

Cookbook for Union Jr./Sr. High School

Created by HPS Menu Planner

Table of Contents

100% Fruit Juice

Cheeseburger

Cereal, Goldfish, Cheese Stick, & Yogurt

Sidekick Frozen Treat

Chicken Sandwich

9-12 Grades: French Fries

9-12: Ham Chef Salad

Pop Tart

Ham Sub Sandwich

Assorted Applesauce Cups

9-12 Grades: Sunchips® Harvest Cheddar

Uncrustable, String Cheese, & Cheez-It

Variety of Yogurt

Cereal Bar Variety

9-12 Grades: Potato Wedges

Muffin, Goldfish, Cheese Stick, & Yogurt

9-12 Grades: Taco Meat

Spicy Chicken Sandwich

Nacho Meal

Buffalo Chicken Dip

9-12 Grades: Tater Tots

Benefit Bar

1 oz. Cereal Variety

Mashed Potatoes

Chicken Gravy

9-12 Grades: Popcorn Chicken

9-12 Grades: Sausage Patty

Peanut Butter Sandwich

9-12 Grades: Sweet Potato Fries

Sausage Biscuit

9-12 Grades: Cheesy Omelet

9-12 Grades: Macaroni & Cheese

9-12 Grades: Chicken Nuggets

9-12 Grades: Potato Smiles

Mini Pancakes

100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37134
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each	135460
JUICE ORNG 100 70-4FLZ SNCUP	1 Each	207980
JUICE APPL 100 70-4FLZ SNCUP	1 Each	207990

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: 3.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.67mg	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

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37205
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	205030
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

Convection Oven: From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.

Top hamburgers with cheese. Place on bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	315.00
Fat	12.00g
SaturatedFat	5.25g
Trans Fat	0.50g
Cholesterol	42.50mg
Sodium	700.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal, Goldfish, Cheese Stick, & Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37207
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
1 oz. Cereal Variety	1 Serving	R-37135

Preparation Instructions

Package all items together. Serve as alternate entree with menued fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	356.40
Fat	8.87g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	588.07mg
Carbohydrates	53.33g
Fiber	1.57g
Sugar	18.33g
Protein	14.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 458.27mg	Iron 3.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Frozen Treat

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40643
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	667911

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37209
School:	Union Elementary School		

Ingredients

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

Preparation Instructions

Prepare chicken patties from frozen state.

CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

Place on buns.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	700.00mg
Carbohydrates	40.00g
Fiber	6.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 65.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	3.96 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39999
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	3 1 Ounce	200697

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.96 Ounce

Amount Per Serving			
Calories	132.00		
Fat	3.96g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.40mg		
Carbohydrates	23.76g		
Fiber	1.32g		
Sugar	1.32g		
Protein	1.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.20mg	Iron	0.40mg

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

Nutrition - Per 100g

Calories	117.58		
Fat	3.53g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	23.52mg		
Carbohydrates	21.16g		
Fiber	1.18g		
Sugar	1.18g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.76mg	Iron	0.35mg

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

9-12: Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40729
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice	556121
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint	451730
CUCUMBER SELECT 6CT MRKN	1/4 Cup	592323
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422

Preparation Instructions

Assemble all ingredients in container.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	460.05
Fat	21.63g
SaturatedFat	8.53g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1122.50mg
Carbohydrates	39.25g
Fiber	3.63g
Sugar	5.50g
Protein	28.48g
Vitamin A 388.50IU	Vitamin C 6.53mg
Calcium 355.58mg	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

Pop Tart

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37208
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each	865131
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062

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	177.50
Fat	2.75g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.75mg
Carbohydrates	37.00g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 250.00IU	Vitamin C 0.00mg
Calcium 115.00mg	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

Ham Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37210
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice	556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Place ham and cheese on 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	295.00
Fat	9.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	880.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Applesauce Cups

Servings:	11.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36845

Ingredients

Description	Measurement	DistPart #
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each	276161
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each	250012
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Each	276171
APPLESAUCE CINN 96-4.5Z	1 Each	358572
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each	358553
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each	699180
APPLESAUCE STRAWB UNSWT CUP 96-4.5Z	1 Each	699211
APPLESAUCE BDAY CK CUP 96-4.5Z	1 Each	731011
APPLESAUCE MANG PCH CUP 96-4.5Z P/L	1 Each	849531
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each	726580
APPLESAUCE UNSWT CUP 72-4.5Z GCHC	1 Each	581742

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: 11.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	64.55		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.91mg		
Carbohydrates	16.64g		
Fiber	1.27g		
Sugar	13.82g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.73mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Sunchips® Harvest Cheddar

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40000
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	105260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	140.00
Fat	6.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	19.00g
Fiber	2.00g
Sugar	2.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Cheez-It

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37140
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each	282422
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

Preparation Instructions

Package items together.

