, cucumber slices, green peppers, tomato, cauliflower, and broccoli. Green Peas and Garbanzo Beans will pre-portioned in 2 ounce souffle cups.

Students can use from vegetable selections and then choose up to 2 protein cups (cheese-1/ cup , ham-1.51 ounce weight, or turkey-1.96 ounce weight) and then select flatbread pita chips and/or croutons for grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	432.99
Fat	16.33g
SaturatedFat	7.65g
Trans Fat	0.06g
Cholesterol	53.80mg
Sodium	896.77mg
Carbohydrates	47.25g
Fiber	8.93g
Sugar	8.75g
Protein	25.69g
Vitamin A 448.59IU	Vitamin C 83.32mg
Calcium 292.58mg	Iron 2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Creamy Coleslaw

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39352

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Quart 1 Cup (5 Cup)		811500
MAYONNAISE LT 4-1GAL HELM	1 1/2 Cup		659932
HONEY SQZ BTL 16Z 4-3CT GCHC	1 Pint		217523
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup		430795
SALT IODIZED 25 CARG	1 1/2 Teaspoon		108286
SPICE PEPR BLK REG FINE GRIND 16Z	2 Teaspoon		225037
COLE SLAW SHRED SEP 1/16 4-5 RSS	5 Pound	1 bag (carrots, red cabbage, and green cabbage)	430347
ONION GREEN 2 RSS	8 Ounce	Weight Diced	596981

Preparation Instructions

1. Combine yogurt, mayonnaise, honey, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside for step 3.
2. Combine cabbage, carrots, and green onions, in a large bowl. Toss lightly. Set aside for step 3.
3. Pour dressing over vegetable mixture. Stir well.
4. Store in refrigerator. Cool to 41 °F or lower within 4 hours.
5. Portion with No. 8 scoop (½ cup).

Critical Control Point: Hold at 41 °F or below.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	93.44
Fat	1.83g
SaturatedFat	0.31g
Trans Fat	0.00g
Cholesterol	3.15mg
Sodium	143.65mg
Carbohydrates	18.35g
Fiber	1.03g
Sugar	15.71g
Protein	1.26g
Vitamin A 0.02IU	Vitamin C 0.02mg
Calcium 47.51mg	Iron 0.21mg

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Nutrition - Per 100g

No 100g Conversion Available

Flavored Craisins

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29544
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

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: 2.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	24.00g		
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

Biscuit & Gravy

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

Ingredients

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

Preparation Instructions

Prepare BISCUITS as package indicates
Prepare GRAVY, SAUSAGE as package indicates
Hold each until service.
Place 1 biscuit on tray with 2 fl. oz. cup of gravy.
Updated 4.25.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Panther Popcorn Chicken Bowl

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

Ingredients

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

Preparation Instructions

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

Layer 1/2 cup of Mashed potatoes, 10 pieces of Popcorn Chicken, 1/2 cup of Corn, 1 fluid ounce of gravy, and 1 fluid ounce of shredded cheese in a bowl for service.

Updated 4.25.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39934
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Meat	1 Serving	1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.	R-27064
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	2 Ounce	Approximately 26 chips Placed in paper boats	739741
SAUCE CHS JALAP DIP CUP 140-3Z LOL	1 Each	or GFS#528690	526160

Preparation Instructions

Taco Meat: Follow recipe R-27064

Cheese Sauce Cup: Follow directions on case on how to heat and hold

Tortilla Chips: Boat up 26 chips per serving

For service: A serving consist of 2 ounce weight (#10 Disher) of taco meat and 1 cheese sauce cup served with boat of tortilla chips. Students may help self to lettuce, diced tomatoes, jalapeno peppers, salsa, sour cream.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	667.34
Fat	36.02g
SaturatedFat	12.67g
Trans Fat	2.34g
Cholesterol	30.00mg
Sodium	1033.32mg
Carbohydrates	56.16g
Fiber	4.00g
Sugar	10.00g
Protein	30.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 388.16mg	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

Ham Deli Sub

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice	or Use Brown Box Commodity Ham Slices 2 ounce weight.	556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

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

Updated 4.25.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00
Fat	9.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	880.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken, Bacon, Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39905
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Brown Box Commodity	110921
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce		426598
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.500
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	490.00		
Fat	27.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	927.00mg		
Carbohydrates	33.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	31.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.00mg	Iron	2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

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

Ingredients

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

Preparation Instructions

STEP 1) POUR BOILING WATER INTO A MIXING BOWL.

