

Cookbook for West Central Middle/High School

Created by HPS Menu Planner

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2023-2024 Variety of Breakfast Items

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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-31688
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	18 3/4 Pound		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	98 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	98 Each		266546

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 6 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	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: 98.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	284.99		
Fat	9.00g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	67.49mg		
Sodium	929.94mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	22.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	126.00mg	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

100% Fruit Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31715
School:	West Central Middle/High School		

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

Variety of Breakfast Items

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31716
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	2 Grain Equivalents	738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	2 Grain Equivalents	738201
BREAD COCOA WGRAIN SLC 70-3.4Z	1 Each	2 Grain Equivalents	726791
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each	2 Grain Equivalents	230361
BREAD LEM IW 70-3.45Z SUPBAK	1 Slice	2 Grain Equivalents	300340
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 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
BAGEL HNY WHL WHE I/W 72-2.5Z AESOP	1 Each	3 Grain Equivalents	242070
BAGEL BLUEB SLCD 2.8Z 15-6CT GCHC	1 Each	2.75 Grain Equivalents--Not Whole Grain	175640

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	282.54		
Fat	7.08g		
SaturatedFat	2.41g		
Trans Fat	0.01g		
Cholesterol	20.00mg		
Sodium	274.62mg		
Carbohydrates	52.38g		
Fiber	3.51g		
Sugar	20.69g		
Protein	4.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	118.23mg	Iron	2.17mg

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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-31722
School:	West Central Middle/High School		

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 R/F 6-5 LOL	96 Slice		722360

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 4 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	2.000
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	302.00
Fat	12.42g
SaturatedFat	6.54g
Trans Fat	0.00g
Cholesterol	36.60mg
Sodium	1059.80mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 464.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	4.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31787
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Quart		451730
CARROT SHRD MED 2-5 RSS	1 Cup		313408
Zee Zees Sunflower Kernels, Roasted	4 Each		B87860
CROUTON CHS GARL WGRAIN 250-.5Z	8 Package		661022
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	4 Package		745481
CHEESE CHED MLD SHRD 4-5 LOL	1 1/4 Cup	2 oz portion cup or 1/4 cup =	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
Chicken Fillet, Cooked, Unbreaded, Frozen	2 5/11 Ounce	1 Chicken Fillet	110921

Preparation Instructions

In each salad container: place 2 cup romaine lettuce. 1/4 cup shredded carrots, and package of sunflowers.

Students grain choice follows: 2 packages of croutons with 1 package of goldfish, 2 packages of goldfish, or 4 packages of croutons.

Students Meat/Meat Alternative choice follows:

Cheese only: 2-2 ounce containers

Cheese & Egg: 2 ounce cheese container and 1 egg

Ham & Cheese: 2 ounce cheese container and 1 container of ham

Chicken & Cheese: a serving size portion either a grilled patty or a serving of tenders, nuggets etc. and add 2 ounce cheese container

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	597.90		
Fat	35.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	101.27mg		
Sodium	976.56mg		
Carbohydrates	45.69g		
Fiber	6.73g		
Sugar	6.34g		
Protein	29.31g		
Vitamin A	3901.96IU	Vitamin C	1.67mg
Calcium	356.16mg	Iron	4.45mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety of Cereal Bowls

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31792
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package		265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each		453143
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	N/A	509434
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	N/A	268711
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		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: 11.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	109.16
Fat	1.24g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.22mg
Carbohydrates	23.64g
Fiber	1.75g
Sugar	7.27g
Protein	1.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 74.55mg	Iron 3.71mg

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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-31793
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 6/ 2-5 GCHC	25 Each		330043
BUN HOT DOG WHT WHE 6 12-12CT ALPH	25 Each		248141

Preparation Instructions

Cook hot dog franks according to package.

Serve hot dog frank with hot dog bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00
Fat	24.50g
SaturatedFat	8.00g
Trans Fat	1.00g
Cholesterol	50.00mg
Sodium	930.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	3.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 94.97mg	Iron 2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Chicken Rice

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31794
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN RSTD CHIX FLVRD 6-24.4Z UBEN	1 Pound 8 2/5 Ounce (24 2/5 Ounce)	1 Box	244621
Tap Water for Recipes	1 Quart 1 Pint (6 Cup)		000001WTR

Preparation Instructions

STOVETOP

1. Combine 6 cups water and contents of seasoning packet in a stock pot. Stir well to disperse seasoning in water. Add rice and mix well.
2. Bring to a vigorous boil. Remove from heat. Cover tightly until MOST of the water is absorbed (about 25 minutes).
3. Stir well. Serve immediately or transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

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: 12.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	213.50		
Fat	3.05g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	5.08mg		
Sodium	434.02mg		
Carbohydrates	40.67g		
Fiber	0.00g		
Sugar	1.02g		
Protein	5.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.13mg	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

Roasted Carrots

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32744
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	3 Pound		100352
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix carrots with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven Set on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.11		
Fat	6.93g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	22.32mg		
Sodium	95.99mg		
Carbohydrates	5.63g		
Fiber	1.86g		
Sugar	2.79g		
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

Cheeseburger

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34915
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	25 Each		203260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546
CHEESE AMER 160CT SLCD R/F 6-5 LOL	25 Slice		722360

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	385.00
Fat	18.00g
SaturatedFat	7.75g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	580.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	26.50g
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

Pulled Pork Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34916
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY 2-5	4 Pound		801860
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

Preparation Instructions

Cook pulled pork according to directions on packaging.
Serve 2.5 ounce weight of pulled pork with with bun.

