

Cookbook for West Central Elementary

Created by HPS Menu Planner

Table of Contents

Hot Ham and Cheese Sandwich

Homemade Grilled Cheese Sandwich

Chef Salad with Croutons and Goldfish Crackers

Assorted Yogurt

Fruitable Vegetable Juice

Fish & Cheese Sandwich

Seasoned Broccoli

Sherbet

Ham & Cheese Sub

Fruit Parfait

Tater Tot Casserole

Sausage Gravy w/Biscuit

Breakfast Casserole

2023-2024 Variety of Breakfast Items

2023-2024 Variety of Cereal Bowls

2023-2024 Variety of Yogurt

Yogurt w/Graham Crackers

Breakfast Choice

Lunch Choice

2023-2024 Variety of Yogurt

Yogurt w/Graham Crackers

2023-2024 Variety of Cereal Bowls

Cheeseburger

Hot Dog with Bun

Breaded Chicken Sandwich

BBQ Rib Sandwich

Hot Ham and Cheese Sandwich

Servings:	98.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31687
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	9 3/8 Pound		556121
CHEESE AMER 160CT SLCD 6-5 COMM	98 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	98 Each		517810

Preparation Instructions

Prior to day of service:

Thaw ham in shallow pan on the bottom shelf of the cooler

Thaw buns by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and ham and bring to prep area

Prep:

Place 24 bun bottoms on parchment lined baking sheet

On each bun place 3 slices of ham and 1 slice of cheese

Place prepared sandwiches back in the cooler until ready to bake

Take the bun tops and place them upside down on parchment lined baking sheets (24 per pan)

CCP: Hold at 40°F or colder until ready to bake

Bake:

Preheat convection oven to 350 degree and low fan

Place prepared bottom buns in oven and set timer for 3 minutes, at 3 minutes place the bun tops in oven and reset timer for 2 minutes

Cook to an internal temperature of 145°F for 15 seconds

Batch cook at all times as needed

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	244.99
Fat	8.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	644.97mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31721
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/3 Cup	Melted	191205
BREAD WHL WHE PULLMAN SLCD 12-22Z	48 Each		710650
CHEESE AMER 160CT SLCD 6-5 COMM	72 Slice		150260

Preparation Instructions

Prior to day of service:

Thaw bread by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, bread, cheese, and butter and bring to prep area

Prep:

1. Melt the butter
2. Line baking sheet pan with parchment paper and then spread melted butter on top of paper
3. Layout 24 pieces of bread.
4. Put 3 slices of cheese on each piece of bread.
5. Top with remaining slice of bread
6. Spray top bread with butter flavored pan release.
7. Take an additional sheet pan and place on top of sandwiches (for improved browning)
8. Place prepared sandwiches back in cooler until ready to bake CCP: Hold at 40°F or colder until ready to bake

Bake:

Cook in a 350 degree oven for 8 minutes or until sandwiches are toasted.

Batch cook at all times as needed.

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Transfer grilled cheese sandwiches to 2-inch full size steam table pans for service. Shingle in pan for best appearance.

Meal Components (SLE)

Amount Per Serving

Meat	0.375
Grain	6.000
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	327.00
Fat	17.92g
SaturatedFat	9.04g
Trans Fat	0.00g
Cholesterol	44.10mg
Sodium	894.80mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	3.50g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 324.50mg	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

Chef Salad with Croutons and Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31726
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CARROT SHRD MED 2-5 RSS	1/2 Cup		313408
CROUTON CHS GARL WGRAIN 250-.5Z	4 Package		661022
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	2 Package		745481
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	2 oz portion cup or 1/4 cup per salad	150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Cut into 4 wedges	853800
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	weigh and put into 2 oz portion cup	202150

Preparation Instructions

In each salad container: place 1 cup romaine lettuce. 1/4 cup shredded carrots, 2 packages of croutons, 1 goldfish cracker, and option for ham and cheese cups OR egg and cheese cups