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Golden Corn

Servings:	660.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39935
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	120 Pound		100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 2/3 Cup		299405
SEASONING VEGETABLE NO SALT 21Z TRDE	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		647230

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 660.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.02		
Fat	1.44g		
SaturatedFat	0.28g		
Trans Fat	0.00g		
Cholesterol	1.21mg		
Sodium	1.00mg		
Carbohydrates	16.09g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-39936
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BISCUIT BTRMLK 100-2.25Z BRIDG	1 Each	**Non-Whole Grain**	451740

Preparation Instructions

Prepare Sausage, Egg Patty and Biscuit according to directions on case.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	390.00		
Fat	21.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	127.50mg		
Sodium	1125.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	3.50g		
Protein	21.00g		
Vitamin A	32.73IU	Vitamin C	0.01mg
Calcium	165.50mg	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

Cheeseburger on Bun*

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce		158704
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

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

Updated 3.17.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Burger Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39937
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce		158704
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun. Students can garnish with leaf lettuce, sliced tomatoes, sliced onion, pickles, and other condiments.

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	367.50		
Fat	18.50g		
SaturatedFat	7.25g		
Trans Fat	1.13g		
Cholesterol	56.25mg		
Sodium	288.75mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39906
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each		536620
CHEESE CHED MLD SHRD 4-5 LOL	1 Fluid Ounce		150250
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

WASH HANDS

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

1. Place 1 cup of romaine lettuce in salad container.
2. Place 10 pieces of popcorn chicken and 1/4 cup (1 ounce weight) of cheese on top of lettuce and package with 2 packages of croutons

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	445.00
Fat	21.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	945.00mg
Carbohydrates	37.50g
Fiber	4.00g
Sugar	3.00g
Protein	27.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 153.50mg	Iron 3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Salsa or Harvest Cheddar Sunchips

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39938
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package		105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package		696900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	140.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	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

Assorted Warm Pastries

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

Ingredients

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

Preparation Instructions

Heat and Serve according to each products instructions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

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

*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-34109
School:	Prairie Heights High School		

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	880.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	76.11mg	Iron	2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wings

Servings:	1.00	Category:	Entree
Serving Size:	8.33 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39946

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG SPLT SML FRSH 4-10 GCHC	8 1/3 Ounce		782941

Preparation Instructions

COOKING INSTRUCTIONS NEEDED

Students will chose what sauce they want wings tossed in and should be served with breadstick.

Note: The case is 4, 10 lb. packages. You should get 19 servings per 10 lb. bag. Suggestion would be that the first time you get these wings you count how many wings are in each 10 lb. package. This would then give us an average to determine how many wings should be served to meet requirements.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.33 Ounce

Amount Per Serving

Calories	478.98
Fat	35.40g
SaturatedFat	9.37g
Trans Fat	0.00g
Cholesterol	166.60mg
Sodium	354.03mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	39.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.50mg

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

Nutrition - Per 100g

Calories	202.83		
Fat	14.99g		
SaturatedFat	3.97g		
Trans Fat	0.00g		
Cholesterol	70.55mg		
Sodium	149.91mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.63mg

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

Boneless Chicken Wings

Servings:	1.00	Category:	Entree
Serving Size:	5.00 wing	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39948

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	5 Each		561301

Preparation Instructions

Cook according to directions on case and hold in hot hold for service.

Wings to be tossed in students chosen sauce choice and served with breadstick

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: 1.00

Serving Size: 5.00 wing

Amount Per Serving			
Calories	200.00		
Fat	8.75g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	337.50mg		
Carbohydrates	12.50g		
Fiber	2.50g		
Sugar	0.00g		
Protein	17.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.25mg	Iron	1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39922
School:	Prairie Heights High School		

Ingredients

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

Preparation Instructions

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

Offer milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.500
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	507.04
Fat	28.05g
SaturatedFat	7.75g
Trans Fat	0.00g
Cholesterol	83.83mg
Sodium	861.49mg
Carbohydrates	34.50g
Fiber	5.00g
Sugar	4.50g
Protein	30.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 163.50mg	Iron 2.36mg

*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

Chicken Strip Basket

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

Ingredients

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

Preparation Instructions

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

Conventional Oven

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

Convection Oven

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

Updated 4.26.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31702
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce	Weight	202150
TURKEY BRST DCD 2-5	1 Ounce	Weight	451300
EGG HRD CKD DCD IQF 4-5 GCHC	1 Fluid Ounce		192198
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHERRY TOMATOES	1/4 Cup		16P46
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

Preparation Instructions

Arrange ingredients nicely in container.