Serve as entree option along with menued fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	460.00		
Fat	22.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	630.00mg		
Carbohydrates	47.00g		
Fiber	5.00g		
Sugar	16.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	341.00mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37206
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	76.67
Fat	0.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	61.67mg
Carbohydrates	14.67g
Fiber	0.00g
Sugar	9.33g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.67mg	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

Cereal Bar Variety

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40649
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	265931
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	265921
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	265901

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	158.00
Fat	3.50g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	108.00mg
Carbohydrates	29.80g
Fiber	3.00g
Sugar	8.80g
Protein	2.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 2.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Potato Wedges

Servings:	1.00	Category:	Vegetable
Serving Size:	5.96 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40003
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	5 7/9 Ounce	174251

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.96 Ounce

Amount Per Serving			
Calories	250.47		
Fat	7.71g		
SaturatedFat	0.96g		
Trans Fat	0.00g		
Cholesterol	5.78mg		
Sodium	289.00mg		
Carbohydrates	40.46g		
Fiber	3.85g		
Sugar	0.00g		
Protein	3.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.27mg	Iron	0.77mg

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

Nutrition - Per 100g

Calories	148.24		
Fat	4.56g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	3.42mg		
Sodium	171.04mg		
Carbohydrates	23.95g		
Fiber	2.28g		
Sugar	0.00g		
Protein	2.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.40mg	Iron	0.46mg

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

Muffin, Goldfish, Cheese Stick, & Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37201
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

Preparation Instructions

Package all items together. Serve as alternate entree with menued fruits, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	430.00
Fat	14.00g
SaturatedFat	3.50g
Trans Fat	0.10g
Cholesterol	25.00mg
Sodium	570.00mg
Carbohydrates	60.00g
Fiber	1.00g
Sugar	25.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 358.00mg	Iron 1.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Taco Meat

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40004
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF 4-5 GCHC	1/2 Cup	776548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 0.50 Cup

Amount Per Serving			
Calories	221.26		
Fat	15.49g		
SaturatedFat	5.53g		
Trans Fat	0.00g		
Cholesterol	33.19mg		
Sodium	420.39mg		
Carbohydrates	6.64g		
Fiber	4.43g		
Sugar	2.21g		
Protein	15.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	68.59mg	Iron	2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37202
School:	Union Elementary School		

Ingredients

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

Preparation Instructions

Prepare chicken patties from frozen state.

CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Place on buns.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37203
School:	Union 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.

Serve as alternate entree with menued fruits, vegetables, and milk.

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

Buffalo Chicken Dip

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40647
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	5 Pound	722110
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Cup	704229
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533

Preparation Instructions

Heating Instructions for Queso Blanco & Buffalo Sauce:

Place unopened pouches in a full-size perforated pan.

Heat approximately for 30-45 minutes and check for internal temp. of 145°F (HACCP Critical Control Point - 145°F for 15 seconds). Your cook time may vary according to quantity of product being heated.

Once the product has reached internal temp., place on serving line or hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use.

Open the bag carefully to avoid being burned.

Chicken Heating Instructions:

Heat frozen diced or shredded chicken accordingly to manufacturer heating instructions (HACCP Critical Control Point - 165°F or higher) and hold until ready to serve.

Assemble:

In a mixing bowl, combine 5 lbs of Queso Blanco and 1 cup of Buffalo Style Sauce; mix until fully blended.

In a full size 2" deep pan, toss cooked chicken with the buffalo queso mixture and blend thoroughly.