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	391.67
Fat	19.75g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	125.03mg
Sodium	821.70mg
Carbohydrates	37.69g
Fiber	2.73g
Sugar	4.59g
Protein	18.44g
Vitamin A 3901.96IU	Vitamin C 1.92mg
Calcium 272.16mg	Iron 4.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31730
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT VAR PK L/F 48-4Z YOPL	1 Each		551751

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	86.67
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	61.67mg
Carbohydrates	17.00g
Fiber	0.00g
Sugar	10.67g
Protein	3.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 133.33mg	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

Fruitable Vegetable Juice

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31732
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each		510571
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	1 Each	Counts as 1/2 cup of Red/Orange Vegetable	214513
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each		510562
JUICE BOX PARADS PNCH 40-4.23FLZ	1 Each		698261

Preparation Instructions

Note: Counts towards the weekly juice allotment

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	13.75g		
Fiber	0.00g		
Sugar	12.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish & Cheese Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32691
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	25 Each		643142
CHEESE AMER 160CT SLCD R/F 6-5 LOL	25 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

Preparation Instructions

Cook fish according to directions on packaging. Top with cheese. Serve on hamburger bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00
Fat	10.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	660.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	5.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Broccoli

Servings:	28.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34914
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	4 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	24.14mg		
Carbohydrates	5.07g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sherbet

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34942
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP RASPBERRY 96-4FLZ LUIGI	1 Each		702440
SHERBET CUP ORANGE 96-4FLZ LUIGI	1 Each		563710
SORBET CUP CHRY/BLUERASPB 96-4.4FLZ	1 Each		602382

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	103.33
Fat	1.00g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	15.00mg
Carbohydrates	23.33g
Fiber	1.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34943
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	200 Slice		690041
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	Cut in half to make two triangles	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each		276142

Preparation Instructions

Prior to day of service:

Thaw deli meat in shallow pan on the bottom shelf of the cooler

Thaw buns by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and deli meat and bring to prep area

Prep:

Place 25 bun bottoms on parchment lined baking sheet

On each bun layer 4 slices of ham and 1 slice of cheese.

Place sub bun top on top of meat

Place prepared sandwiches back in the cooler until ready to serve or wrap each sandwich and then place back in cooler until ready to serve.

CCP: Hold at 40°F or colder until ready to serve

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	329.88
Fat	11.76g
SaturatedFat	3.83g
Trans Fat	0.00g
Cholesterol	64.56mg
Sodium	773.52mg
Carbohydrates	33.11g
Fiber	2.00g
Sugar	6.58g
Protein	21.99g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37102
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/4 Cup		811500
Wild Blueberries fzn	1/2 Cup	Other fruits can be substituted.	100243

Preparation Instructions

Layer 1/4 cup fruit, 1/4 cup yogurt, and 1/4 cup fruit.
Serve as fruit option.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	95.97		
Fat	0.37g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	1.87mg		
Sodium	31.85mg		
Carbohydrates	21.57g		
Fiber	3.00g		
Sugar	13.21g		
Protein	2.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.16mg	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

Tater Tot Casserole

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-38629
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	31 3/5 Pound	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	135081
ONION DEHY SUPER TOPPER 6-2 P/L	1 3/5 Cup		223255
CHEESE CHED MLD SHRD 4-5 LOL	10 5/9 Pound		150250
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	2 #10 CAN 1/3 #5 CAN (4 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 Can Water Stove: Heat, Stirring Occasionally.	488259
SPICE PEPR BLK REG FINE GRIND 16Z	2 Fluid Ounce 1 3/11 Tablespoon (5 3/11 Tablespoon)		225037
POTATO TATER TOTS 6-5 LMBSUPR	36 5/6 Pound	DEEP_FRY Deep Fry: 345° - 350°F (174°-177°C) for 2 2 1 2 min. Deep fry from frozen state. Fill basket 1 2 full. Conventional Oven: Bake at 400°F (205°C) for 20 - 25 minutes. Arrange product in single layer. Convection Oven: Bake at 400°F (205°C) for 10 - 12 minutes. Arrange product in single layer.	233404

Preparation Instructions

Thaw ground beef ahead

Use 15 half steamtable pans

To each pan add:

4 # Brown Ground Beef, 1/2 cup Mushroom Soup, 4 Tablespoon of spice mixture (onion and pepper mixed together), and then sprinkle 1 1/2lb cheese on top. Layer Tator tots on top of cheese.

