

Cookbook for Union Center Elementary School

Created by HPS Menu Planner

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Assorted Variety of Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31226
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611

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: 6.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	110.20		
Fat	1.33g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	154.87mg		
Carbohydrates	23.67g		
Fiber	1.63g		
Sugar	8.00g		
Protein	1.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.53mg	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

Mini Donuts

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

Assorted Muffin

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31227
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each	273681

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	185.00		
Fat	6.50g		
SaturatedFat	1.25g		
Trans Fat	0.05g		
Cholesterol	12.50mg		
Sodium	111.25mg		
Carbohydrates	29.25g		
Fiber	1.25g		
Sugar	15.00g		
Protein	2.50g		
Vitamin A	3.60IU	Vitamin C	0.01mg
Calcium	9.01mg	Iron	0.97mg

*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:	Union Township Middle 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

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

Nacho Meal Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34875
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	662512
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	150250
SALSA CUP 84-3Z REDG	1 Each	677802

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	449.30
Fat	25.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	730.50mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	3.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 438.00mg	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

Salisbury Steak w/ Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40140
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	1 Each	451400
GRAVY BF RSTD 12-50Z HRTHTSTN	1 Fluid Ounce	232424

Preparation Instructions

Salisbury Steak: Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	245.00		
Fat	17.75g		
SaturatedFat	7.25g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	550.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad w/ Goldfish & Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40137
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint	451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
Ham, Cubed Frozen	1 1/2 Ounce	100188-H
Assorted Muffin	1 Serving	R-31227
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
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	430.49
Fat	18.46g
SaturatedFat	6.98g
Trans Fat	0.05g
Cholesterol	54.63mg
Sodium	766.50mg
Carbohydrates	50.71g
Fiber	3.25g
Sugar	18.23g
Protein	19.65g
Vitamin A 3.60IU	Vitamin C 0.01mg
Calcium 61.01mg	Iron 1.67mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Cinnamon Apple Slices

Servings:	77.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31244
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
APPLE SLCD W/P 6-10 GCHC	3 #10 CAN	117773
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup	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: 77.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	50.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.08mg		
Carbohydrates	12.09g		
Fiber	2.02g		
Sugar	9.07g		
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

Cereal, Goldfish, Cheese Stick, and Yogurt Cup

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34874
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	3 Each	786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	3 Package	736280
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
Assorted Variety of Cereal	3 Serving	R-31226

Preparation Instructions

Package 1 of each item together to make kit: cereal, string cheese, goldfish cracker, and yogurt.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	567.27
Fat	10.83g
SaturatedFat	2.65g
Trans Fat	0.00g
Cholesterol	13.33mg
Sodium	896.27mg
Carbohydrates	100.67g
Fiber	4.90g
Sugar	34.33g
Protein	18.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 562.27mg	Iron 7.83mg

*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:	Union Township Middle 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

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:	Union Township Middle 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

Grape or Strawberry Uncrustable Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30996
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each	786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	736280

Preparation Instructions

Package Uncrustable, string cheese, and goldfish cracker together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	460.00
Fat	22.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	650.00mg
Carbohydrates	47.50g
Fiber	4.00g
Sugar	16.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

*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:	Union Township Middle 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

Sub Sandwich

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

Steamed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31125
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	1/2 Cup	285680

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	0.500
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	22.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.58mg		
Carbohydrates	5.22g		
Fiber	2.24g		
Sugar	2.99g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.85mg	Iron	0.27mg

*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

*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:	Union Township Middle 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

Walking Taco (Elementary)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33605
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/4 Cup	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	456090

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	315.40
Fat	17.20g
SaturatedFat	8.20g
Trans Fat	0.19g
Cholesterol	52.67mg
Sodium	587.13mg
Carbohydrates	24.33g
Fiber	3.33g
Sugar	2.33g
Protein	16.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 272.33mg	Iron 1.62mg

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

Nutrition - Per 100g

No 100g Conversion Available
