

# **Cookbook for Prairie Heights High School**

**Created by HPS Menu Planner**

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# Sausage, Egg, Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39936
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BISCUIT BTRMLK 100-2.25Z BRIDG	1 Each	**Non-Whole Grain**	451740

## Preparation Instructions

Prepare Sausage, Egg Patty and Biscuit according to directions on case.

Serve as 1 sausage patty, 1 egg patty, slice of cheese, and 1 biscuit.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.250
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	127.50mg
<b>Sodium</b>	1125.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 165.50mg	<b>Iron</b> 3.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable

<b>Servings:</b>	2.00	<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-29182
<b>School:</b>	Prairie Heights High School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	32.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.50mg	<b>Iron</b>	1.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Poptarts

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10317
<b>School:</b>	Prairie Heights High School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<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>	361.00
<b>Fat</b>	5.83g
<b>SaturatedFat</b>	1.93g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	75.00g
<b>Fiber</b>	5.87g
<b>Sugar</b>	30.00g
<b>Protein</b>	4.77g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 220.00mg	<b>Iron</b> 3.60mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 2 ounce Cereal Bowls

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33489

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931

## Preparation Instructions

No Preparation Instructions available.

### 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	207.50
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	3.75g
<b>Sugar</b>	14.50g
<b>Protein</b>	3.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 102.50mg	<b>Iron</b> 5.18mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Donuts

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29183
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058

## Preparation Instructions

No Preparation Instructions available.

### 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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	282.50		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	265.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	2.25g		
<b>Sugar</b>	19.25g		
<b>Protein</b>	4.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.25mg	<b>Iron</b>	1.25mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fruit Juice

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9541
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each		403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each		355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

## 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>	0.500
<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: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	66.17		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.70mg		
<b>Carbohydrates</b>	15.83g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	30.82mg	<b>Iron</b>	0.28mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Cheeseburger on Bun\*

<b>Servings:</b>	1.00	<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-27343
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce		158704
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty with slice of cheese on each bun.

Updated 3.17.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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>	402.50
<b>Fat</b>	20.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	1.13g
<b>Cholesterol</b>	63.75mg
<b>Sodium</b>	498.75mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	24.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 3.35mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Burger Bar

<b>Servings:</b>	1.00	<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-39937
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce		158704
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun. Students can garnish with leaf lettuce, sliced tomatoes, sliced onion, pickles, and other condiments.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<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>	367.50		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	7.25g		
<b>Trans Fat</b>	1.13g		
<b>Cholesterol</b>	56.25mg		
<b>Sodium</b>	288.75mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.35mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable, 5.3 oz.

<b>Servings:</b>	2.00	<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-29168
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761
SAND UNCRUST PB&J STRAWB 72-5.3Z	1 Each		543822

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	600.00		
<b>Fat</b>	33.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	64.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	88.50mg	<b>Iron</b>	2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Popcorn Chicken Salad

<b>Servings:</b>	1.00	<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-39906
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each		536620
CHEESE CHED MLD SHRD 4-5 LOL	1 Fluid Ounce		150250
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

## Preparation Instructions

WASH HANDS

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Place 1 cup of romaine lettuce in salad container.
2. Place 10 pieces of popcorn chicken and 1/4 cup (1 ounce weight) of cheese on top of lettuce and package with 2 packages of croutons

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	445.00
<b>Fat</b>	21.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	945.00mg
<b>Carbohydrates</b>	37.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 153.50mg	<b>Iron</b> 3.44mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<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-21445

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

Start with 1 slice of bread and layer 5 slices of ham on top and then place 1 slice of cheese. Put other slice of bread on top of the cheese. Store in cooler and serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<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

<b>Amount Per Serving</b>			
<b>Calories</b>	378.40		
<b>Fat</b>	14.67g		
<b>SaturatedFat</b>	4.95g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	110.54mg		
<b>Sodium</b>	1279.31mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	31.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	141.50mg	<b>Iron</b>	3.18mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	480.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9547
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	18 #10 CAN		298913
ONION DEHY CHPD 15 P/L	1 Pint		263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup		860221
SUGAR BROWN LT 12-2 P/L	3/4 Quart		860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon		655937
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN		200621

## Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until 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>	0.000
<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: 480.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	175.90
<b>Fat</b>	0.49g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	530.03mg
<b>Carbohydrates</b>	36.05g
<b>Fiber</b>	4.87g
<b>Sugar</b>	15.77g
<b>Protein</b>	7.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 52.69mg	<b>Iron</b> 1.94mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Flavored Craisins

<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29544
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

## 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>	0.500
<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: 2.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	24.00g		
<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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Garden Salsa or Harvest Cheddar Sunchips

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39938
<b>School:</b>	Prairie Heights High School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	155.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Warm Pastries

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29185
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	N/A	838340
CRESCENT FILLD GRP 72-2.29Z PILLS	1 Each	N/A	321752
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	N/A	321722
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package	N/A	894291
PRETZEL STIX CINN WGRAIN IW 60-2.1Z	1 Each		550840
DOUGH ROLL CINN WGRAIN 240-1.25Z	2 Each		230312
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each	N/A	401034
BAR BKFST CINN TST & CHS IW 72-2.36Z	1 Each	N/A	880415

## Preparation Instructions

Heat and Serve according to each products instructions.