WASH HANDS

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

1. Place 1 cup of romaine lettuce in salad container and then add tomatoes and cucumber.
2. Place protein items on top (ham, turkey, cheese, and egg)
3. Place Cheez-it Crackers in with salad and hold in cold storage until ready for service.

Updated 4.24.23

Meal Components (SLE)

Amount Per Serving

Meat	3.750
Grain	1.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	344.24
Fat	17.80g
SaturatedFat	8.63g
Trans Fat	0.00g
Cholesterol	181.81mg
Sodium	692.98mg
Carbohydrates	21.18g
Fiber	2.65g
Sugar	3.42g
Protein	22.64g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 340.33mg	Iron 1.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

White Pepper Gravy

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meat Loaf

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39045
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	24 Pound		100158
BREAD CRUMB PANKO 6-3 GCHC	1 Pint 1 Cup (3 Cup)	UNPREPARED See Package Instructions	198011
OATS QUICK HOT CEREAL 12-42Z GCHC	1 Quart		240869
1 % White Milk	2 Quart		3601
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
EGG SHL LRG A GRD 12-30CT GCHC	24 Each		209002
ONION DCD IQF 6-4 GCHC	1 Pint 1 Cup (3 Cup)		261521
SALT IODIZED 25 CARG	1 1/2 Tablespoon		108286
SPICE PEPR BLK REG FINE GRIND 16Z	2 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SPICE THYME LEAF 6Z TRDE	1 Fluid Ounce		513814
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Quart 1 Pint (6 Cup)		200621
SUGAR BROWN LT 12-2 P/L	1 Pint		860311
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Cup		741270

Preparation Instructions

Procedure:

Mix meat all ingredients together (not topping ingredients- ketchup, brown sugar, mustard) in mixer on low speed until blended, using a flat beater. DO NOT OVERMIX.

Mix together topping ingredients (ketchup, brown sugar, and mustard) in a bowl and let stand until needed.

Pans used; 4 - 4 full hotel pans (spray pans well with pan spray or line with oven bag)

Press meat mixture into 2 loaves per pan, leaving a gap on the sides for the grease to collect. Pack tightly to remove any air and to make carving easier.

Bake at 325 degree F for approximately 2 hours, or until internal temperature reaches 180 degrees F.

During the last 20 minutes of cooking, remove loafs and pour off the grease that has collected and pour the topping mixture on top of loaves. Return to ovens to finish cooking. Watch to make sure topping does not burn.

IMPORTANT: When meatloaf has reached 180 degrees, remove and drain off excess grease from pans.

If unable, use dry bread to help soak up some of the grease.

Leave meat loaf on the counter to rest for 15 minutes before slicing.

Slice in 4 oz. weight slices.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 100.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	309.77		
Fat	18.92g		
SaturatedFat	6.25g		
Trans Fat	2.87g		
Cholesterol	120.11mg		
Sodium	317.42mg		
Carbohydrates	12.37g		
Fiber	0.46g		
Sugar	7.79g		
Protein	22.82g		
Vitamin A	62.86IU	Vitamin C	0.00mg
Calcium	28.44mg	Iron	0.43mg

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

Nutrition - Per 100g

Calories	273.17		
Fat	16.68g		
SaturatedFat	5.51g		
Trans Fat	2.53g		
Cholesterol	105.92mg		
Sodium	279.91mg		
Carbohydrates	10.91g		
Fiber	0.41g		
Sugar	6.87g		
Protein	20.12g		
Vitamin A	55.43IU	Vitamin C	0.00mg
Calcium	25.08mg	Iron	0.38mg

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

Banana or Blueberry Bread

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

*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

BBQ Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39923
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Commodity Brown Box	110921
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CORN & BLK BEAN FLME RSTD 6-2.5	1/4 Cup	N/A	163760
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1 Fluid Ounce		712131
CHERRY TOMATOES	1/4 Cup		16P46
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce	N/A	426598
SAUCE BBQ 4-1GAL SWTBRAY	1 Fluid Ounce	N/A	655937
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package	N/A	818222

Preparation Instructions

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

Put the corn & black beans in a cup.

