

Cookbook for Summer Servings

Created by HPS Menu Planner

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Steakburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34726

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260

Preparation Instructions

- Cook beef patty according to manufacturer's instructions.
CCP: Heat to minimum internal temperature of 165 F or higher.
- Assemble burger just before service.
CCP: Keep warm at 135 F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	310.00		
Fat	15.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	320.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	22.00g		
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

Garden Side Salad w/ ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT 4-6CT MRKN	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

1. Place 1C lettuce in boat.
 2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	156.57		
Fat	13.36g		
SaturatedFat	3.52g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	299.87mg		
Carbohydrates	6.25g		
Fiber	1.59g		
Sugar	3.37g		
Protein	2.94g		
Vitamin A	381.53IU	Vitamin C	6.35mg
Calcium	71.29mg	Iron	0.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED 6- 5 JTM	1 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.017
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: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.52		
Fat	0.14g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.48mg		
Sodium	17.07mg		
Carbohydrates	3.37g		
Fiber	2.00g		
Sugar	0.68g		
Protein	2.12g		
Vitamin A	6.66IU	Vitamin C	0.00mg
Calcium	26.80mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad w/ croutons & roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34549

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
Ham, Cubed Frozen	3 Ounce	USDA Commodity Ham: 1.22 oz ham = 1oz Meat One case of ham provides about 525 1.22-ounce portions.	100188-H
EGG HARD CKD PLD 25 GCHC	1 Each		711160
TOMATO CHERRY 11 MRKN	1/2 Cup		569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	READY_TO_EAT Ready to use.	661022
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920
CUCUMBER SELECT 4-6CT MRKN	4 Slice		361510

Preparation Instructions

1. Arrange lettuce in container.
2. Place the following toppings in rows across the top of the salad: shredded cheese, diced ham, sliced egg, cherry tomatoes, sliced cucumber.
3. Serve with 2 pkgs croutons + 1 dinner roll.

Meal Components (SLE)

Amount Per Serving

Meat	4.959
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	464.13
Fat	19.64g
SaturatedFat	7.01g
Trans Fat	0.00g
Cholesterol	244.26mg
Sodium	1165.24mg
Carbohydrates	47.42g
Fiber	4.18g
Sugar	12.21g
Protein	31.17g
Vitamin A 763.35IU	Vitamin C 12.70mg
Calcium 225.58mg	Iron 4.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° or higher.

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	123.10		
Fat	8.42g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.82g		
Fiber	1.48g		
Sugar	4.43g		
Protein	1.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.02mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Mixed Veggie Cruncher Cup w/ dip

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22686
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	7 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE 2-3 RSS	5 1/2 Pound	Rinse	732486
CUCUMBER SELECT 24CT MRKN	10 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	150 Each		52976
BROCCOLI FLORET BITE SIZE 2-3 RSS	6 Pound		732451
CELERY STIX 4-3 RSS	12 Pound		781592

Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.117
RedVeg	0.187
OtherVeg	0.631
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	170.01		
Fat	16.17g		
SaturatedFat	2.55g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	233.08mg		
Carbohydrates	7.43g		
Fiber	2.51g		
Sugar	3.49g		
Protein	1.84g		
Vitamin A	898.26IU	Vitamin C	69.29mg
Calcium	43.75mg	Iron	0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Wedges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22634

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Choice 138ct	1 Each	Per USDA Buying Guide 138 Count Fresh Orange : 1 orange = about 1/2 cup	08139

Preparation Instructions

1. Wash oranges.
2. Use sectionizer to cut oranges. 1 orange = 6 wedges.
3. Serve 6 wedges into a side dish container.

CCP: Hold for cold service at 41° or less.

Per USDA Buying Guide for 138 Count Fresh Oranges: 1 orange = about 1/2 cup fruit

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: 1.00

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	0.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22379
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6- 8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	1 Each	*Order biscuit #237390 if this one is out of stock.*	126962

Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Place sandwiches in well and cover with lid ; hold for service.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	265.00		
Fat	10.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	535.00mg		
Carbohydrates	31.00g		
Fiber	3.50g		
Sugar	3.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.00mg	Iron	2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Fruit Cup

Servings:	50.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 #10 CAN	USE COMMODITY FRUIT FIRST. Drain most of the liquid from the canned fruit.	268348
PEAR DCD XL/S 6-10 GCHC	1 #10 CAN	Add frozen cherries or blueberries. Mix.	290203
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1 #10 CAN	READY_TO_EAT Ready to Eat	509221
CHERRY DK SWT	1 Pound	COMMODITY frozen blueberries may be substituted for the frozen cherries.	COM90139

Preparation Instructions

Portion into clear cups.