## 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: 8.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	212.15		
<b>Fat</b>	5.43g		
<b>SaturatedFat</b>	1.19g		
<b>Trans Fat</b>	0.05g		
<b>Cholesterol</b>	32.63mg		
<b>Sodium</b>	193.51mg		
<b>Carbohydrates</b>	36.75g		
<b>Fiber</b>	2.56g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	4.86g		
<b>Vitamin A</b>	12.50IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.48mg	<b>Iron</b>	1.59mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Salad Bar

<b>Servings:</b>	2.00	<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-39904
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

Self-serve vegetables options include: Lettuce spinach, onion, and diced tomato. Green Peas and Garbanzo Beans will pre-portioned in 2 ounce souffle cups.

Students can use from vegetable selections and then choose up to 2 protein cups (cheese-1/ cup , ham-1.51 ounce weight, turkey-1.96 ounce weight, BBQ Chicken-R-40285, Caesar Chicken-R-40286 or Fajita Chicken-1.50 ounce weight, or Popcorn Chicken-5 pieces) and then select from Salad Bar Cracker selection (R-R-40284) and/or croutons for grain

### 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>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Dog on Bun\*

<b>Servings:</b>	1.00	<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-34109
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN SLCD 144-6	1 Each		733411

## Preparation Instructions

1. Boil the hot dogs until the internal temperature reaches 165 degrees.
2. Transfer to pans and cover.
3. Store in hot boxes until service.
4. Then place each hot dog into a bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<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>	320.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	880.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	76.11mg	<b>Iron</b>	2.26mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Wings

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.33 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39946

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG SPLT SML FRSH 4-10 GCHC	8 1/3 Ounce		782941

## Preparation Instructions

### COOKING INSTRUCTIONS NEEDED

Students will chose what sauce they want wings tossed in and should be served with breadstick.

Note: The case is 4, 10 lb. packages. You should get 19 servings per 10 lb. bag. Suggestion would be that the first time you get these wings you count how many wings are in each 10 lb. package. This would then give us an average to determine how many wings should be served to meet requirements.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.33 Ounce

#### Amount Per Serving

<b>Calories</b>	478.98
<b>Fat</b>	35.40g
<b>SaturatedFat</b>	9.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	166.60mg
<b>Sodium</b>	354.03mg
<b>Carbohydrates</b>	0.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	39.57g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 1.50mg

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

## Nutrition - Per 100g

<b>Calories</b>	202.83		
<b>Fat</b>	14.99g		
<b>SaturatedFat</b>	3.97g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.55mg		
<b>Sodium</b>	149.91mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.76g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.63mg

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

# Boneless Chicken Wings

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 wing	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39948

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	5 Each		561301

## Preparation Instructions

Cook according to directions on case and hold in hot hold for service.

Wings to be tossed in students chosen sauce choice and served with breadstick

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<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: 5.00 wing

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	8.75g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	337.50mg
<b>Carbohydrates</b>	12.50g
<b>Fiber</b>	2.50g
<b>Sugar</b>	0.00g
<b>Protein</b>	17.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.25mg	<b>Iron</b> 1.25mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Caesar Wrap

<b>Servings:</b>	1.00	<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-39922
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	2 1/2 Ounce	Brown Box Commodity	110921
CHEESE MOZZ SHRD 4-5 LOL	1 Fluid Ounce		645170
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
DRESSING CAESAR RYL PKT 60-1.5Z MARZ	1 Each		554758

## Preparation Instructions

Start with tortilla shell, layer: lettuce, cheese, and chicken. Fold into a wrap and put in the container with dressing. Store in cooler and serve.

Offer milk.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	507.04
<b>Fat</b>	28.05g
<b>SaturatedFat</b>	7.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.83mg
<b>Sodium</b>	861.49mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	30.91g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 163.50mg	<b>Iron</b> 2.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad Bar Crackers

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40284
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHS 300-.75Z PEPPFM	1 Each		110431
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each		282422
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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 Each

Amount Per Serving			
<b>Calories</b>	96.67		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.67mg		
<b>Sodium</b>	176.67mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	0.77mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Strip Basket

<b>Servings:</b>	1.00	<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-29753
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	N/A	740820
White Pepper Gravy	1/4 Serving	SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE.	R-29754
BREAD GARL TX TST SLC 120-1.4Z	1 Each	**Non Whole Grain**	243681

## Preparation Instructions

Chicken Strips: BAKE PREPARATION: Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered.