Bake at 350 degrees for 30 to 40 minutes or temp reaches 165 degrees.

Serving and holding: Hold at 140 degree or more.

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	0.500

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		382.96	
Fat		21.34g	
SaturatedFat		9.21g	
Trans Fat		0.00g	
Cholesterol		95.94mg	
Sodium		611.09mg	
Carbohydrates		21.31g	
Fiber		2.15g	
Sugar		1.30g	
Protein		23.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	213.91mg	Iron	3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Gravy w/Biscuit

Servings:	350.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40204
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE WHL HOG BULK TUBE 5-2 GCHC	20 Pound		836753
PORK GRND 75 LEAN 4-5 HALP	20 Pound		259373
SALT IODIZED 15-2.25 GCHC	1/2 Cup		125557
SPICE SAGE GRND 8Z TRDE	1/2 Cup		513911
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon		225037
FLOUR H&R A/P 2-25 GCHC	1 Gallon 1 Quart (20 Cup)		227528
MILK WHT 1 4-1GAL RGNLBRND	10 Gallon		817801
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	350 Each	<p>BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET (graphic) (graphic) 7 X 10 (70 BISCUITS) 5 X 7 (35 BISCUITS) OVEN TEMP. TIME TIME STANDARD 375°F 26-30 M 23-27 M RACK 350°F 19-27 M 17-25 M CONVECTION 325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME</p>	631902

Preparation Instructions

Brown ground pork and sausage in tilt skillet over medium heat. Drain off fat.

Add salt, sage and black pepper. Cook to incorporate into meat for about 5 minutes.

Lower skillet temperature and add flour to meat, stir in and allow to cook for about 2 minutes stirring constantly.

Slowly add milk, stirring into meat and flour mixture. Be careful not to scorch.

Once all milk is incorporated, simmer until thickened. Stirring occasionally.

Heat to 165 degrees and hold in warmer.

Serve with 6oz spoodle.

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: 350.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	478.10
Fat	26.98g
SaturatedFat	13.26g
Trans Fat	0.00g
Cholesterol	45.03mg
Sodium	778.07mg
Carbohydrates	37.74g
Fiber	2.18g
Sugar	7.94g
Protein	19.98g
Vitamin A 218.62IU	Vitamin C 0.00mg
Calcium 315.62mg	Iron 2.59mg

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

Nutrition - Per 100g

Calories	281.08
Fat	15.86g
SaturatedFat	7.80g
Trans Fat	0.00g
Cholesterol	26.47mg
Sodium	457.43mg
Carbohydrates	22.19g
Fiber	1.28g
Sugar	4.67g
Protein	11.74g
Vitamin A 128.53IU	Vitamin C 0.00mg
Calcium 185.55mg	Iron 1.52mg

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

Breakfast Casserole

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40655
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	12 Pound 8 Ounce (200 Ounce)	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
Ham, 97% Fat Free, Water-Added, Cooked, Diced, Frozen	1 Pound 9 Ounce (25 Ounce)		51515
Cheese, Cheddar Reduced fat, Shredded	1 Pound 9 Ounce (25 Ounce)		100012

Preparation Instructions

Mix ham and eggs together in pan. Top with cheese. Cover and bake at 325 degrees for 20-25 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	117.58
Fat	7.91g
SaturatedFat	3.20g
Trans Fat	0.00g
Cholesterol	198.69mg
Sodium	357.54mg
Carbohydrates	2.66g
Fiber	0.00g
Sugar	0.20g
Protein	8.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	Iron 0.04mg

*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

Calories	138.25
Fat	9.30g
SaturatedFat	3.77g
Trans Fat	0.00g
Cholesterol	233.62mg
Sodium	420.40mg
Carbohydrates	3.13g
Fiber	0.00g
Sugar	0.24g
Protein	10.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.33mg	Iron 0.04mg

*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.