Layer salad ingredients and add other components.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	620.38
Fat	30.95g
SaturatedFat	6.69g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1060.53mg
Carbohydrates	57.31g
Fiber	6.02g
Sugar	22.14g
Protein	29.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 161.50mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Homemade Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39385
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	17 1/2 Pound		100158
Tomato Sauce cnd	3 Gallon	USDA Brown Box	100334
ONION YELLOW BAG 2 50	2 Pound	Chopped	570109
SPICE BAY LEAF WHOLE 2Z TRDE	4 Each		273937
SPICE THYME LEAF 6Z TRDE	2 Teaspoon		513814
GARLIC CHPD IN OIL 6-1QT	1 Teaspoon		464290
SPICE OREGANO LEAF 5Z TRDE	1 Fluid Ounce		513733
SPICE BASIL LEAF 5.5Z TRDE	1 Fluid Ounce		513628
Tap Water for Recipes	5 Gallon 1 Quart (21 Quart)	1 quart for sauce 5 gallons for pasta	000001WTR
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1/2 Cup		109843
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Teaspoon		225088
SALT IODIZED 25 CARG	7 Ounce	2 ounce weight for sauce (approx. 3 1/8 Tablespoon) 5 ounce weight for pasta (approx. 7 7/8 Tablespoon)	108286
PASTA SPAG 51 WGRAIN 2-10	10 Pound		221460
OIL VEG 9-48FLZ P/L	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		330282

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
CCP: Heat to 165°F or above for at least 15 seconds.
 2. Add ingredients for spaghetti sauce to browned ground beef: tomato sauce, 1 quart water, onion, bay leaves, thyme, minced garlic, oregano, basil, Worcestershire sauce, cayenne pepper, and 2 ounce weight of salt).
CCP: Hold at 135o F or higher.
 3. Bring water and 5 ounce weight of salt to a boil.
 4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly.
CCP: Hold at 135°F or higher.
- Total yield and serving size needs to be confirmed/tested 3.7.23

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	358.51		
Fat	13.76g		
SaturatedFat	4.25g		
Trans Fat	2.10g		
Cholesterol	0.00mg		
Sodium	986.76mg		
Carbohydrates	40.48g		
Fiber	5.28g		
Sugar	6.56g		
Protein	21.28g		
Vitamin A	0.18IU	Vitamin C	0.67mg
Calcium	10.09mg	Iron	1.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 potato	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39949
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chili - Healthier Kansas Recipe	1/2 Serving	1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 2. Drain beans. 3. Add remaining ingredients, except water, to ground beef. 4. Add additional water or juice from canned beans to make approximately 19-20 quarts for every 100 3/4-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates. CCP: Heat to 160°F or higher for at least 15 seconds. CCP: Hold hot for service at 135°F or above. Notes: -For less sodium, choose a fancy or very-low sodium chili powder. -Older students may like the chili spicier and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste. -May use 1 lb 6 oz of fresh onions per 100 servings in place of dried onions. -May use minced garlic in place of garlic powder. -May puree one can of the pinto beans prior to adding to chili. This will yield a thicker product	R-11462
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	3/8 Cup	3 fl ounce ladle or spoodle #10 Disher	310668
POTATO BAKER IDAHO 80CT MRKN	1 Each		322385

Preparation Instructions

COOKING BAKING INSTRUCTIONS NEEDED

Chili: Make according to Recipe #11462

Cheese Sauce: Heat according to directions on case of manufacture

For service: Students should be given a choice of protein (chili and cheese or two portions of chili or two portions of cheese) and then served with breadstick

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 potato

Amount Per Serving

Calories	596.44
Fat	18.61g
SaturatedFat	9.93g
Trans Fat	0.53g
Cholesterol	56.50mg
Sodium	695.82mg
Carbohydrates	76.86g
Fiber	11.47g
Sugar	5.70g
Protein	27.61g
Vitamin A 5.67IU	Vitamin C 55.83mg
Calcium 317.43mg	Iron 4.82mg

*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 on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15198
School:	Prairie Heights HS Salad Bar		

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	360.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	710.00mg		
Carbohydrates	37.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Fluid Ounce

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

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

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

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

Nutrition - Per 100g

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

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

Homemade Spanish Rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39351

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL VEG 9-48FLZ P/L	1/4 Cup		330282
ONION DEHY CHPD 15 P/L	1/2 Cup		263036
Tap Water for Recipes	3 3/4 Quart		000001WTR
Diced Tomatoes cnd	1 Quart 1/2 Cup (4 1/2 Cup)	USDA Brown Box	100329
Salsa, Low-Sodium, Canned	1 1/2 Cup	USDA Brown Box	100330
SPICE CHILI POWDER MILD 16Z TRDE	1 Fluid Ounce		331473
SPICE CUMIN GRND 15Z TRDE	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)		273945
SPICE PAPRIKA 16Z TRDE	1 1/2 Teaspoon		518331
SPICE ONION POWDER 19Z TRDE	1 1/2 Teaspoon		126993
RICE PARBL STRONGBOX 25 GCHC	1 3/4 Quart		722987

