

Cookbook for Wheeler High School

Created by HPS Menu Planner

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Choice of Potato

9-12: Choice of Potato 1 cup

Brown Rice

9-12: Brown Rice 1 cup serving

Assorted Cereal Kit

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38295
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	525290
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package	676160
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	150471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	222.50
Fat	3.63g
SaturatedFat	0.63g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	213.75mg
Carbohydrates	46.25g
Fiber	3.25g
Sugar	15.50g
Protein	3.25g
Vitamin A 412.50IU	Vitamin C 49.50mg
Calcium 130.50mg	Iron 3.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop-Tarts

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31115
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	452082
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	865101

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	57.50mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	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

Mini Donuts

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31114
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	738181
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each	371058
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each	371065
DONUT HOLE GLZD PULL APART IW 80-2.5Z	1 Each	371398

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	274.00		
Fat	12.20g		
SaturatedFat	5.30g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	272.00mg		
Carbohydrates	39.00g		
Fiber	2.20g		
Sugar	17.00g		
Protein	4.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30989
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930
JUICE APPL 100 70-4FLZ SNCUP	1 Each	207990
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each	135460
JUICE FRT PNCH 100 K-PK 96-4FLZ	1 Each	339790

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.24mg		
Carbohydrates	14.40g		
Fiber	0.00g		
Sugar	13.40g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.24mg	Iron	0.08mg

*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:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31225
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	498492
FRENCH TST MINI CINN IW 72-2.64Z	1 Package	150291
FRENCH TST MINI BRY IW 72-2.64Z PILLS	1 Package	150281

Preparation Instructions

Preheat Convection oven to 350 °

Single layer on sheet pan lined with parchment paper.

CCP: Heat in convection oven from frozen for 8-10 minutes.

From thawed state 5 - 6 minutes

CCP: Hold in warming unit for no longer than 3 hours

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 Package

Amount Per Serving

Calories	206.67
Fat	6.33g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	36.00g
Fiber	2.67g
Sugar	10.67g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.67mg	Iron 2.27mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Cinnamon Apple Slices

Servings:	24.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31166
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
APPLE SLCD W/P 6-10 GCHC	1 #10 CAN	117773
SPICE CINNAMON GRND 15Z TRDE	1 Fluid Ounce	224723

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	53.89
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.78mg
Carbohydrates	12.93g
Fiber	2.16g
Sugar	9.70g
Protein	0.00g
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

Sausage Egg and Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15271
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each	741320
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	138941
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	631902

Preparation Instructions

Egg Patties Bake: Place patties in single layer in a steamer pan sprayed with non-stick cooking spary. Cover pan
Bake - Frozen State Bake 350 20-25 min Thawed State 12-15 min

Steam - Place single layer of product in an ungreased full-size pan; Do not cover Time from frozen state 8 min Time from thawed 5 min

Sausage Bake until temp at 135 degrees

Put together sandwich, Biscuit, Egg Patty, Sausage, Cheese Slice

Put each sandwich in a sandwich bag and put in warmer until ready to serve.

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	415.00
Fat	22.00g
SaturatedFat	10.75g
Trans Fat	0.00g
Cholesterol	142.50mg
Sodium	980.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	2.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 294.00mg	Iron 2.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33606
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package	269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	269260

Preparation Instructions

Bake according to manufactures directions.

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	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	36.00g		
Fiber	2.50g		
Sugar	11.50g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	1.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	28.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31143
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	2 Quart 1 Cup (9 Cup)	000001WTR
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	155661
Chicken, Fajita Strips, Cooked, Frozen	3 1/2 Pound	100117
PASTA PENNE RIGATE 51 WGRAIN 2-10	3 Pound	221482
CHEESE MOZZ SHRD 4-5 LOL	10 Ounce	645170

Preparation Instructions

Preheat convection oven to 300°F.

Lightly spray bottom and sides of SS 4 inch deep hotel pan with oil or non-stick cooking spray.