2023-2024 Variety of Breakfast Items

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40683

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	10/13 Package	2 Grain Equivalents	738181
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	5/7 Each	2 Grain Equivalents	371058
BREAD BANANA IW 70-3.4Z SUPBAK	10/13 Each	2 Grain Equivalents	230361
BREAD BLUEB IW 75-3.45Z SUPBAK	10/13 Each	2 Grain Equivalents	319418
PASTRY POP-TART WGRAIN CINN 72-2CT	10/13 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	10/13 Package	2.25 Grain Equivalents	865101
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Grain Equivalents	123031
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each	2 Grain Equivalents	875860
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each	2 Grain Equivalents	240721

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	264.97
Fat	6.86g
SaturatedFat	2.47g
Trans Fat	0.01g
Cholesterol	25.48mg
Sodium	229.22mg
Carbohydrates	48.57g
Fiber	3.34g
Sugar	21.29g
Protein	4.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.44mg	Iron 2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

2023-2024 Variety of Cereal Bowls

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40684
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	7/11 Package	1 Grain Equivalent	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	7/11 Package	1 Grain Equivalent	265811
CEREAL CINN TOAST R/S BWL 96CT GENM	7/11 Each	1 Grain Equivalent	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	7/11 Each	1 Grain Equivalent	270401
CEREAL GLDN GRAHAMS BWL 96CT GENM	7/11 Each	1 Grain Equivalent	509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	7/11 Each	1 Grain Equivalent	283611
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	7/11 Each	1 Grain Equivalent	283620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	68.68		
Fat	0.78g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	104.16mg		
Carbohydrates	15.18g		
Fiber	1.26g		
Sugar	5.03g		
Protein	1.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.28mg	Iron	1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

2023-2024 Variety of Yogurt

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41370
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB L/F 12-6Z YOPL	1 Each	1.5 MMA	222038
YOGURT CHERRY L/F 12-6Z YOPL	1 Each	1.5 MMA	222054
YOGURT STRAWB L/F 12-6Z YOPL	1 Each	1.5 MMA	222097
YOGURT BLUEB L/F 12-6Z YOPL	1 Each	1.5 MMA	222046
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each	1.5 MMA	307742

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	146.00
Fat	1.80g
SaturatedFat	1.30g
Trans Fat	0.00g
Cholesterol	8.00mg
Sodium	91.00mg
Carbohydrates	27.20g
Fiber	0.00g
Sugar	19.20g
Protein	5.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	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

Yogurt w/Graham Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41371
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
2023-2024 Variety of Yogurt	1 Serving		R-41370
CRACKER GRHM HNY L/F 200-2CT NAB	2 Package		256137

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	266.00
Fat	4.80g
SaturatedFat	1.30g
Trans Fat	0.00g
Cholesterol	8.00mg
Sodium	231.00mg
Carbohydrates	49.20g
Fiber	0.00g
Sugar	27.20g
Protein	5.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.00mg	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

Breakfast Choice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41421
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

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: 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

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

Nutrition - Per 100g

No 100g Conversion Available

Lunch Choice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41468
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

Preparation Instructions

No Preparation Instructions available.

