

# **Cookbook for West Central Elementary**

**Created by HPS Menu Planner**

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# Mini Waffles



<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31729

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240

## Preparation Instructions

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch.

Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

### Amount Per Serving

<b>Calories</b>	200.00
<b>Fat</b>	5.67g
<b>SaturatedFat</b>	1.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	183.33mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	11.33g
<b>Protein</b>	3.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 2.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Candied Carrots

NO IMAGE

<b>Servings:</b>	74.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31699

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	15 Pound		100352
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/4 Pound		191205
HONEY 4-6 GCHC	1/2 Cup		225614
SUGAR BROWN LT 12-2 P/L	1 Pint		860311

## Preparation Instructions

1. Put the frozen carrots in the steamer and cook for 15 minutes at 150 degrees.
2. Mix together the melted margarine, honey and brown sugar.
3. Pour the glaze over the carrots.
4. Toss well to coat.
5. Cover the pans and keep warm in hot boxes.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 74.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	70.69		
<b>Fat</b>	2.45g		
<b>SaturatedFat</b>	0.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.41mg		
<b>Sodium</b>	63.77mg		
<b>Carbohydrates</b>	14.57g		
<b>Fiber</b>	2.51g		
<b>Sugar</b>	10.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Homemade Grilled Cheese Sandwich

NO IMAGE

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31721
<b>School:</b>	West Central Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/3 Cup	Melted	191205
BREAD WHL WHE PULLMAN SLCD 12-22Z	48 Each		710650
CHEESE AMER 160CT SLCD 6-5 COMM	72 Slice		150260

## Preparation Instructions

Prior to day of service:

Thaw bread by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, bread, cheese, and butter and bring to prep area

Prep:

1. Melt the butter
2. Line baking sheet pan with parchment paper and then spread melted butter on top of paper
3. Layout 24 pieces of bread.
4. Put 3 slices of cheese on each piece of bread.
5. Top with remaining slice of bread
6. Spray top bread with butter flavored pan release.
7. Take an additional sheet pan and place on top of sandwiches (for improved browning)

8. Place prepared sandwiches back in cooler until ready to bake CCP: Hold at 40°F or colder until ready to bake

Bake:

Cook in a 350 degree oven for 8 minutes or until sandwiches are toasted.

Batch cook at all times as needed.

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Transfer grilled cheese sandwiches to 2-inch full size steam table pans for service. Shingle in pan for best appearance.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.375
<b>Grain</b>	6.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	327.00
<b>Fat</b>	17.92g
<b>SaturatedFat</b>	9.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.10mg
<b>Sodium</b>	894.80mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 324.50mg	<b>Iron</b> 2.00mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Chef Salad with Croutons and Goldfish Crackers

NO IMAGE

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31726
<b>School:</b>	West Central Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CARROT SHRD MED 2-5 RSS	1/2 Cup		313408
CROUTON CHS GARL WGRAIN 250-.5Z	4 Package		661022
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	2 Package		745481
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	2 oz portion cup or 1/4 cup per salad	150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Cut into 4 wedges	853800
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	weigh and put into 2 oz portion cup	202150

## Preparation Instructions

In each salad container: place 1 cup romaine lettuce. 1/4 cup shredded carrots, 2 packages of croutons, 1 goldfish cracker, and option for ham and cheese cups OR egg and chees cups

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	391.67
<b>Fat</b>	19.75g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	125.03mg
<b>Sodium</b>	821.70mg
<b>Carbohydrates</b>	37.69g
<b>Fiber</b>	2.73g
<b>Sugar</b>	4.59g
<b>Protein</b>	18.44g
<b>Vitamin A</b> 3901.96IU	<b>Vitamin C</b> 1.92mg
<b>Calcium</b> 272.16mg	<b>Iron</b> 4.20mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans



<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31692

## Ingredients

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

## Preparation Instructions

STEP 1) PLACE BEANS IN A STEAM TABLE PAN.

STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR.

STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	139.02		
<b>Fat</b>	1.49g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	546.17mg		
<b>Carbohydrates</b>	22.84g		
<b>Fiber</b>	8.94g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.94g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	49.65mg	<b>Iron</b>	2.09mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Brussel Sprouts



<b>Servings:</b>	35.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31712

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL MED 25 MRKN	5 Pound		558501
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	2 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1 Cup		502146

## Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, veggies, spices, oil, and pan or cookie sheet Wash hands thoroughly.

Prep:

Spray pan with spray

Mix vegetable with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

In the Oven cook on grilled vegetable setting or on the designated vegetable button

Heat to internal temperature of 135\* and make sure the vegetables are crunchy not mushy In the convection oven at 375 for 10-15 minutes.

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

CCP: Hold above 135°F

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	89.55
<b>Fat</b>	7.08g
<b>SaturatedFat</b>	0.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	80.20mg
<b>Carbohydrates</b>	5.89g
<b>Fiber</b>	2.43g
<b>Sugar</b>	1.47g
<b>Protein</b>	2.21g
<b>Vitamin A</b> 488.60IU	<b>Vitamin C</b> 55.08mg
<b>Calcium</b> 27.22mg	<b>Iron</b> 0.91mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Egg & Cheese Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31771

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

## Preparation Instructions

Prior to Dy of Service:

Thaw buns by placing in the storage room on bread rack.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and eggs and bring to prep area

Cook egg according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom bun then slice of cheese and top of bun on cheese.

Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	87.50mg
<b>Sodium</b>	585.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 186.50mg	<b>Iron</b> 1.60mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Yogurt String Cheese and Chex Cereal

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31697

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT VAR PK L/F 48-4Z YOPL	1 Each		551751
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	3 Package		266020
CHEESE STRING MOZZ IW 168-1Z LOL	3 Each		786580

## Preparation Instructions

Package 1 yogurt cup with string cheese and strawberry chex.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	296.67
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	316.67mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.67g
<b>Protein</b>	11.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 331.33mg	<b>Iron</b> 0.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Broccoli

NO IMAGE

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31690

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	3 Pound		110473
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

## Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix broccoli with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375\* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven Set on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135\* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	75.32		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	74.04mg		
<b>Carbohydrates</b>	4.15g		
<b>Fiber</b>	2.46g		
<b>Sugar</b>	0.82g		
<b>Protein</b>	2.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Fresh Baked Cookie



<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 cookie	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32741

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY SGR BENEFIT R/F 384-1Z	1 Each		230031
DOUGH CKY DBL CHOC BENEFIT R/F 384-1Z	1 Each		230113
DOUGH CKY CANDY BENEFIT R/F 384-1Z	1 Each		230011
DOUGH CKY CHOC CHP WGRAIN R/F 384-1Z	1 Each		234430

## Preparation Instructions

Baking / Handling Instructions:

- [1] Separate cookies while in frozen state.
- [2] Place (4 x 6) on standard lined sheet (bun) pan.
- [3] Bake immediately in preheated oven approx. 9-12 min: Convection oven: 310°F 155°C Rack oven: 360°F 180°C Reel oven: 380°F 195°C Deck oven: 330°F 165°C
- [4] Cool at room temperature.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 cookie

### Amount Per Serving

<b>Calories</b>	103.15		
<b>Fat</b>	3.10g		
<b>SaturatedFat</b>	1.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	11.25mg		
<b>Sodium</b>	98.65mg		
<b>Carbohydrates</b>	18.50g		
<b>Fiber</b>	1.98g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	1.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.93mg	<b>Iron</b>	0.72mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Buttered Corn



<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31685

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, No Salt Added, Canned	1 #10 CAN	Commodity	100313
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	86.51		
<b>Fat</b>	2.16g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	18.67mg		
<b>Carbohydrates</b>	18.41g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	7.54g		
<b>Protein</b>	2.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available