Convection Oven

Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.

Updated 4.26.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<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>	436.96
<b>Fat</b>	22.03g
<b>SaturatedFat</b>	4.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	746.44mg
<b>Carbohydrates</b>	32.09g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.27g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.13mg	<b>Iron</b> 2.58mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad

<b>Servings:</b>	1.00	<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-31702
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce	Weight	202150
TURKEY BRST DCD 2-5	1 Ounce	Weight	451300
EGG HRD CKD DCD IQF 4-5 GCHC	1 Fluid Ounce		192198
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHERRY TOMATOES	1/4 Cup		16P46
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

## Preparation Instructions

Arrange ingredients nicely in container.

WASH HANDS

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Place 1 cup of romaine lettuce in salad container and then add tomatoes and cucumber.
2. Place protein items on top (ham, turkey, cheese, and egg)
3. Place Cheez-it Crackers in with salad and hold in cold storage until ready for service.

Updated 4.24.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.750
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<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>	344.24
<b>Fat</b>	17.80g
<b>SaturatedFat</b>	8.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	181.81mg
<b>Sodium</b>	692.98mg
<b>Carbohydrates</b>	21.18g
<b>Fiber</b>	2.65g
<b>Sugar</b>	3.42g
<b>Protein</b>	22.64g
<b>Vitamin A</b> 27.30IU	<b>Vitamin C</b> 0.73mg
<b>Calcium</b> 340.33mg	<b>Iron</b> 1.92mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# White Pepper Gravy

<b>Servings:</b>	64.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29754
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	1 Pound 8 Ounce (24 Ounce)		701450

## Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND 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>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	47.83		
<b>Fat</b>	2.13g		
<b>SaturatedFat</b>	1.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	265.74mg		
<b>Carbohydrates</b>	6.38g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.06g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.50mg	<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



# Breakfast Pizza

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34536
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	N/A	160432
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	N/A	503640

## Preparation Instructions

Place frozen pizzas in 18"x26"x12" prepared pans.

CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion.

Updated 3.10.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.500
<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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	211.50
<b>Fat</b>	7.20g
<b>SaturatedFat</b>	2.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.50mg
<b>Sodium</b>	335.20mg
<b>Carbohydrates</b>	26.50g
<b>Fiber</b>	3.10g
<b>Sugar</b>	5.50g
<b>Protein</b>	9.80g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 163.80mg	<b>Iron</b> 1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Meat Loaf

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39045
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	24 Pound		100158
BREAD CRUMB PANKO 6-3 GCHC	1 Pint 1 Cup (3 Cup)	UNPREPARED See Package Instructions	198011
OATS QUICK HOT CEREAL 12-42Z GCHC	1 Quart		240869
1 % White Milk	2 Quart		3601
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
EGG SHL LRG A GRD 12-30CT GCHC	24 Each		209002
ONION DCD IQF 6-4 GCHC	1 Pint 1 Cup (3 Cup)		261521
SALT IODIZED 25 CARG	1 1/2 Tablespoon		108286
SPICE PEPR BLK REG FINE GRIND 16Z	2 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SPICE THYME LEAF 6Z TRDE	1 Fluid Ounce		513814
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Quart 1 Pint (6 Cup)		200621
SUGAR BROWN LT 12-2 P/L	1 Pint		860311
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Cup		741270

## Preparation Instructions

Procedure:

Mix meat all ingredients together ( not topping ingredients- ketchup, brown sugar, mustard) in mixer on low speed until blended, using a flat beater. DO NOT OVERMIX.

Mix together topping ingredients (ketchup, brown sugar, and mustard) in a bowl and let stand until needed.

Pans used; 4 - 4 full hotel pans (spray pans well with pan spray or line with oven bag)

Press meat mixture into 2 loaves per pan, leaving a gap on the sides for the grease to collect. Pack tightly to remove any air and to make carving easier.

Bake at 325 degree F for approximately 2 hours, or until internal temperature reaches 180 degrees F.

During the last 20 minutes of cooking, remove loafs and pour off the grease that has collected and pour the topping mixture on top of loaves. Return to ovens to finish cooking. Watch to make sure topping does not burn.

**IMPORTANT:** When meatloaf has reached 180 degrees, remove and drain off excess grease from pans.

If unable, use dry bread to help soak up some of the grease.

Leave meat loaf on the counter to rest for 15 minutes before slicing.