Preparation Instructions

1. Heat oil. Add dehydrated onion. Cook for 5 minutes
2. Add water, tomatoes, salsa, and seasonings. Bring to boil.
3. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender.
4. Pour into serving pans.
5. Portion with #8 Disher or 4 oz spoodle.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	113.89		
Fat	1.12g		
SaturatedFat	0.18g		
Trans Fat	0.02g		
Cholesterol	0.00mg		
Sodium	12.87mg		
Carbohydrates	22.70g		
Fiber	0.48g		
Sugar	0.82g		
Protein	2.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.75mg	Iron	0.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles w/ Cheese Stick

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit & Gravy with Sausage Pattys

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39958
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	3 Quart 1/2 Cup (12 1/2 Cup)	N/A	464694
BISCUIT BTRMLK 100-2.25Z BRIDG	50 Each	**Non-Whole Grain**	451740
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	100 Each		138941

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Prepare Sausage Patties as package indicates

Hold each until service.

Place 1 biscuit on tray with 2 fl. oz. cup of gravy and two sausage patties.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	480.00
Fat	26.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1310.00mg
Carbohydrates	34.00g
Fiber	1.00g
Sugar	3.00g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 79.00mg	Iron 4.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Scramble w/ Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39957
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 1/2 Ounce	Weight	533034
Cinnamon Roll w/ Icing	1 Serving	<p>1. KEEP DOUGH FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE ON GREASED OR PARCHMENT LINED PANS. PANNING CHART -----</p> <p>SIZE INDIVIDUAL CLUSTERED CLUSTERED FULL SHEET PAN FULL SHEET PAN HALF HOTEL PAN (12" X 10" X 2") -----</p> <p>2.5 OZ. 3 X 5 5 X 6 3 X 3 3. TO PREVENT PRODUCT FROM DRYING OUT, COVER EACH PAN WITH OILED PLASTIC WRAP OR COVER ENTIRE PAN RACK WITH A RACK COVER. 4. PLACE COVERED PRODUCT IN A RETARDER OR REFRIGERATOR AT 36 F - 40 F (2 C - 4 C) AND THAW OVERNIGHT OR PRODUCT MAY BE THAWED COVERED AT ROOM TEMPERATURE FOR 45 - 120 MINUTES DEPENDING OF SIZE OF DOUGH PIECE. 5. PLACE IN PROOFER SET AT 90 F - 110 F (32 C - 43 C) WITH 85% RELATIVE HUMIDITY FOR APPROXIMATELY 40-60 MINUTES OR UNTIL PROOFED. IF PROOF BOX IS NOT AVAILABLE, LEAVE DOUGH COVERED AND PROOF IN WARM SPOT IN THE KITCHEN. PROOFING IS COMPLETE WHEN THE INDENTATION FROM A FLOURED FINGER, PRESSED LIGHTLY INTO THE DOUGH, REMAINS. IF INDENTATION BOUNCES BACK, FURTHER PROOFING IS REQUIRED. 6. BAKE IN A PREHEATED OVEN (325 F (160 C) - CONVECTION OR RACK OVENS, 350 F (175 C) - DECK OVEN) UNTIL PRODUCT IS GOLDEN BROWN ON TOP, SIDES AND BOTTOM. BAKING TIMES WILL VARY ACCORDING TO SIZE OF ROLLS, TYPE OF OVEN AND FAN SPEED (IF APPLICABLE). APPROXIMATE BAKING TIMES: -----</p> <p>SIZE BAKING TIME (MINUTES) -----</p> <p>2.5 OUNCE ROLLS CLUSTERED 14 TO 20 2.5 OUNCE ROLLS INDIVIDUAL 12 TO 15 7. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE N SHINE (RICH'S® #21784). 8. COOL AND ICE WITH APPROPRIATE ICINGS (RICH'S CRÈME CHEESE ICING (RICH'S® #20036) OR WARM HEAT N ICE (RICH'S® #21952)). 9. HOLD BAKED ROLLS COVERED AT ROOM TEMPERATURE Updated 3.20.23</p>	R-39523

Preparation Instructions

Scrambled Egg: Mix: Cook according to directions on case per manufacture.

Cinnamon Roll: Recipe #39523

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	349.55		
Fat	15.06g		
SaturatedFat	5.08g		
Trans Fat	0.00g		
Cholesterol	217.57mg		
Sodium	548.56mg		
Carbohydrates	38.75g		
Fiber	1.00g		
Sugar	13.57g		
Protein	15.04g		
Vitamin A	54.59IU	Vitamin C	0.01mg
Calcium	85.14mg	Iron	2.60mg

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Nutrition - Per 100g

No 100g Conversion Available