

Cookbook for Winamac Community Middle and High School

Created by HPS Menu Planner

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Assorted Cereal (2 Ounce)

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36154

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	N/A	105931
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container	N/A	105840
CEREAL RICE CHEX BLUEB CUP 60-2Z GENM	1 Each		806114
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307
CEREAL CHEERIOS HNY CUP 60-2Z	1 Package	N/A	261799

Preparation Instructions

Updated 6.12.23

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	213.33
Fat	3.67g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	321.67mg
Carbohydrates	43.00g
Fiber	3.50g
Sugar	13.67g
Protein	3.83g
Vitamin A 83.33IU	Vitamin C 1.00mg
Calcium 118.33mg	Iron 7.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36160

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each		135470

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	62.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.25mg
Carbohydrates	14.75g
Fiber	0.00g
Sugar	14.25g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 15.00mg
Calcium 11.23mg	Iron 0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Beef Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38170
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 6-5 ADV	2 1/2 Ounce		598762
PEPPERS & ONIO RSTD BLND 6-2.5	1/4 Cup		266751
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—
Prepare beef and roasted vegetables as stated on package.

CCP: Heat to 165 degrees F or higher.

—
Fill each Sub Bun with...

2.5 ounce weight of beef

1/4 cup (2 Fluid Ounce) of roasted pepper and onion

1 ounce (1/4 cup) Cheese

—
Wrap tray of subs and place in warmer until ready to serve.

CCP: Hold for hot service at 135 degrees F or higher.

Updated 6.12.23

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	406.67
Fat	17.67g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	706.67mg
Carbohydrates	37.33g
Fiber	2.67g
Sugar	9.33g
Protein	24.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 291.33mg	Iron 3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Staff should pre-portion meat/meat alternative items and let student take up to 2 items for 2 Meat/Meat Alternative Equivalents. Meat/Meat Alternative Options include: yogurt, USDA Grilled Chicken, hardboiled egg, cottage cheese, sunflower seeds, cheese cubes, string cheese, shredded cheese, chicken fajita strips, USDA diced ham, USDA fajita chicken, diced chicken, diced turkey breast, deli turkey breast, diced turkey ham, deli ham, and peanut butter.

Variety of vegetables should be put out daily. Romaine lettuce should have 1/2 cup (4 oz spoodle) and remaining vegetables should have 1/4 cup (2 oz spoodle) for serving.

Grains: offered should be cheez-its, pretzels, goldfish crackers, and/or croutons (2 packages). Students can take up to 2 Grain items for 2 Grain Equivalents.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Breaded Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40497
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each		327080
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Chicken Patty

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Service: Place cooked chicken patty on bun. Wrap and serve.

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	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	600.00mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.02mg	Iron	3.43mg

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Nutrition - Per 100g

No 100g Conversion Available

HS: Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	6.26 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40498
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT 5/16 THIN S/O 6-2.5	6 1/4 Ounce	Weight	787100

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: 6.26 ounce weight

Amount Per Serving			
Calories	333.87		
Fat	12.52g		
SaturatedFat	2.09g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	396.47mg		
Carbohydrates	52.17g		
Fiber	2.09g		
Sugar	16.69g		
Protein	2.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.60mg	Iron	0.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Warm Pastry

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each		838340
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each		838350
BAGEL MINI CINN CRMY CHS IW 72-2.43Z	1 Each		401042
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each		401034
BAR BKFST COCOA FILLED IW 72-2.43Z	1 Each		880370
BAR BKFST CINN TST & CHS IW 72-2.36Z	1 Each		880415
CRESCENT FILLD GRP 72-2.29Z PILLS	1 Each		321752
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each		321722

Preparation Instructions

Thaw and warm according to instructions on case for each product.

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	228.50
Fat	6.46g
SaturatedFat	1.45g
Trans Fat	0.05g
Cholesterol	32.75mg
Sodium	222.76mg
Carbohydrates	38.50g
Fiber	2.29g
Sugar	11.88g
Protein	5.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.02mg	Iron 1.73mg

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Nutrition - Per 100g

No 100g Conversion Available

Smuckers® Uncrustables® (2.6 oz)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40553

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

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

Nutrition Facts

Servings Per Recipe: 2.00
Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bar (2 Ounce)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40556
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIOS PCH 48-2.5Z	1 Each		368353
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each		368248
BAR CEREAL CINN TST 48-2.5Z GENM	1 Each		811411

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	273.33
Fat	5.67g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	51.33g
Fiber	5.00g
Sugar	15.00g
Protein	4.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 423.33mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts® (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36161

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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	355.75		
Fat	5.63g		
SaturatedFat	1.83g		
Trans Fat	0.03g		
Cholesterol	57.50mg		
Sodium	305.00mg		
Carbohydrates	74.50g		
Fiber	5.90g		
Sugar	29.75g		
Protein	4.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	230.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36269

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Pound	Weight	570533
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 1/4 Cup		426598
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1 Pint 1/2 Cup (2 1/2 Cup)		712131
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	3/4 Cup		704229
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 Gallon 1 Quart (20 Cup)		678791
TORTILLA FLOUR LO SOD 9 16-12CT	20 Each		523610

Preparation Instructions

2 Days Prior to Service put chicken in cooler/refrigerator to thaw

Start with a large bowl combine: chicken, hot sauce, ranch dressing, and cheese and mix well.

