

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Assorted 2oz Cereal Bowls

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35666
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each	Honey Cheerios are also available to order: #261799	105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each		105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each		105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	212.00
Fat	3.30g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	292.00mg
Carbohydrates	43.00g
Fiber	3.60g
Sugar	14.60g
Protein	3.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.00mg	Iron 5.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27769
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/5 Ounce	Heat in the bag to a minimum internal temp. of 160°.	564790
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

Preparation Instructions

Use a # scoop for portioning the sloppy joe.
CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.150
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	293.90		
Fat	7.75g		
SaturatedFat	2.18g		
Trans Fat	0.00g		
Cholesterol	43.64mg		
Sodium	873.27mg		
Carbohydrates	36.92g		
Fiber	2.79g		
Sugar	11.93g		
Protein	19.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.75mg	Iron	3.79mg

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Nutrition - Per 100g

No 100g Conversion Available

Cantaloupe Wedge

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35887

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MELON MUSK CANTALOUPE 12CT P/L	1 Each	*Order Piazza #00418*	200565

Preparation Instructions

1. Thoroughly wash and dry cantaloupe.
 2. Place cantaloupe on a clean cutting board and put on cutting gloves.
 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
CCP: Hold for service at 41F or lower.
One cantaloupe yields about 10 4 oz (1/2cup) servings.

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: 10.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	26.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.00mg
Carbohydrates	7.00g
Fiber	0.50g
Sugar	6.50g
Protein	0.50g
Vitamin A 0.00IU	Vitamin C 252.00mg
Calcium 5.00mg	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 w/ Rice & Veggies

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	4 Ounce	PREPARE FROM FROZEN STATE	791710
RICE PARBL LONG GRAIN 6-10 PRDCR	1/2 Cup		699181

Preparation Instructions

There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

CCP: Hold for hot service at 140° or higher.

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service..

4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.

5. To assemble, place 1/2 cup rice in a bowl and top with #10 scoop (3-4oz) of chicken. Add 1 oz ladle of sauce over rice.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.051
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

Amount Per Serving

Calories	534.87		
Fat	4.10g		
SaturatedFat	1.03g		
Trans Fat	0.00g		
Cholesterol	46.15mg		
Sodium	389.74mg		
Carbohydrates	99.64g		
Fiber	2.05g		
Sugar	13.33g		
Protein	22.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	4.36mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich (Lunch)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39219

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	*Order biscuit #237390 if this one is out of stock.*	126962
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480

Preparation Instructions

- Gather chicken and biscuits from the freezer.
- Lay chicken and biscuits out on their own sheet pans and bake according to package instruction.
- Once biscuits are ready, place into a well and hold for service.
- Once chicken reaches 160F or higher internal temperature, place in a well and hold for service.
- CCP: Hold for hot service at 140° or higher.
- Just before service:
 - Split biscuits and place one chicken patty onto each biscuit.
- 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 Serving

Amount Per Serving

Calories	370.00		
Fat	15.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	610.00mg		
Carbohydrates	34.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Cucumber Slices w/ dip

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup	Order Piazza cucumber #00914	361510
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	113.90
Fat	11.05g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	250.50mg
Carbohydrates	3.00g
Fiber	0.15g
Sugar	1.50g
Protein	0.15g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 4.16mg	Iron 0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Soft Taco w/ chips & salsa

Servings:	75.00	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30703

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	14 Pound	14# = 2 bags	722330
TORTILLA FLOUR ULTRGR 6 30-12CT	75 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250
SALSA CUP 84-3Z REDG	75 Each		677802
CHIP TORTL RND R/F 104- .88Z TOSTIT	75 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

Preparation Instructions

1. Place bags of taco meat into a steam table pan. Steam.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

2. Cut open bags and pour into serving pans. Cover.

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

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Serve with a bag of chips and salsa cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.430
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.620
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 3.17 Ounce

Amount Per Serving

Calories	405.50
Fat	16.90g
SaturatedFat	7.45g
Trans Fat	0.27g
Cholesterol	48.30mg
Sodium	747.12mg
Carbohydrates	38.25g
Fiber	5.88g
Sugar	5.88g
Protein	19.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 202.01mg	Iron 2.87mg

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

Nutrition - Per 100g

Calories	451.22
Fat	18.81g
SaturatedFat	8.29g
Trans Fat	0.30g
Cholesterol	53.75mg
Sodium	831.35mg
Carbohydrates	42.57g
Fiber	6.55g
Sugar	6.55g
Protein	21.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 224.79mg	Iron 3.19mg

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Bosco Sticks w/ Marinara

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	None	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
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: 2.00 Each

Amount Per Serving

Calories	490.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	860.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Italian Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25996
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.122
Grain	2.250
Fruit	0.000
GreenVeg	0.003
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	573.89
Fat	32.61g
SaturatedFat	12.42g
Trans Fat	0.00g
Cholesterol	103.23mg
Sodium	1293.44mg
Carbohydrates	38.39g
Fiber	4.57g
Sugar	7.93g
Protein	34.85g
Vitamin A 899.64IU	Vitamin C 14.80mg
Calcium 156.07mg	Iron 11.55mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° or higher.