CCP: hold for cold service at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.537
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

Amount Per Serving			
Calories	71.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	16.68g		
Fiber	0.61g		
Sugar	14.40g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.35mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cantaloupe Wedge

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35887

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MELON MUSK CANTALOUPE 12CT P/L	1 Each	*Order Piazza #00418*	200565

Preparation Instructions

1. Thoroughly wash and dry cantaloupe.
 2. Place cantaloupe on a clean cutting board and put on cutting gloves.
 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
CCP: Hold for service at 41F or lower.
One cantaloupe yields about 10 4 oz (1/2cup) servings.

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: 10.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	26.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.00mg
Carbohydrates	7.00g
Fiber	0.50g
Sugar	6.50g
Protein	0.50g
Vitamin A 0.00IU	Vitamin C 252.00mg
Calcium 5.00mg	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

Seasoned Green Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	1 Fluid Ounce		263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

CCP: Hold for hot service at 135° or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	32.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	356.48mg		
Carbohydrates	4.98g		
Fiber	3.25g		
Sugar	1.63g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.38mg	Iron	0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Strawberries

Servings:	32.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34025

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	8 Pound		212768

Preparation Instructions

Thoroughly wash and dry strawberries. Serve in 4oz portions.

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: 32.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	36.27
Fat	0.36g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.16mg
Carbohydrates	8.89g
Fiber	2.31g
Sugar	5.33g
Protein	0.80g
Vitamin A 13.61IU	Vitamin C 66.68mg
Calcium 18.14mg	Iron 0.46mg

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

Nutrition - Per 100g

Calories	31.98		
Fat	0.31g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.02mg		
Carbohydrates	7.84g		
Fiber	2.04g		
Sugar	4.70g		
Protein	0.71g		
Vitamin A	12.00IU	Vitamin C	58.80mg
Calcium	16.00mg	Iron	0.41mg

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

Sidekick Slushie Cups

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	READY_TO_EAT No prep needed.	863890

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	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.33mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	18.67g		
Protein	0.00g		
Vitamin A	1250.00IU	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Variety

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22432

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	76.00
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	61.00mg
Carbohydrates	14.60g
Fiber	0.00g
Sugar	9.40g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	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

Assorted Graham Packets

Servings:	5.00	Category:	Grain
Serving Size:	1.00 1 each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM HNY FROZEN 210-1Z	1 Bag		150080
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
Goldfish French Toast Grahams	1 Each	READY_TO_EAT	04788

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 1 each

Amount Per Serving			
Calories		122.00	
Fat		3.90g	
SaturatedFat		0.80g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		123.00mg	
Carbohydrates		20.80g	
Fiber		1.40g	
Sugar		7.80g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Mixed Fruit

Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
GRAPES RED SDLSS 18AVG MRKN	1 Quart		197831
STRAWBERRY 8 MRKN	2 Ounce		212768

Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.840
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.76		
Fat	0.38g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.15mg		
Carbohydrates	23.60g		
Fiber	2.58g		
Sugar	17.42g		
Protein	0.98g		
Vitamin A	145.24IU	Vitamin C	19.18mg
Calcium	25.35mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34723

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C 12-2 GCHC	24 Pound	Steam carrots until just tender. Don't over cook.	175706
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

Preparation Instructions

Use commodity carrots whenever possible!

1. Steam carrots until just tender, taking care not to overcook.

CCP: Hold for hot service at 135° or higher.

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: 96.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	22.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	93.58mg		
Carbohydrates	5.22g		
Fiber	1.49g		
Sugar	2.99g		
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

Calories	19.74		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	82.53mg		
Carbohydrates	4.61g		
Fiber	1.32g		
Sugar	2.63g		
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

Chicken Drumstick w/ mac & cheese (MS/HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ENTREE MACAR & CHS R/F WGRAIN 6-5	6 Ounce		119122
Whole Grain Dinner Roll	1 Piece	READY_TO_EAT Ready to eat	3920

Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 4oz =1.5oz M/MA and 0.75 oz grain

Roll = 1oz grain

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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	615.00
Fat	26.00g
SaturatedFat	9.75g
Trans Fat	0.38g
Cholesterol	93.75mg
Sodium	1760.00mg
Carbohydrates	55.50g
Fiber	3.50g
Sugar	8.75g
Protein	40.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 519.75mg	Iron 2.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggo Waffle Sandwich

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38987

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 4 EGGOJI 12-12CT EGGO	144 Each		888284
CHEESE AMER 160CT SLCD 6-5 COMM	72 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
EGG PTY RND 3.5 300-1.25Z PAP	72 Each		741320

Preparation Instructions

Gather all ingredients from the freezer.

Wash hands thoroughly and apply new pair of gloves.

On sheet pans, lay out egg patties and waffles.

Bake each according to package directions.