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	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

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

Nutrition - Per 100g

No 100g Conversion Available

2023-2024 Variety of Yogurt

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41505
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB L/F 12-6Z YOPL	1 Each	1.5 MMA	222038
YOGURT CHERRY L/F 12-6Z YOPL	1 Each	1.5 MMA	222054
YOGURT STRAWB L/F 12-6Z YOPL	1 Each	1.5 MMA	222097
YOGURT BLUEB L/F 12-6Z YOPL	1 Each	1.5 MMA	222046
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each	1.5 MMA	307742

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	146.00
Fat	1.80g
SaturatedFat	1.30g
Trans Fat	0.00g
Cholesterol	8.00mg
Sodium	91.00mg
Carbohydrates	27.20g
Fiber	0.00g
Sugar	19.20g
Protein	5.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	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

Yogurt w/Graham Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41506
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
2023-2024 Variety of Yogurt	1 Serving		R-41370
CRACKER GRHM HNY L/F 200-2CT NAB	2 Package		256137

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	266.00
Fat	4.80g
SaturatedFat	1.30g
Trans Fat	0.00g
Cholesterol	8.00mg
Sodium	231.00mg
Carbohydrates	49.20g
Fiber	0.00g
Sugar	27.20g
Protein	5.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.00mg	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

2023-2024 Variety of Cereal Bowls

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41507
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	7/11 Package	1 Grain Equivalent	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	7/11 Package	1 Grain Equivalent	265811
CEREAL CINN TOAST R/S BWL 96CT GENM	7/11 Each	1 Grain Equivalent	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	7/11 Each	1 Grain Equivalent	270401
CEREAL GLDN GRAHAMS BWL 96CT GENM	7/11 Each	1 Grain Equivalent	509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	7/11 Each	1 Grain Equivalent	283611
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	7/11 Each	1 Grain Equivalent	283620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	68.68
Fat	0.78g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	104.16mg
Carbohydrates	15.18g
Fiber	1.26g
Sugar	5.03g
Protein	1.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.28mg	Iron 1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41530
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	25 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN HAMB WGRAIN 3.5 10- 12CT GCHC	25 Each		266545
BEEF BRGR STK CKD CHARB CN 114-2Z	25 Piece	BAKE COOKING INSTRUCTIONS FROM FROZEN: Conventional Oven 375°F for 20-25 minutes. Time and temperature may vary. Always cook product to an internal temperature of 165°F as measured by use of a meat thermometer. CONVECTION COOKING INSTRUCTIONS FROM FROZEN: Convection Oven 350°F for 15-20 minutes. Time and temperature may vary. Always cook product to an internal temperature of 165°F as measured by use of a meat thermometer. GRILL COOKING INSTRUCTIONS FROM FROZEN: Flat Grill 350°F for 3-4 minutes on each side. Time and temperature may vary. Always cook product to an internal temperature of 165°F as measured by use of a meat thermometer. MICROWAVE COOKING INSTRUCTIONS FROM FROZEN: Microwave High power for 2-4 minutes. Time and temperature may vary. Always cook product to an internal temperature of 165°F as measured by use of a meat thermometer.	100631

Preparation Instructions

Cook burger according to directions on packaging.
Serve burger with bun and cheese slice.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	315.00
Fat	17.50g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	475.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.50g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.00mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog with Bun

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41531
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG SLCD 5.75 12-12CT GCHC	25 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763225
FRANKS TKY UNCURED 2Z 4-5 JENNO	25 Each		656882

Preparation Instructions

Cook hot dog franks according to package.
Serve hot dog frank with hot dog bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	11.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	80.00mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41633
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	25 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB WGRAIN 3.5 10-12CT GCHC	25 Each		266545

Preparation Instructions

Cook chicken patty according to directions on packaging.
Serve chicken patty with with bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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 Sandwich

Amount Per Serving

Calories	350.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	620.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41638
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
BUN HAMB WGRAIN 3.5 10- 12CT GCHC	25 Each		266545

Preparation Instructions

Cook BBQ Rib according to directions on package.

Serve BBW Rib with sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00		
Fat	11.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	850.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	13.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available