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	123.10		
Fat	8.42g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.82g		
Fiber	1.48g		
Sugar	4.43g		
Protein	1.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.02mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Colorful Cauliflower

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
whole heads of tri-color cauliflower	1 Package		01371

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	2.00g		
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

Fresh Winter Citrus Mix

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33223
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	138 Each	Order Piazza #08139. Cut oranges into wedges using the sectionizer.	198021
GRAPEFRUIT RED FCY 40-48CT 40	40 Pound	Order Piazza #8945 Cut into wedges using the sectionizer.	197882
CLEMENTINE 30	30 Pound	Order Piazza #3195 Cut into wedges using the sectionizer.	722451

Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus into a side dish container.

CCP: Hold for cold service at 41° or less.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.766
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	205.24
Fat	0.73g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	50.89g
Fiber	8.46g
Sugar	24.13g
Protein	4.07g
Vitamin A 3952.07IU	Vitamin C 159.71mg
Calcium 126.42mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Fruit Cup

Servings:	50.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 #10 CAN	USE COMMODITY FRUIT FIRST. Drain most of the liquid from the canned fruit.	268348
PEAR DCD XL/S 6-10 GCHC	1 #10 CAN	Add frozen cherries or blueberries. Mix.	290203
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1 #10 CAN	READY_TO_EAT Ready to Eat	509221
CHERRY DK SWT	1 Pound	COMMODITY frozen blueberries may be substituted for the frozen cherries.	COM90139

Preparation Instructions

Portion into clear cups.

CCP: hold for cold service at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.537
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50

Amount Per Serving			
Calories	71.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	16.68g		
Fiber	0.61g		
Sugar	14.40g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.35mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bistro Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38967

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY BUNNY 100-1.25Z GENM	1 Package	Can also order Annie's Grahams #643012	643052
EGG HARD CKD PLD 8-18CT SNYFR	1 Each	Product is fully cooked and ready to eat. Do not heat. IF UNAVAILABLE, ORDER #711160	219160
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/4 Cup		280895
PINEAPPLE CHNK PRSRV FR 2-8 RSS	1/4 Cup		581471
CHEESE COLBY JK CUBED 6-1 GCHC	1 Ounce	May also order cheese cube #471496	471461

Preparation Instructions

1. Gather all ingredients needed: cheese cubes, hardboiled eggs, grahams, and both fruits.
2. Wash hands thoroughly and put on a pair of fresh gloves.
3. Lay out bistro box containers #772881.
4. Place an egg in the small compartment in each container.
5. In the large compartment, arrange 1oz cheese cubes, 1/4 each pineapple and grapes, and grahams.
6. Store under refrigeration until time to serve.

CCP: Hold at 40F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	397.50
Fat	19.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	195.00mg
Sodium	370.00mg
Carbohydrates	42.00g
Fiber	3.75g
Sugar	21.00g
Protein	16.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 466.75mg	Iron 2.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Muffin & String Cheese

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35472

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ 168-1Z BONGARDS	6 Each		579050
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p>THAW Store frozen until ready to use. Thaw overnight under refrigerations</p>	262370
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p>THAW Store frozen until ready to use. Thaw overnight under refrigeration.</p>	262362
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	<p>READY_TO_EAT Thaw and serve.</p>	262343

Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

CCP: Hold string cheese for cold service at 35F or below.

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: 6.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00
Fat	12.50g
SaturatedFat	5.17g
Trans Fat	0.03g
Cholesterol	37.50mg
Sodium	323.33mg
Carbohydrates	30.17g
Fiber	1.67g
Sugar	15.83g
Protein	9.67g
Vitamin A 2.40IU	Vitamin C 0.01mg
Calcium 218.50mg	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

Fresh Mixed Berries

Servings:	50.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	8 Pound	Wash berries and slice into quarters.	212768
BLUEBERRY 12-1PT P/L	1 Gallon 2 Quart (12 Pint)	Wash berries thoroughly.	451690
BLACKBERRY 12-1/2PT P/L	1 Gallon 2 Quart (12 Pint)	Wash berries thoroughly.	430351

Preparation Instructions

Gently mix quartered strawberries, blueberries, and blackberries in bowl. Portion into 4 oz serving cups.