Assemble sandwich on waffle sheet pan by topping each bottom waffle with 1 egg patty and 1 slice of cheese.

Add top waffle and place sandwich in paper bag (158992) or wrap in foil.

CCP: Serve immediately.

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: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	295.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	112.50mg
Sodium	635.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	5.50g
Protein	10.00g
Vitamin A 1000.00IU	Vitamin C 0.00mg
Calcium 359.50mg	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

Beef Soft Taco w/ chips & salsa

Servings:	75.00	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30703

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	14 Pound	14# = 2 bags	722330
TORTILLA FLOUR ULTRGR 6 30-12CT	75 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250
SALSA CUP 84-3Z REDG	75 Each		677802
CHIP TORTL RND R/F 104- .88Z TOSTIT	75 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

Preparation Instructions

1. Place bags of taco meat into a steam table pan. Steam.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

2. Cut open bags and pour into serving pans. Cover.

CCP: Hold for hot service at 135F or higher.

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Serve with a bag of chips and salsa cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.430
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.620
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 3.17 Ounce

Amount Per Serving

Calories	405.50
Fat	16.90g
SaturatedFat	7.45g
Trans Fat	0.27g
Cholesterol	48.30mg
Sodium	747.12mg
Carbohydrates	38.25g
Fiber	5.88g
Sugar	5.88g
Protein	19.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 202.01mg	Iron 2.87mg

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

Nutrition - Per 100g

Calories	451.22
Fat	18.81g
SaturatedFat	8.29g
Trans Fat	0.30g
Cholesterol	53.75mg
Sodium	831.35mg
Carbohydrates	42.57g
Fiber	6.55g
Sugar	6.55g
Protein	21.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 224.79mg	Iron 3.19mg

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

Refried Beans with Cheese

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28454
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	2 Package	RECONSTITUTE 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341
Cold Water	1 Gallon	Heat water to boiling or dispense from the hot water dispenser.	0000
CHEESE MOZZ SHRD 4- 5 LOL	12 Ounce		645170

Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

CCP: Hold for hot service at 135° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.375
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	1.079
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50

Amount Per Serving

Calories	493.07
Fat	3.89g
SaturatedFat	1.31g
Trans Fat	0.00g
Cholesterol	5.63mg
Sodium	526.82mg
Carbohydrates	79.12g
Fiber	29.53g
Sugar	0.38g
Protein	32.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.92mg	Iron 6.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honeydew Wedge

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEYDEW 6 CT CASE	1 Each	*Order Piazza #08110* One honeydew yields 10 4 oz (1/2cup) servings.	08110

Preparation Instructions

1. Thoroughly wash and dry honeydew.
 2. Place honeydew on a clean cutting board and put on cutting gloves.
 3. Slice honeydew into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
- CCP: Hold for service at 41F or lower.
- One honeydew yields 10 4 oz (1/2cup) servings.

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.00
Fat	0.00g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.00mg
Carbohydrates	15.00g
Fiber	1.40g
Sugar	14.00g
Protein	0.90g
Vitamin A 0.00IU	Vitamin C 30.60mg
Calcium 10.00mg	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

Kiwi with Blueberries

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29649
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY 12-1PT P/L	5 Pound	Rinse in cold water	451690
KIWI 33-39CT P/L	6 Pound	Peel and cut into chunks or slices	287008

Preparation Instructions

Combine kiwi and blueberries. Portion 1/2 C into clear containers or bags for bagging.

CCP: Hold for cold service at 41° or less.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.180
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	30.72		
Fat	0.15g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.45mg		
Carbohydrates	7.62g		
Fiber	1.32g		
Sugar	5.34g		
Protein	0.45g		
Vitamin A	23.98IU	Vitamin C	4.31mg
Calcium	5.76mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

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	350.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	500.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	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

Mini Sweet Peppers

Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI 20 P/L	20 Pound		667582
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Thoroughly wash and dry peppers.

Serve in 4 oz portions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.508
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	32.31		
Fat	0.18g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.17mg		
Sodium	4.17mg		
Carbohydrates	7.14g		
Fiber	3.05g		
Sugar	4.08g		
Protein	1.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.32mg	Iron	0.37mg

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

Nutrition - Per 100g

Calories	28.49		
Fat	0.16g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	3.67mg		
Carbohydrates	6.30g		
Fiber	2.69g		
Sugar	3.60g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.92mg	Iron	0.32mg

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

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26025

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	Fully Cooked, may be steamed, grilled, or oven heated. Heat to 165°	304913
6" Whole Grain Hot Dog Bun	1 Each	READY_TO_EAT	3709

Preparation Instructions

Serve one hot dog on one bun. Wrap
CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	280.00
Fat	17.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	770.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	4.00g
Protein	10.00g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 80.11mg	Iron 1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available