To assemble dish:

Cut open bag of thawed JTM Alfredo Sauce and place in the center of pan.

Add hot water to pan and blend using wire whisk.

Add dry pasta to mixture and blend using a rubber spatula.

Cover pan with foil and transfer to preheated oven.

Remove from oven after 30 minutes and blend in chicken fajita and mozzarella cheese.

Cover and place back into oven for an additional 10 to 15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 28.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	460.64
Fat	15.74g
SaturatedFat	8.25g
Trans Fat	0.05g
Cholesterol	107.46mg
Sodium	1263.88mg
Carbohydrates	43.75g
Fiber	3.43g
Sugar	9.61g
Protein	35.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 378.43mg	Iron 1.71mg

*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-31124
School:	Wheeler High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31126
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	1/2 Cup	110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

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	22.00mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
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

Mixed Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34893
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
Mixed Vegetables	1/2 Cup	111230

Preparation Instructions

Note: Only commodity brown box mixed vegetables counts towards red/orange, starchy, and other. All other mixed vegetables count only as Other vegetable subgroup.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	59.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.00mg
Carbohydrates	12.00g
Fiber	4.00g
Sugar	3.00g
Protein	3.00g
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

9-12: Potato Wedges 1 cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40273

Ingredients

Description	Measurement	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	1 Cup	174251

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	250.47
Fat	7.71g
SaturatedFat	0.96g
Trans Fat	0.00g
Cholesterol	5.78mg
Sodium	289.00mg
Carbohydrates	40.46g
Fiber	3.85g
Sugar	0.00g
Protein	3.85g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.27mg	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

Eggo Mini Pancakes

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31117
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Each	284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303

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	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

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20402
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	298.00
Fat	12.00g
SaturatedFat	4.10g
Trans Fat	0.60g
Cholesterol	39.00mg
Sodium	509.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 63.00mg	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

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31121
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	353.00
Fat	16.50g
SaturatedFat	6.60g
Trans Fat	0.60g
Cholesterol	51.50mg
Sodium	734.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.50g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.50mg	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

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27268
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	236012
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

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

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	334.02
Fat	13.65g
SaturatedFat	4.29g
Trans Fat	0.00g
Cholesterol	70.55mg
Sodium	1071.19mg
Carbohydrates	31.02g
Fiber	2.00g
Sugar	4.50g
Protein	20.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 206.23mg	Iron 3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12: French Fries 1 cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40274

Ingredients

Description	Measurement	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	4 Ounce	200697

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	133.33
Fat	4.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.67mg
Carbohydrates	24.00g
Fiber	1.33g
Sugar	1.33g
Protein	1.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.33mg	Iron 0.40mg

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

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-20747
School:	Wheeler High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	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

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31130
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
CORN SUPER SWT 30 GCHC	1/2 Cup	358991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.63		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.67g		
Fiber	0.75g		
Sugar	3.73g		
Protein	2.24g		
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

9-12: 4 Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40276

Ingredients

Description	Measurement	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z 4-7.7	4 Piece	533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 1.00

Serving Size: 4.00 Each

Amount Per Serving	
Calories	440.00
Fat	24.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	800.00mg
Carbohydrates	24.00g
Fiber	4.00g
Sugar	4.00g
Protein	40.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12: Chicken Nuggets 8 each

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40277

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	8 Each	281831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 8.00 Each

Amount Per Serving	
Calories	384.00
Fat	22.40g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	704.00mg
Carbohydrates	25.60g
Fiber	4.80g
Sugar	1.60g
Protein	22.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.00mg	Iron 3.04mg

*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:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31128
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	1/2 Cup	118737

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	4.00g
Fiber	2.00g
Sugar	2.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 3.00mg
Calcium 30.00mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31169
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Each	818222
SAUCE CHS ULTIM YEL POUZ 6-106Z LOL	3 Fluid Ounce	310668

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Cut open chips.
2. Portion #16 scoop of meat, 3 fluid ounce scoop of cheese inside bag.
3. Offer with lettuce, salsa, taco sauce & sour cream