Slice in 4 oz. weight slices.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	309.77		
<b>Fat</b>	18.92g		
<b>SaturatedFat</b>	6.25g		
<b>Trans Fat</b>	2.87g		
<b>Cholesterol</b>	120.11mg		
<b>Sodium</b>	317.42mg		
<b>Carbohydrates</b>	12.37g		
<b>Fiber</b>	0.46g		
<b>Sugar</b>	7.79g		
<b>Protein</b>	22.82g		
<b>Vitamin A</b>	62.86IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.44mg	<b>Iron</b>	0.43mg

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

## Nutrition - Per 100g

<b>Calories</b>	273.17		
<b>Fat</b>	16.68g		
<b>SaturatedFat</b>	5.51g		
<b>Trans Fat</b>	2.53g		
<b>Cholesterol</b>	105.92mg		
<b>Sodium</b>	279.91mg		
<b>Carbohydrates</b>	10.91g		
<b>Fiber</b>	0.41g		
<b>Sugar</b>	6.87g		
<b>Protein</b>	20.12g		
<b>Vitamin A</b>	55.43IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.08mg	<b>Iron</b>	0.38mg

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

# Buffalo Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11202

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	Weight	570533
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup	2 fluid ounce spoodle	712131
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Teaspoon		704229
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Tablespoon		426598
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

## Preparation Instructions

1. Thaw and cook the chicken according to package instructions. Heat to 135 degrees.
2. Assemble the wrap with all of the ingredients.
3. After assembly, hold the wraps in the hot box until service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<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: 1.00

Serving Size: 1.00 Wrap

### Amount Per Serving

<b>Calories</b>	441.67
<b>Fat</b>	24.83g
<b>SaturatedFat</b>	11.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.17mg
<b>Sodium</b>	727.00mg
<b>Carbohydrates</b>	32.17g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 247.00mg	<b>Iron</b> 2.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buttered Golden Corn

<b>Servings:</b>	660.00	<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-39935
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	120 Pound		100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 2/3 Cup		299405
SEASONING VEGETABLE NO SALT 21Z TRDE	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		647230

## Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 660.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	71.02		
<b>Fat</b>	1.44g		
<b>SaturatedFat</b>	0.28g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.21mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	16.09g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.12mg	<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

# Mashed Potatoes

<b>Servings:</b>	40.00	<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-29750
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS CNTRY STYL 12-30.7Z BAMER	1 Pound 14 7/10 Ounce (30 7/10 Ounce)		325406

## Preparation Instructions

STEP 1) POUR BOILING WATER INTO A MIXING BOWL.

STEP 2) SLOWLY ADD 1 POUCH OF POTATO PEARLS COUNTRY STYLE MASHED POTATOES TO BOILING WATER, SET ON MIXER AND USE HIP ATTACHMENT TO MIX FOR 1 MINUTE.

STEP 3) TRANSFER POTATO PEARLS COUNTRY STYLE MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND HOLD FOR 20-30 MINUTES BEFORE SERVING.

4) RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

### 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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	80.59		
<b>Fat</b>	0.81g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	322.34mg		
<b>Carbohydrates</b>	16.12g		
<b>Fiber</b>	1.61g		
<b>Sugar</b>	0.81g		
<b>Protein</b>	1.61g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.06mg	<b>Iron</b>	0.24mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Banana or Blueberry Bread

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31991
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each		319413
BREAD BLUEB IW 75-3.45Z SUPBAK	1 Each		319418

## Preparation Instructions

No Preparation Instructions available.

### 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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	265.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	245.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	24.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b>	0.00IU**
<b>Vitamin C</b>	0.00mg**
<b>Calcium</b>	103.50mg
<b>Iron</b>	1.00mg

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Chicken Salad

<b>Servings:</b>	1.00	<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-39923
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Commodity Brown Box	110921
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CORN & BLK BEAN FLME RSTD 6-2.5	1/4 Cup	N/A	163760
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1 Fluid Ounce		712131
CHERRY TOMATOES	1/4 Cup		16P46
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce	N/A	426598
SAUCE BBQ 4-1GAL SWTBRAY	1 Fluid Ounce	N/A	655937
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package	N/A	818222

## Preparation Instructions

Mix the ranch and BBQ together. Put in 2 oz cups.

Put the corn & black beans in a cup.

Layer salad ingredients and add other components.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<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>	620.38
<b>Fat</b>	30.95g
<b>SaturatedFat</b>	6.69g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	1060.53mg
<b>Carbohydrates</b>	57.31g
<b>Fiber</b>	6.02g
<b>Sugar</b>	22.14g
<b>Protein</b>	29.52g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 161.50mg	<b>Iron</b> 1.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Biscuit & Gravy

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28351

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	3 Quart 1/2 Cup (12 1/2 Cup)	N/A	464694
BISCUIT BTRMLK 100-2.25Z BRIDG	50 Each	**Non-Whole Grain**	451740