CCP: Hold at 41F or lower until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.524
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	93.43		
Fat	0.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.13mg		
Carbohydrates	22.49g		
Fiber	6.86g		
Sugar	13.97g		
Protein	2.00g		
Vitamin A	194.99IU	Vitamin C	64.08mg
Calcium	35.92mg	Iron	0.92mg

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

Nutrition - Per 100g

Calories	82.40		
Fat	0.71g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.88mg		
Carbohydrates	19.83g		
Fiber	6.05g		
Sugar	12.32g		
Protein	1.76g		
Vitamin A	171.95IU	Vitamin C	56.51mg
Calcium	31.67mg	Iron	0.81mg

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

Spaghetti w/ Meat Sauce and garlic toast

Servings:	40.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30474
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201
PASTA SPAGHETTI 10 4- 5 GCHC	5 Pound	2. Break spaghetti noodles into 1/4's. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness. 3. Place 1/2 pan in combi oven at 235F for 8 minutes. 4. Drain off water and rinse in cold water to stop the cooking process.	413370
BREAD GARL TX TST SLC 120-1.4Z	40 Each		243681

Preparation Instructions

To Serve:

Place a 4 oz spoodle of noodles in a bowl and top with a #6 scoop of meat sauce.

Serve with a garlic bread slice on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.143
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.536
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	518.93		
Fat	16.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	58.93mg		
Sodium	525.71mg		
Carbohydrates	65.64g		
Fiber	4.64g		
Sugar	9.50g		
Protein	25.07g		
Vitamin A	793.21IU	Vitamin C	20.36mg
Calcium	47.14mg	Iron	5.02mg

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

Nutrition - Per 100g

Calories	457.62		
Fat	14.55g		
SaturatedFat	4.41g		
Trans Fat	0.00g		
Cholesterol	51.97mg		
Sodium	463.60mg		
Carbohydrates	57.89g		
Fiber	4.09g		
Sugar	8.38g		
Protein	22.11g		
Vitamin A	699.50IU	Vitamin C	17.95mg
Calcium	41.57mg	Iron	4.43mg

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

Golden Delicious Apple Slices

Servings:	130.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22678

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	130 Piece	Can also order Piazza Golden Delicious #08015 Wash apples. Using the 6 section blade with corer, slices apples. Place slices into a container of properly diluted Nature Seal.	597481

Preparation Instructions

Can also order Piazza Golden Delicious #08015

1. Wash apples.
2. Using the 6 section blade with corer, slice apples.
3. Place slices into a container of properly diluted Nature Seal.
4. Portion 6 slices into a side dish container.

CCP: Hold for cold service at 41° or less.

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: 130.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

Calories	58.73		
Fat	0.18g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.15mg		
Carbohydrates	15.87g		
Fiber	2.73g		
Sugar	11.46g		
Protein	0.26g		
Vitamin A	60.95IU	Vitamin C	5.19mg
Calcium	6.77mg	Iron	0.13mg

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

Seasoned Green Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	1 Fluid Ounce		263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

CCP: Hold for hot service at 135° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.750
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	32.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	356.48mg		
Carbohydrates	4.98g		
Fiber	3.25g		
Sugar	1.63g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.38mg	Iron	0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cups, asst. flavors

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35474
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each		753911
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931

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: 1.00 Serving

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Bean Burrito w/ Mexican Rice

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN 96-4.5Z	60 Each	BAKE CONVENTIONAL OVEN 325°F: FROM FROZEN - 22-27 MINUTES. FROM THAWED - 16-22 MINUTES. CONVECTION OVEN 300°F: FROM FROZEN - 16-22 MINUTES. FROM THAWED - 15-19 MINUTES. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.	150852
SEASONING MIX MEX RICE 6-11Z	11 Ounce	In a 4" steam table pan, combine 1 1/3 gal hot water, 2.5 qt white or brown parboiled rice, and one 11-oz seasoning packet. Stir well. Cover with lid or foil and bake at 350F convection oven for 30-40 minutes or until water is absorbed. Fluff with a fork. CCP: Keep warm at 160F until serving.	259541
RICE PARBL LONG GRAIN 6-10 PRDCR	1 Gallon 3 Quart 1 Pint (30 Cup)		699181

Preparation Instructions

Prepare burritos and rice with seasoning per instructions above.