Lay tortillas out and layer: 1 cup of lettuce and 1/2 cup of the bowl mixture. Fold into a wrap and cut in half. Place in a container. Store in the cooler and serve.

Updated 6.12.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	396.67
Fat	20.33g
SaturatedFat	8.25g
Trans Fat	0.00g
Cholesterol	51.67mg
Sodium	789.05mg
Carbohydrates	33.67g
Fiber	5.00g
Sugar	3.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steakburger on Bun

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39028
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE BEEF 12-1 GCHC	1 Teaspoon		439584
Tap Water for Recipes	1 Quart		000001WTR
BEEF STK BRGR CHARB 160-3Z ADV	150 Each		203260
BUN HAMB WHT WHE 4 10-12CT ALPH	150 Each		248151
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		225037

Preparation Instructions

Steakburger Patty:

From a frozen state place 25 burgers in 6 pans. Mix water and beef base together. Divide beef base mixture between 6 pans and pour over burgers. Sprinkle each pan with pepper. Bake in oven-preheat to 425 degrees. Heat 7-8 minutes or until internal temperature reaches 165 degrees.

Service: Place cooked Steakburger on bun. Wrap and serve.

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: 150.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.10
Fat	16.01g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	385.87mg
Carbohydrates	26.01g
Fiber	3.00g
Sugar	3.00g
Protein	24.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.04mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-38936
School:	Eastern Pulaski Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	UNPREPARED	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

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: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	197.34		
Fat	14.02g		
SaturatedFat	4.67g		
Trans Fat	2.34g		
Cholesterol	0.00mg		
Sodium	243.32mg		
Carbohydrates	1.16g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.16mg	Iron	0.00mg

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

Nutrition - Per 100g

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

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

Seasoned Corn

Servings:	99.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	18 Pound	Use USDA Brown Box Commodity when available	285620
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 Fluid Ounce		191205

Preparation Instructions

Place frozen vegetables in a steamer pan. Steam, using the manufacturer's directions for your steamer. When the vegetables are done add butter and seasoning and gently mix together. Keep hot in hot hold until ready for service.

CCP: Hot foods should be kept at 145° or hotter

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: 99.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		101.01	
Fat		1.41g	
SaturatedFat		0.28g	
Trans Fat		0.00g	
Cholesterol		1.21mg	
Sodium		3.64mg	
Carbohydrates		20.36g	
Fiber		0.97g	
Sugar		4.85g	
Protein		2.91g	
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

Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40496
School:	Eastern Pulaski Elementary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	6.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	255.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Baked Tostitos® Scoops

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40499
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package		696871

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	110.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	125.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-36163

Ingredients

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

Preparation Instructions

Heat & Serve according to manufactures instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36235

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound	Brown Box/USDA Commodity or Use GFS#610902	110473
SAUCE CHS ULTIM YEL POU 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)	1 Package	310668

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Updated 6.12.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.46		
Fat	1.77g		
SaturatedFat	1.06g		
Trans Fat	0.00g		
Cholesterol	5.31mg		
Sodium	120.77mg		
Carbohydrates	6.23g		
Fiber	3.20g		
Sugar	1.07g		
Protein	4.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.76mg	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

Honey BBQ Beef Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39029
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each		451410
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Beef Rib

Conventional Oven: From a frozen state. Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes.

Convection Oven: From a frozen state. Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes.

Service: Place baked beef rib on bun and wrap for service.

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	350.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	920.00mg		
Carbohydrates	39.00g		
Fiber	5.00g		
Sugar	13.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.02mg	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

HS: Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	7.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40500
School:	Winamac Community Middle and High School		

Ingredients

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

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: 7.00 Each

Amount Per Serving			
Calories	336.00		
Fat	19.60g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	616.00mg		
Carbohydrates	22.40g		
Fiber	4.20g		
Sugar	1.40g		
Protein	19.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.66mg

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36237

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Weight	570533
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce		426598
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 Cup		678791

Preparation Instructions

2 Days Prior to service thaw diced chicken in cooler/refrigerator

Place tortilla wrap on sheet pan. Spread 2 T of Ranch on the tortilla,

Add 2 ounce weight of diced chicken, 1 Tablespoon of bacon, and 1 cup of romaine lettuce to tortilla.

Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	498.33		
Fat	29.17g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	75.83mg		
Sodium	812.00mg		
Carbohydrates	33.83g		
Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39155

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	Use USDA Brown Box Commodity when available	273856
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		191205

Preparation Instructions

Place frozen vegetables in a single layer in a steamer pan. Steam, using the manufacturer's directions for your steamer. When the vegetables are done add butter and seasoning and gently mix together. Keep hot in hot hold until ready for service.

CCP: Hot foods should be kept at 145° or hotter

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	25.72
Fat	0.46g
SaturatedFat	0.29g
Trans Fat	0.00g
Cholesterol	1.25mg
Sodium	240.86mg
Carbohydrates	3.23g
Fiber	2.16g
Sugar	1.08g
Protein	1.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.79mg	Iron 0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36275

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	48 Each		266547
CHEESE AMER 160CT SLCD R/F 6-5 LOL	96 Slice	Use USDA Brown Box/Commodity if available	722360
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Cup	Melted	191205

Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).

Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	366.67
Fat	17.33g
SaturatedFat	9.67g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1170.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	6.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	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

HS: Seasoned Mini Cubes

Servings:	1.00	Category:	Vegetable
Serving Size:	6.40 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40501
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CUBES 6-5 REDSTNCAN	6 2/5 Ounce	Weight	271880

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: 6.40 ounce weight

Amount Per Serving			
Calories	234.67		
Fat	8.53g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	938.67mg		
Carbohydrates	42.67g		
Fiber	2.13g		
Sugar	2.13g		
Protein	4.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.33mg	Iron	0.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Flavor Super Slice® Bread

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40554

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
BREAD LEM IW 75-3.45Z SUPBAK	1 Each		320907

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	253.33
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	246.67mg
Carbohydrates	44.67g
Fiber	2.00g
Sugar	21.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.67mg	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

Seasoned Carrots

Servings:	95.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39154

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 30 GCHC	18 Pound	Use USDA Brown Box Commodity when available	285640
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		191205

Preparation Instructions

Place frozen vegetables in a single layer in a steamer pan. Steam, using the manufacturer's directions for your steamer. When the vegetables are done add butter and seasoning and gently mix together. Keep hot in hot hold until ready for service.

CCP: Hot foods should be kept at 145° or hotter

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 95.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	33.39		
Fat	0.35g		
SaturatedFat	0.22g		
Trans Fat	0.00g		
Cholesterol	0.95mg		
Sodium	48.19mg		
Carbohydrates	7.05g		
Fiber	3.02g		
Sugar	4.03g		
Protein	1.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.31mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Teriyaki Beef Dippers

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40502
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF TERIYAKI DIPPERS .7Z 5-5 COMM	6 Each		136591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving			
Calories	240.00		
Fat	12.00g		
SaturatedFat	5.25g		
Trans Fat	0.75g		
Cholesterol	60.00mg		
Sodium	660.00mg		
Carbohydrates	9.00g		
Fiber	1.50g		
Sugar	6.00g		
Protein	21.00g		
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

Seasoned California Blend

Servings:	178.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF 30 KE	30 Pound		283780
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce		224839
SPICE PEPR BLK REG FINE GRIND 16Z	1/4 Teaspoon		225037
CHEESE PARM SHVD 2-5 PG	4 Ounce	Weight	140560

Preparation Instructions

Place frozen vegetables in a single layer in a steamer pan. Steam, using the manufacturer's directions for your steamer. When the vegetables are done add seasoning and toss gently to mix. Keep them hot hold until ready for service.

CCP: Hot foods should be kept at 145° or hotter

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 178.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	17.83
Fat	0.18g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.56mg
Sodium	26.51mg
Carbohydrates	3.07g
Fiber	1.23g
Sugar	1.23g
Protein	0.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 18.26mg	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

Seasoned Mashed Potatoes

Servings:	158.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39150

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon		000001WTR
BASE CHIX LO SOD NO MSG 6-1 MINR	1 Teaspoon		580589
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	7 Pound 6 Ounce (118 Ounce)	2 carton	559911
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

RECONSTITUTE

1: Pour 2 gallons boiling water (212°F) in mixing bowl with chicken base.

2: HAND MIX: Add all potatoes and garlic while stirring. Let stand for 1 minute, stir well and serve. [Alternate]

MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 158.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	74.15		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	362.77mg		
Carbohydrates	16.00g		
Fiber	0.85g		
Sugar	0.00g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.25mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Buttermilk Biscuit

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40503
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK 100-2.25Z BRIDG	1 Each	**Non-Whole Grain**	451740

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	560.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	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

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-39171
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce	1 Bag	242390
Tap Water for Recipes	1 Gallon	3 quarts boiling and 1 quart cool	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
- 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
- 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
- 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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	11.72		
Fat	0.47g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	1.88g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.94mg	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

HS: Sunchips

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38171
School:	Winamac Community Middle and 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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39026
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Defrost hot dogs under refrigeration for 24 hours.