## Preparation Instructions

Prepare BISCUITS as package indicates  
Prepare GRAVY, SAUSAGE as package indicates  
Hold each until service.  
Place 1 biscuit on tray with 2 fl. oz. cup of gravy.  
Updated 4.25.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<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: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	810.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	59.00mg	<b>Iron</b>	2.10mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spaghetti with Homemade Meat Sauce

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39385
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Fin Ground, 85/15, Frozen	17 1/2 Pound		100158
Tomato Sauce cnd	3 Gallon	USDA Brown Box	100334
ONION YELLOW BAG 2 50	2 Pound	Chopped	570109
SPICE BAY LEAF WHOLE 2Z TRDE	4 Each		273937
SPICE THYME LEAF 6Z TRDE	2 Teaspoon		513814
GARLIC CHPD IN OIL 6-1QT	1 Teaspoon		464290
SPICE OREGANO LEAF 5Z TRDE	1 Fluid Ounce		513733
SPICE BASIL LEAF 5.5Z TRDE	1 Fluid Ounce		513628
Tap Water for Recipes	5 Gallon 1 Quart (21 Quart)	1 quart for sauce 5 gallons for pasta	000001WTR
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1/2 Cup		109843
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Teaspoon		225088
SALT IODIZED 25 CARG	7 Ounce	2 ounce weight for sauce (approx. 3 1/8 Tablespoon) 5 ounce weight for pasta (approx. 7 7/8 Tablespoon)	108286
PASTA SPAG 51 WGRAIN 2-10	10 Pound		221460
OIL VEG 9-48FLZ P/L	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		330282

## Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.  
CCP: Heat to 165°F or above for at least 15 seconds.
  2. Add ingredients for spaghetti sauce to browned ground beef: tomato sauce, 1 quart water, onion, bay leaves, thyme, minced garlic, oregano, basil, Worcestershire sauce, cayenne pepper, and 2 ounce weight of salt).  
CCP: Hold at 135o F or higher.
  3. Bring water and 5 ounce weight of salt to a boil.
  4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly.  
CCP: Hold at 135°F or higher.
- Total yield and serving size needs to be confirmed/tested 3.7.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	358.51		
<b>Fat</b>	13.76g		
<b>SaturatedFat</b>	4.25g		
<b>Trans Fat</b>	2.10g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	986.76mg		
<b>Carbohydrates</b>	40.48g		
<b>Fiber</b>	5.28g		
<b>Sugar</b>	6.56g		
<b>Protein</b>	21.28g		
<b>Vitamin A</b>	0.18IU	<b>Vitamin C</b>	0.67mg
<b>Calcium</b>	10.09mg	<b>Iron</b>	1.62mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken, Bacon, Ranch Wrap

<b>Servings:</b>	1.00	<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-39905
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Brown Box Commodity	110921
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce		426598
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

## Preparation Instructions

Start with tortilla shell, layer: ranch dressing, lettuce, bacon, and chicken. Fold into a wrap and put in the container. Store in cooler and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	490.00		
<b>Fat</b>	27.50g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.00mg		
<b>Sodium</b>	927.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	31.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.00mg	<b>Iron</b>	2.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Green Beans

<b>Servings:</b>	432.00	<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-9560
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	18 #10 CAN		100307
Tap Water for Recipes	1 Quart		000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound	Prepare as directed.	110611

## Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the 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>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	19.86		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	288.90mg		
<b>Carbohydrates</b>	3.41g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.22mg	<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

# Potato Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 potato	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39949
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chili - Healthier Kansas Recipe	1/2 Serving	1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 2. Drain beans. 3. Add remaining ingredients, except water, to ground beef. 4. Add additional water or juice from canned beans to make approximately 19-20 quarts for every 100 3/4-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates. CCP: Heat to 160°F or higher for at least 15 seconds. CCP: Hold hot for service at 135°F or above. Notes: -For less sodium, choose a fancy or very-low sodium chili powder. -Older students may like the chili spicier and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste. -May use 1 lb 6 oz of fresh onions per 100 servings in place of dried onions. -May use minced garlic in place of garlic powder. -May puree one can of the pinto beans prior to adding to chili. This will yield a thicker product	R-11462
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	3/8 Cup	3 fl ounce ladle or spoodle #10 Disher	310668
POTATO BAKER IDAHO 80CT MRKN	1 Each		322385

## Preparation Instructions

COOKING BAKING INSTRUCTIONS NEEDED

Chili: Make according to Recipe #11462

Cheese Sauce: Heat according to directions on case of manufacture

For service: Students should be given a choice of protein (chili and cheese or two portions of chili or two portions of cheese) and then served with breadstick



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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>	1.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 potato