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	409.38
Fat	20.39g
SaturatedFat	8.80g
Trans Fat	0.18g
Cholesterol	51.06mg
Sodium	775.84mg
Carbohydrates	35.60g
Fiber	4.26g
Sugar	1.26g
Protein	18.48g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 311.35mg	Iron 1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Refried Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31167
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	100362
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	10 Slice	100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.208
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.539
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	135.22
Fat	1.04g
SaturatedFat	0.63g
Trans Fat	0.00g
Cholesterol	3.13mg
Sodium	209.22mg
Carbohydrates	21.97g
Fiber	5.39g
Sugar	1.29g
Protein	8.79g
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

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31136
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	1 #5 CAN	488232
Tap Water for Recipes	1 #5 CAN	000001WTR

Preparation Instructions

STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.625
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	91.30
Fat	1.01g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	395.64mg
Carbohydrates	18.26g
Fiber	1.01g
Sugar	10.14g
Protein	2.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.14mg	Iron 0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Treat

Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34892
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
XFROST CUP VAN 24-4.5FLZ	1 Each	542375
XFROST CUP CHOC L/F 24-4.5FLZ	1 Each	126303
XFROST CUP COFF 24-4.5FLZ	1 Each	542430
NOVELTY FZ SHRB ORNG TUBE 6-12CNTRYFR	1 Each	751294

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	95.00
Fat	1.00g
SaturatedFat	0.38g
Trans Fat	0.00g
Cholesterol	3.75mg
Sodium	68.75mg
Carbohydrates	17.00g
Fiber	0.00g
Sugar	12.25g
Protein	7.50g
Vitamin A 0.00IU	Vitamin C 1.50mg
Calcium 190.00mg	Iron 0.03mg

*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-38296
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
BUN HOT DOG WGRAIN SLCD 144-6	1 Each	733411
FRANKS TURKEY CN 8/ 2Z 4-5 GCHC	1 Each	681894

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	960.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	5.00g
Protein	12.00g
Vitamin A 11.07IU	Vitamin C 0.01mg
Calcium 111.08mg	Iron 2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12: Tater Tots 1 cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40275

Ingredients

Description	Measurement	DistPart #
POTATO TATER TOTS 6-5 OREI	5 1/4 Ounce	141510

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	270.83
Fat	12.50g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	645.83mg
Carbohydrates	33.33g
Fiber	4.17g
Sugar	0.00g
Protein	4.17g
Vitamin A 0.00IU	Vitamin C 7.50mg
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

Hot Ham & Cheese on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40282
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice	556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
ROLL PRTZL WGRAIN 120-2.2Z J&J	1 Each	500162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	315.00
Fat	10.00g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	715.00mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	4.50g
Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.00mg	Iron 3.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Yogurt Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40186
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
Wild Blueberries fzn	1/2 Cup	100243
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Fluid Ounce	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Fluid Ounce	711664

Preparation Instructions

Layer ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
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	127.99		
Fat	2.44g		
SaturatedFat	0.34g		
Trans Fat	0.00g		
Cholesterol	0.93mg		
Sodium	64.43mg		
Carbohydrates	25.28g		
Fiber	3.50g		
Sugar	12.60g		
Protein	2.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.58mg	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

Choice of Potato

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31144
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

Potato Choices that are already on the menu include: Mashed Potatoes (R-31129), Potato Wedges (GFS#199080) , Hash browns (GFS#242241), Sweet Potato Fries (GFS#273660), or French Fries (GFS#200697)

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12: Choice of Potato 1 cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40278

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

Potato Choices that are already on the menu include: Mashed Potatoes (R-31129), Potato Wedges (GFS#174251), Hash browns (GFS#242241), Sweet Potato Fries (GFS#273660), or French Fries (GFS#200697)

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31134
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	516371

Preparation Instructions

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12: Brown Rice 1 cup serving

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40187
School:	Wheeler High School		

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	516371

Preparation Instructions

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	170.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available