Heat on griddle or in convection or conventional oven for 10-14 minutes.

Put hot dog frank on bun and wrap for service.

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	280.00		
Fat	12.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	490.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	70.00mg	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

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	2 #10 CAN		520098
SUGAR BROWN MED 25 GCHC	1 Fluid Ounce		108626
KETCHUP CAN NAT LO SOD 6-10 REDG	1/4 Cup		200621

Preparation Instructions

Mix ingredients together and heat.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	158.20
Fat	0.52g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	572.66mg
Carbohydrates	31.84g
Fiber	5.17g
Sugar	13.14g
Protein	7.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 51.73mg	Iron 1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Frosted Sugar Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40504
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE SGR WGRAIN ICED PNK 6-21CT	1 Each		189791

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	172.00		
Fat	6.70g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	7.00mg		
Sodium	78.00mg		
Carbohydrates	27.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	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

Fajita Seasoned Chicken

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39111

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound		100101
SEASONING FAJITA MIX 6-8.9Z LAWR	8 9/10 Ounce	1 Package	518298
Tap Water for Recipes	1 Pint 1 Cup (3 Cup)		000001WTR

Preparation Instructions

Combine water and seasoning mix packet. Combine chicken and seasoning/water mixture. Bring to boil, reduce heat and simmer 20-30 minutes while stirring occasionally.

For service: Weigh out 2 ounce weight of chicken and see what size of spoodle/scoop chicken fits in.

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: 80.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	78.31		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	264.12mg		
Carbohydrates	1.89g		
Fiber	0.00g		
Sugar	0.00g		
Protein	12.00g		
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

Calories	138.11		
Fat	3.53g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	74.08mg		
Sodium	465.83mg		
Carbohydrates	3.34g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.16g		
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

White Pepper Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36602
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	1 Pound 8 Ounce (24 Ounce)		701450
Tap Water for Recipes	1 Gallon	Hot	000001WTR

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

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: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	46.77		
Fat	2.08g		
SaturatedFat	1.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	259.81mg		
Carbohydrates	6.24g		
Fiber	0.00g		
Sugar	1.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.31mg	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

HS: Crinkle Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	4.12 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40505
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 C/C OVATIONS 6-5 MCC	4 1/8 Ounce	Weight	510081

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: 4.12 ounce weight

Amount Per Serving			
Calories	178.53		
Fat	6.87g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	48.07mg		
Carbohydrates	26.09g		
Fiber	1.37g		
Sugar	1.37g		
Protein	1.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.73mg	Iron	0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39027
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each		281622
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Chicken Patty

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Service: Place cooked chicken patty on bun. Wrap and serve.

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	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	690.00mg		
Carbohydrates	42.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.02mg	Iron	3.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Wedge Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	14.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40506
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	14 Piece		509661

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: 14.00 Piece

Amount Per Serving			
Calories	200.00		
Fat	6.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
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

Orange Chicken

Servings:	55.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36505
School:	Eastern Pulaski Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	15 Pound		536620
SAUCE ORNG GINGR 4-.5GAL ASIAN	1 Quart 1 Pint (6 Cup)		802860

Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 3 sheet pans and place 1-5lb bag of popcorn chicken onto each sheet pan.
2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
3. Once chicken has reached temperature place all three sheet pans into a 6 inch and add 6 cups of sauce.
4. Toss popcorn chicken in sauce enough to coat.
5. Hold for in warmer until ready for service.

Each student should receive 10 pieces of popcorn chicken.

Updated 6.12.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 55.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	316.16
Fat	13.19g
SaturatedFat	3.04g
Trans Fat	0.00g
Cholesterol	71.02mg
Sodium	671.49mg
Carbohydrates	31.21g
Fiber	3.04g
Sugar	12.22g
Protein	19.28g
Vitamin A 202.92IU	Vitamin C 0.00mg
Calcium 20.29mg	Iron 1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: MINH® Fried Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40507
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	3/4 Cup		676463

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	202.50		
Fat	1.88g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	330.00mg		
Carbohydrates	40.50g		
Fiber	3.00g		
Sugar	2.25g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.50mg	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

Zesty Garlic Breadstick

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36495
School:	Winamac Community Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PARBK 5 WGRAIN 240CT - Bake Crafters - M	25 Each		692442
SPRAY PAN MIST GARL ZESTY 6-17Z VEGLN	1 Gram		542344

Preparation Instructions

From frozen - Conventional Oven: Preheat oven to 425F. Remove bread sticks from bag and place bread sticks flat on baking pan. Bake 6-7 minutes.

Spray with Zesty Garlic Mist.

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.35		
Fat	1.55g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	65.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available