### Amount Per Serving

<b>Calories</b>	596.44
<b>Fat</b>	18.61g
<b>SaturatedFat</b>	9.93g
<b>Trans Fat</b>	0.53g
<b>Cholesterol</b>	56.50mg
<b>Sodium</b>	695.82mg
<b>Carbohydrates</b>	76.86g
<b>Fiber</b>	11.47g
<b>Sugar</b>	5.70g
<b>Protein</b>	27.61g
<b>Vitamin A</b> 5.67IU	<b>Vitamin C</b> 55.83mg
<b>Calcium</b> 317.43mg	<b>Iron</b> 4.82mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Panther Popcorn Chicken Bowl

<b>Servings:</b>	1.00	<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-29752
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mashed Potatoes	1/2 Serving	STEP 1) POUR BOILING WATER INTO A MIXING BOWL. STEP 2) SLOWLY ADD 1 POUCH OF POTATO PEARLS COUNTRY STYLE MASHED POTATOES TO BOILING WATER, SET ON MIXER AND USE HIP ATTACHMENT TO MIX FOR 1 MINUTE. STEP 3) TRANSFER POTATO PEARLS COUNTRY STYLE MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND HOLD FOR 20-30 MINUTES BEFORE SERVING. 4) RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.	R-29750
Golden Corn	1/2 Serving	1. Boil the frozen corn in a pot until it reaches 135 degrees. 2. Drain the corn. 3. Divide the corn among 6 pans. 4. Mix together the butter and seasoning and divide it evenly among the pans. 5. Toss to coat the corn. 6. Cover the pans and keep warm in the hot boxes.	R-10292
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each		536620
Chicken Gravy	1 Serving		R-29691
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce		100012

## Preparation Instructions

Popcorn Chicken: BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Layer 1/2 cup of Mashed potatoes, 10 pieces of Popcorn Chicken, 1/2 cup of Corn, 1 fluid ounce of gravy, and 1 fluid ounce of shredded cheese in a bowl for service.

Updated 4.25.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<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>	1.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	388.30		
<b>Fat</b>	17.12g		
<b>SaturatedFat</b>	5.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	973.89mg		
<b>Carbohydrates</b>	35.60g		
<b>Fiber</b>	4.81g		
<b>Sugar</b>	2.40g		
<b>Protein</b>	24.81g		
<b>Vitamin A</b>	215.09IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.03mg	<b>Iron</b>	1.56mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29691
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 8-1 LEGO	1/2 Tablespoon		762067

## 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>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
<b>Calories</b>	12.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.50g		
<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

# Spicy Chicken Patty on Bun

<b>Servings:</b>	1.00	<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-15198
<b>School:</b>	Prairie Heights HS Salad Bar		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT & SPCY FC 3.23Z 4-7.5	1 Each		150180
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<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>	360.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.00mg	<b>Iron</b>	4.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Creamy Coleslaw

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39352

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Quart 1 Cup (5 Cup)		811500
MAYONNAISE LT 4-1GAL HELM	1 1/2 Cup		659932
HONEY SQZ BTL 16Z 4-3CT GCHC	1 Pint		217523
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup		430795
SALT IODIZED 25 CARG	1 1/2 Teaspoon		108286
SPICE PEPR BLK REG FINE GRIND 16Z	2 Teaspoon		225037
COLE SLAW SHRED SEP 1/16 4-5 RSS	5 Pound	1 bag (carrots, red cabbage, and green cabbage)	430347
ONION GREEN 2 RSS	8 Ounce	Weight Diced	596981

## Preparation Instructions

1. Combine yogurt, mayonnaise, honey, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside for step 3.
2. Combine cabbage, carrots, and green onions, in a large bowl. Toss lightly. Set aside for step 3.
3. Pour dressing over vegetable mixture. Stir well.
4. Store in refrigerator. Cool to 41 °F or lower within 4 hours.
5. Portion with No. 8 scoop ( ½ cup).

Critical Control Point: Hold at 41 °F or below.

## 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: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	93.44
<b>Fat</b>	1.83g
<b>SaturatedFat</b>	0.31g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.15mg
<b>Sodium</b>	143.65mg
<b>Carbohydrates</b>	18.35g
<b>Fiber</b>	1.03g
<b>Sugar</b>	15.71g
<b>Protein</b>	1.26g
<b>Vitamin A</b> 0.02IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 47.51mg	<b>Iron</b> 0.21mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Alfredo

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29758
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 2-10 KE	5 Pound		635501

## Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	1.000
<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: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
<b>Calories</b>	378.03		
<b>Fat</b>	4.08g		
<b>SaturatedFat</b>	0.55g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	36.67mg		
<b>Sodium</b>	109.56mg		
<b>Carbohydrates</b>	64.68g		
<b>Fiber</b>	3.05g		
<b>Sugar</b>	3.56g		
<b>Protein</b>	21.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.36mg	<b>Iron</b>	2.74mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Taco Meat

<b>Servings:</b>	230.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27064
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	Brown Box Commodity	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound		427446
Cold Water	2 1/2 Gallon		0000

## Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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>	0.000

### Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	197.34		
<b>Fat</b>	14.02g		
<b>SaturatedFat</b>	4.67g		
<b>Trans Fat</b>	2.34g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	243.32mg		
<b>Carbohydrates</b>	1.16g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.16mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	348.05		
<b>Fat</b>	24.72g		
<b>SaturatedFat</b>	8.24g		
<b>Trans Fat</b>	4.12g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	429.14mg		
<b>Carbohydrates</b>	2.04g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	28.84g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.04mg	<b>Iron</b>	0.00mg

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

# Nacho Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39934
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Meat	1 Serving	1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.	R-27064
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	2 Ounce	Approximately 26 chips Placed in paper boats	739741
SAUCE CHS JALAP DIP CUP 140-3Z LOL	1 Each	or GFS#528690	526160

## Preparation Instructions

Taco Meat: Follow recipe R-27064

Cheese Sauce Cup: Follow directions on case on how to heat and hold

Tortilla Chips: Boat up 26 chips per serving

For service: A serving consist of 2 ounce weight (#10 Disher) of taco meat and 1 cheese sauce cup served with boat of tortilla chips. Students may help self to lettuce, diced tomatoes, jalapeno peppers, salsa, sour cream.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<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: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	667.34
<b>Fat</b>	36.02g
<b>SaturatedFat</b>	12.67g
<b>Trans Fat</b>	2.34g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1033.32mg
<b>Carbohydrates</b>	56.16g
<b>Fiber</b>	4.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	30.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 388.16mg	<b>Iron</b> 1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Homemade Spanish Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39351

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL VEG 9-48FLZ P/L	1/4 Cup		330282
ONION DEHY CHPD 15 P/L	1/2 Cup		263036
Tap Water for Recipes	3 3/4 Quart		000001WTR
Diced Tomatoes cnd	1 Quart 1/2 Cup (4 1/2 Cup)	USDA Brown Box	100329
Salsa, Low-Sodium, Canned	1 1/2 Cup	USDA Brown Box	100330
SPICE CHILI POWDER MILD 16Z TRDE	1 Fluid Ounce		331473
SPICE CUMIN GRND 15Z TRDE	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)		273945
SPICE PAPRIKA 16Z TRDE	1 1/2 Teaspoon		518331
SPICE ONION POWDER 19Z TRDE	1 1/2 Teaspoon		126993
RICE PARBL STRONGBOX 25 GCHC	1 3/4 Quart		722987

## Preparation Instructions

1. Heat oil. Add dehydrated onion. Cook for 5 minutes
2. Add water, tomatoes, salsa, and seasonings. Bring to boil.
3. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender.
4. Pour into serving pans.
5. Portion with #8 Disher or 4 oz spoodle.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	113.89		
<b>Fat</b>	1.12g		
<b>SaturatedFat</b>	0.18g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.87mg		
<b>Carbohydrates</b>	22.70g		
<b>Fiber</b>	0.48g		
<b>Sugar</b>	0.82g		
<b>Protein</b>	2.47g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.75mg	<b>Iron</b>	0.96mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken & Noodles w/ Cheese Stick

<b>Servings:</b>	512.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31670
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound		100101
PASTA NOODL EGG FZ 4-3 REAMES	72 Pound		245046
Tap Water for Recipes	14 Gallon		000001WTR
BROTH CHIX 12-5 COLLEGE INN	6 #10 CAN 1 1/14 #5 CAN (12 #5 CAN)		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	2 Quart		580589
CHEESE STRING MOZZ IW 168-1Z LOL	512 Each		786580

## Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
  2. Bring to a boil.
  3. Add the noodles.
  4. Return to a boil and lower the heat to a simmer.
  5. Simmer for 1 hour.
  6. Distribute evenly into 8 pans.
  7. Cover and store in the hot boxes until service.
- Serve 1 cup chicken & noodles with cheese stick to meet meat/meat alternate requirements.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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: 512.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	307.73
<b>Fat</b>	9.67g
<b>SaturatedFat</b>	4.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	113.75mg
<b>Sodium</b>	389.75mg
<b>Carbohydrates</b>	35.95g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.17g
<b>Protein</b>	19.13g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 199.33mg	<b>Iron</b> 2.25mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Biscuit & Gravy with Sausage Pattys

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39958
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	3 Quart 1/2 Cup (12 1/2 Cup)	N/A	464694
BISCUIT BTRMLK 100-2.25Z BRIDG	50 Each	**Non-Whole Grain**	451740
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	100 Each		138941

## Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Prepare Sausage Patties as package indicates

Hold each until service.

