

Cookbook for OREGON DAVIS ELEMENTARY SCHOOL

Created by HPS Menu Planner

Table of Contents

Assorted Variety of Cereal

Assorted Variety Kellogg's® Pop-Tarts (1 count)

Eggo Bites® Mini Pancakes

Assorted Appleway Soft Oatmeal Bars

Assorted Betty Crocker® Oatmeal Bar

Mashed Potatoes

Doritos®

Sunchips®

Smuckers® Uncrustables®

Assorted Variety of Muffins

Ham & Cheese on Bun

Mini Waffles

Mini French Toast

Turkey & Cheese on Bun

Tomato Soup

Meatball Sub

Assorted Variety of Cereal

Servings:	13.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40189
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	N/A	509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL FRSTD FLKS BWL 96CT KELL	1 Each		233021
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	107.28		
Fat	1.26g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.21mg		
Carbohydrates	23.54g		
Fiber	2.01g		
Sugar	7.92g		
Protein	1.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.20mg	Iron	3.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety Kellogg's® Pop-Tarts (1 count)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40190
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	Equals 1.25 Grain Equivalents	452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	Equals 1.25 Grain Equivalents	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	Equals 1.00 Grain Equivalents	695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	176.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggo Bites® Mini Pancakes

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40193
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	N/A	395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831

Preparation Instructions

Heat according to directions on each products case.

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	210.00		
Fat	6.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	255.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

Assorted Appleway Soft Oatmeal Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40191
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.00		
Fat	4.50g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	80.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.33IU	Vitamin C	0.73mg
Calcium	10.33mg	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

Assorted Betty Crocker® Oatmeal Bar

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40192
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	N/A	194031
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	N/A	194041
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	N/A	262103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	150.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	106.67mg		
Carbohydrates	24.67g		
Fiber	2.33g		
Sugar	8.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.77mg

*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:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40198
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Pound 12 Ounce (28 Ounce)		613738

Preparation Instructions

RECONSTITUTE

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	76.33		
Fat	0.85g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	339.24mg		
Carbohydrates	14.42g		
Fiber	0.85g		
Sugar	0.00g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available



Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40199
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sunchips®

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40200
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

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

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

Smuckers® Uncrustables®

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40201
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

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

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

Assorted Variety of Muffins

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40197
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 muffin

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40217
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Or Use GFS# 150260 or USDA Brown Box Commodity	722360
TURKEY HAM SLCD 12-1 JENNO	6 Slice	Or Use USDA Brown Box Commodity and use 2.44 ounce weight to equal 2 Meat/Meat Alternative	556121
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Place ham slices and cheese on bottom half of bun. Then place top of bun on top of ham and cheese. Wrap or place in pan and hold in cooler until ready for service.

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 Sandwich

Amount Per Serving	
Calories	285.00
Fat	9.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	930.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	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

Mini Waffles

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40194
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

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

Preparation Instructions

Heat according to directions on each products case.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40195
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CINN IW 72-2.64Z	1 Package	N/A	150291
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	N/A	498492

Preparation Instructions

Heat according to directions on each item case.

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	205.00
Fat	6.00g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	205.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	10.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 2.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40224
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Or Use GFS# 150260 or USDA Brown Box Commodity	722360
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	Or Use USDA Brown Box Commodity and use 2.86 ounce weight to equal 2 Meat/Meat Alternative	244190
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Place turkey slices and cheese on bottom half of bun. Then place top of bun on top of turkey and cheese. Wrap or place in pan and hold in cooler until ready for service.

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 Sandwich

Amount Per Serving	
Calories	295.00
Fat	8.50g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	820.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	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

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40225
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
1 % White Milk	1 Quart 1 Pint 1 Cup (7 Cup)		

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING CONTAINER. GRADUALLY STIR IN 1 CAN MILK. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170°.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	141.30		
Fat	1.25g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	546.94mg		
Carbohydrates	25.79g		
Fiber	1.01g		
Sugar	17.67g		
Protein	6.03g		
Vitamin A	5.00IU	Vitamin C	1.00mg
Calcium	35.29mg	Iron	0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40231
School:	OREGON DAVIS ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	4 Each		135071
SAUCE MARINARA 6-10 REDPK	1/4 Cup		502181
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
BUN STEAK WHT WHE 12-6CT ALPH	1 Each		614660

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. Heat meat balls and marinara sauce to 140° F.
4. Place 4 meatballs and 1/4 cup of marinara sauce on bun, top with 1 ounce weight (2 oz spoodle or 1/4 cup) of shredded cheese. Place in 2# boat. Place in warmer as soon as possible to hold for service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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	399.60
Fat	16.75g
SaturatedFat	6.54g
Trans Fat	0.48g
Cholesterol	45.40mg
Sodium	684.70mg
Carbohydrates	37.00g
Fiber	4.80g
Sugar	7.80g
Protein	24.40g
Vitamin A 5.60IU	Vitamin C 0.80mg
Calcium 310.90mg	Iron 3.70mg

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

Nutrition - Per 100g

No 100g Conversion Available