Portion:

In a bowl portion 1/2 cup of buffalo chicken dip. Serve with tortilla chips or flatbread.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	277.69
Fat	17.24g
SaturatedFat	8.80g
Trans Fat	0.01g
Cholesterol	87.56mg
Sodium	992.72mg
Carbohydrates	2.22g
Fiber	0.13g
Sugar	0.00g
Protein	24.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Tater Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	16.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40002
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	16 Each	563840

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Each

Amount Per Serving			
Calories	195.56		
Fat	7.11g		
SaturatedFat	0.89g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	355.56mg		
Carbohydrates	30.22g		
Fiber	3.56g		
Sugar	1.78g		
Protein	1.78g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	515.56mg	Iron	1.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Benefit Bar

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37265
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each	879671
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each	875860

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	280.00		
Fat	8.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	210.00mg		
Carbohydrates	47.00g		
Fiber	3.50g		
Sugar	22.50g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

1 oz. Cereal Variety

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37135
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	116.40
Fat	1.87g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.07mg
Carbohydrates	23.33g
Fiber	1.57g
Sugar	8.33g
Protein	1.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.27mg	Iron 2.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	85.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37272
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	1 Package	222585
Tap Water for Recipes	2 Gallon	000001WTR

Preparation Instructions

Pour 2 gallons boiling water in mixing bowl. HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). Ready to serve or to add recipe ingredients. Add more boiling water to make potatoes thinner, more potatoes to make thicker.

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: 85.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	90.19		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.03mg		
Carbohydrates	20.04g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.02mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38046
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX 8-22.6Z TRIO	1 Pound 6 3/5 Ounce (22 3/5 Ounce)	290025
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER, BLEND W/WIRE WHIP & SIMMER FOR 1 MIN

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	19.47		
Fat	0.28g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	133.48mg		
Carbohydrates	3.89g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Popcorn Chicken

Servings:	1.00	Category:	Vegetable
Serving Size:	18.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40008
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	18 Each	327120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 18.00 Each

Amount Per Serving			
Calories	376.35		
Fat	21.27g		
SaturatedFat	4.10g		
Trans Fat	0.00g		
Cholesterol	32.73mg		
Sodium	572.73mg		
Carbohydrates	22.91g		
Fiber	4.91g		
Sugar	1.64g		
Protein	22.91g		
Vitamin A	163.50IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	3.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Sausage Patty

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40005
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	138941

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Each

Amount Per Serving	
Calories	100.00
Fat	6.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	250.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40648
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
PEANUT BUTTER CRMY 6-4 JIF	1 Fluid Ounce	241851
BREAD WGRAIN WHT 16-22Z GCHC	2 Each	266547

Preparation Instructions

Spread 2 Tbsp. peanut butter on 1 slice of bread. Top with other slice.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.00		
Fat	18.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	410.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	7.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	77.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	6.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40775
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
FRIES SWT 5/16 S/C SVRY 6-2.5	6 1/2 Ounce	817730

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	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.50 Ounce

Amount Per Serving			
Calories	346.67		
Fat	13.00g		
SaturatedFat	2.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	390.00mg		
Carbohydrates	52.00g		
Fiber	2.17g		
Sugar	0.00g		
Protein	2.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.33mg	Iron	0.78mg

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

Nutrition - Per 100g

Calories	188.13		
Fat	7.05g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	211.64mg		
Carbohydrates	28.22g		
Fiber	1.18g		
Sugar	0.00g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.52mg	Iron	0.42mg

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

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40676
School:	Union Elementary School		

Ingredients

Description	Measurement	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	120851
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	138941

Preparation Instructions

Biscuits:

FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.

CONVECTION: 325 degrees for 6-7 minutes

STANDARD: 375°F for 8-10 minutes

Sausage:

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	660.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Cheesy Omelet

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40776
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1 Each	240080

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Each

Amount Per Serving	
Calories	120.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	300.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 83.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Macaroni & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40006
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	1 Cup	527582

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	410.00
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1000.00mg
Carbohydrates	43.00g
Fiber	2.00g
Sugar	9.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 605.00mg	Iron 1.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39997
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	8 Each	558040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Each

Amount Per Serving			
Calories	384.00		
Fat	22.40g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	32.00mg		
Sodium	752.00mg		
Carbohydrates	25.60g		
Fiber	4.80g		
Sugar	1.60g		
Protein	20.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.40mg	Iron	3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12 Grades: Potato Smiles

Servings:	1.00	Category:	Vegetable
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39998
School:	Union Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
POTATO SMILES 26/ 6-4 OREI	8 Each	228818

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Each

Amount Per Serving	
Calories	260.00
Fat	9.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	0.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 4.80mg
Calcium 0.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37266
School:	Union Elementary School		

Ingredients

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

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 Package

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