Place 1 biscuit on tray with 2 fl. oz. cup of gravy and two sausage patties.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<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: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	480.00		
<b>Fat</b>	26.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	1310.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	28.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	79.00mg	<b>Iron</b>	4.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Egg Scramble w/ Cinnamon Roll

<b>Servings:</b>	1.00	<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-39957
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 1/2 Ounce	Weight	533034
Cinnamon Roll w/ Icing	1 Serving	<p>1. KEEP DOUGH FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE ON GREASED OR PARCHMENT LINED PANS. PANNING CHART -----</p> <p>SIZE INDIVIDUAL CLUSTERED CLUSTERED FULL SHEET PAN FULL SHEET PAN HALF HOTEL PAN (12" X 10" X 2") -----</p> <p>2.5 OZ. 3 X 5 5 X 6 3 X 3 3. TO PREVENT PRODUCT FROM DRYING OUT, COVER EACH PAN WITH OILED PLASTIC WRAP OR COVER ENTIRE PAN RACK WITH A RACK COVER. 4. PLACE COVERED PRODUCT IN A RETARDER OR REFRIGERATOR AT 36 F - 40 F (2 C - 4 C) AND THAW OVERNIGHT OR PRODUCT MAY BE THAWED COVERED AT ROOM TEMPERATURE FOR 45 - 120 MINUTES DEPENDING OF SIZE OF DOUGH PIECE. 5. PLACE IN PROOFER SET AT 90 F - 110 F (32 C - 43 C) WITH 85% RELATIVE HUMIDITY FOR APPROXIMATELY 40-60 MINUTES OR UNTIL PROOFED. IF PROOF BOX IS NOT AVAILABLE, LEAVE DOUGH COVERED AND PROOF IN WARM SPOT IN THE KITCHEN. PROOFING IS COMPLETE WHEN THE INDENTATION FROM A FLOURED FINGER, PRESSED LIGHTLY INTO THE DOUGH, REMAINS. IF INDENTATION BOUNCES BACK, FURTHER PROOFING IS REQUIRED. 6. BAKE IN A PREHEATED OVEN (325 F (160 C) - CONVECTION OR RACK OVENS, 350 F (175 C) - DECK OVEN) UNTIL PRODUCT IS GOLDEN BROWN ON TOP, SIDES AND BOTTOM. BAKING TIMES WILL VARY ACCORDING TO SIZE OF ROLLS, TYPE OF OVEN AND FAN SPEED (IF APPLICABLE). APPROXIMATE BAKING TIMES: -----</p> <p>SIZE BAKING TIME (MINUTES) -----</p> <p>2.5 OUNCE ROLLS CLUSTERED 14 TO 20 2.5 OUNCE ROLLS INDIVIDUAL 12 TO 15 7. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE N SHINE (RICH'S® #21784). 8. COOL AND ICE WITH APPROPRIATE ICINGS (RICH'S CRÈME CHEESE ICING (RICH'S® #20036) OR WARM HEAT N ICE (RICH'S® #21952)). 9. HOLD BAKED ROLLS COVERED AT ROOM TEMPERATURE Updated 3.20.23</p>	R-39523

## Preparation Instructions

Scrambled Egg: Mix: Cook according to directions on case per manufacture.

Cinnamon Roll: Recipe #39523

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<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>	349.55		
<b>Fat</b>	15.06g		
<b>SaturatedFat</b>	5.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	217.57mg		
<b>Sodium</b>	548.56mg		
<b>Carbohydrates</b>	38.75g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	13.57g		
<b>Protein</b>	15.04g		
<b>Vitamin A</b>	54.59IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	85.14mg	<b>Iron</b>	2.60mg

\*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

<b>Servings:</b>	1.00	<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-10314
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

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

## Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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>	390.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	4.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pulled Pork Sandwich

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33764
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	5 Pound		498702
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	20 Each		266546

## Preparation Instructions

Cook Pork according to manufactures directions and hold in hot hold unit until ready for service.

Weigh out 4 ounce portion of pork and see what serving scoop portion fits in.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<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: 20.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	335.10		
<b>Fat</b>	8.82g		
<b>SaturatedFat</b>	2.65g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.32mg		
<b>Sodium</b>	432.11mg		
<b>Carbohydrates</b>	36.16g		
<b>Fiber</b>	2.65g		
<b>Sugar</b>	3.53g		
<b>Protein</b>	22.93g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.46mg	<b>Iron</b>	1.76mg

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

# Flavored Applesauce

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27287

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN 96-4.5Z	1 Each		358572
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each		276161
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each		358553
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570

## 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>	0.500
<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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	68.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.00mg		
<b>Carbohydrates</b>	17.60g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.20mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham Deli Sub

<b>Servings:</b>	1.00	<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-27022
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice	or Use Brown Box Commodity Ham Slices 2 ounce weight.	556121
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

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

Updated 4.25.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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>	295.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	880.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	22.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 152.00mg	<b>Iron</b> 2.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available