To serve, place burrito in a boat with 1/2 c rice.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	650.00**
Fat	9.00g**
SaturatedFat	4.00g**
Trans Fat	0.00g**
Cholesterol	10.00mg**
Sodium	580.00mg**
Carbohydrates	114.00g**
Fiber	9.00g**
Sugar	4.00g**
Protein	24.00g**
Vitamin A 400.00IU**	Vitamin C 3.60mg**
Calcium 200.00mg**	Iron 5.58mg**

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

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.20		
Fat	2.24g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.40mg		
Carbohydrates	4.44g		
Fiber	2.52g		
Sugar	0.84g		
Protein	2.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.40mg	Iron	0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Grapes

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 .50 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	9 Pound	Wash thoroughly and dry.	197831
GRAPES GREEN SEEDLESS 17AVG	9 Pound	Wash thoroughly and dry.	197858

Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.810
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

Amount Per Serving

Calories	91.15		
Fat	0.43g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.70mg		
Carbohydrates	23.76g		
Fiber	1.19g		
Sugar	21.60g		
Protein	0.86g		
Vitamin A	136.08IU	Vitamin C	5.44mg
Calcium	19.05mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sandwich

Servings:	32.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29408
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Pound		689541
CHEESE AMER 160CT SLCD 6-5 COMM	2 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	32 bun	BAKE Toast if desired	3474

Preparation Instructions

Lay buns out on a lined sheet pan. Take off tops.

Place 4 slices turkey on each bun bottom.

Add 2 slices cheese.

Place top of bun on each sandwich.

Bag or wrap each sandwich.

CCP: Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	2.421
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: 32.00

Serving Size: 1.00

Amount Per Serving

Calories	309.76
Fat	12.06g
SaturatedFat	5.55g
Trans Fat	0.00g
Cholesterol	53.63mg
Sodium	1009.09mg
Carbohydrates	27.08g
Fiber	2.00g
Sugar	4.04g
Protein	23.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 175.79mg	Iron 8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920
CHICKEN BREADED FULLY COOKED POPCORN STYLE CHICKEN NUGGETS	5 Each	COOK AT 350 FOR 14-16 MIN OR UNTIL REACHES INTERNAL TEMP OF 165	791493

Preparation Instructions

1. Cook chicken according to package instructions.
 2. Assemble 5 chicken pieces and roll in a Munchie cup (#699047)
- CCP: Hold at 135F or higher for service.

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 Serving

Amount Per Serving

Calories	80.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	135.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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

Crunchy Carrots w/ dip

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22506
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C 4-3 RSS	4 Ounce	Portion into 5 oz black containers.	781606
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Portion into 5 oz black containers..

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	154.44
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	330.00mg
Carbohydrates	12.67g
Fiber	3.56g
Sugar	6.33g
Protein	0.89g
Vitamin A 19022.22IU	Vitamin C 6.93mg
Calcium 37.33mg	Iron 0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Mixed Fruit

Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
GRAPES RED SDLSS 18AVG MRKN	1 Quart		197831
STRAWBERRY 8 MRKN	2 Ounce		212768

Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.778
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	89.13		
Fat	0.38g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.90mg		
Carbohydrates	23.22g		
Fiber	2.45g		
Sugar	17.29g		
Protein	0.98g		
Vitamin A	145.24IU	Vitamin C	19.18mg
Calcium	24.71mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asst. Raisins & Craisins

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Package	Use commodity raisins whenever possible! :-)	544426
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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: 1.00 Each

Amount Per Serving

Calories	115.33		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.60mg		
Carbohydrates	28.33g		
Fiber	2.10g		
Sugar	25.67g		
Protein	0.40g		
Vitamin A	1.23IU	Vitamin C	0.03mg
Calcium	5.30mg	Iron	0.39mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumstick w/ mac & cheese (elem)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35788
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ENTREE MACAR & CHS R/F WGRAIN 6-5	4 Ounce		119122
Whole Grain Dinner Roll	1 Each	READY_TO_EAT Ready to eat	3920

Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 4oz =1oz M/MA and 0.5 oz grain

Roll = 1oz grain

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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 Serving

Amount Per Serving

Calories	510.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.25g
Cholesterol	82.50mg
Sodium	1395.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	6.50g
Protein	34.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 364.50mg	Iron 2.22mg

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Nutrition - Per 100g

No 100g Conversion Available

Garden Side Salad w/ ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT 4-6CT MRKN	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

1. Place 1C lettuce in boat.
 2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
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	156.57		
Fat	13.36g		
SaturatedFat	3.52g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	299.87mg		
Carbohydrates	6.25g		
Fiber	1.59g		
Sugar	3.37g		
Protein	2.94g		
Vitamin A	381.53IU	Vitamin C	6.35mg
Calcium	71.29mg	Iron	0.14mg

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Nutrition - Per 100g

No 100g Conversion Available