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: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	340.17
Fat	16.63g
SaturatedFat	6.35g
Trans Fat	0.00g
Cholesterol	58.51mg
Sodium	327.77mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	19.63g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.38mg	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

Breaded Chicken Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34917
School:	West Central Middle/High School		

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 SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

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	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 Sandwich

Amount Per Serving

Calories	390.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	680.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Spicy Chicken Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34918
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 Each		327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

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	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 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34919
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	25 Each		209244
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

Preparation Instructions

Cook chicken according to directions on packaging.

Serve chicken with with bun.

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: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	260.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	770.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	6.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Breaded Pork Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34920
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	25 Each		661950
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

Preparation Instructions

Cook pork patties according to directions on packaging.
Serve pork 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	410.00
Fat	19.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.62mg

*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-34921
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each		451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	25 Each		276142

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	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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Donuts (Chocolate or Powdered)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34922
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

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	295.00		
Fat	13.50g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	41.50g		
Fiber	2.50g		
Sugar	19.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lemon, Blueberry or Banana Bread

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34923
School:	West Central Middle/High School		

Ingredients

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

Assorted Kellogg's® Frosted Pop-Tarts®

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34924
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.25 Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.50 Grain Equivalents	865101
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Grain Equivalents	123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Grain Equivalents	452082

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

BeneFIT Bar

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34925
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST FREN TST BENEFIT 48-2.5Z	1 Each		563413

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	282.50		
Fat	8.50g		
SaturatedFat	2.88g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	212.50mg		
Carbohydrates	47.00g		
Fiber	3.25g		
Sugar	21.50g		
Protein	4.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	Iron	3.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Mixed Vegetables

Servings:	28.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34926
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	3 Quart 1 Pint (14 Cup)		111230
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	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	59.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	34.14mg		
Carbohydrates	12.07g		
Fiber	4.00g		
Sugar	3.00g		
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

Roasted Cauliflower

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34927
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	2 Quart 1 Pint (10 Cup)		610882
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix broccoli with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven S- et on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	66.50		
Fat	6.00g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	63.50mg		
Carbohydrates	2.55g		
Fiber	1.50g		
Sugar	0.50g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.50mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg and Cheese English Muffin

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-34939
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	25 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
SAUSAGE PTY STHR N 1.33Z 6-5 JTM	25 Each	N/A	785880
MUFFIN ENG WGRAIN SLCD 2Z 12- 12CT	25 Each	Prior to Day of Service: Thaw muffins by placing in the storage room on bread rack.	687131

Preparation Instructions

Prior to Day of Service:

Thaw muffins 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 eggs and bring to prep area

Cook egg and sausages according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom of english muffin then slice of cheese and sausage patty. Then add top of english muffin on top of sausage. Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	341.00
Fat	19.50g
SaturatedFat	7.20g
Trans Fat	0.00g
Cholesterol	113.50mg
Sodium	757.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	1.50g
Protein	18.00g
Vitamin A 88.73IU	Vitamin C 0.01mg
Calcium 202.50mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg and Cheese Biscuit

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-34940
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	25 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	25 Each	N/A	785880
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	25 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

Preparation Instructions

2 hours prior to cooking:

Thaw biscuits at room temperature.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

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

Cook eggs, sausages, and biscuits according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom biscuit then slice of cheese and cooked sausage patty. Then place top of biscuit on sausage patty. Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	441.00
Fat	28.00g
SaturatedFat	14.20g
Trans Fat	0.00g
Cholesterol	113.50mg
Sodium	897.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	2.50g
Protein	16.00g
Vitamin A 88.73IU	Vitamin C 0.01mg
Calcium 282.50mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg and Cheese Croissants

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-34941
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	25 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	25 Each		785880
CROISSANT BKD PLN SLCD 64-2.5Z PILLS	25 Each		120872

Preparation Instructions

The day prior to serving

Thaw croissant at room temperature.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

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

Cook eggs and sausages according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom of croissant then slice of cheese and cooked sausage patty. Then place top of croissant on sausage patty. Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	458.00
Fat	28.20g
SaturatedFat	11.60g
Trans Fat	0.12g
Cholesterol	113.50mg
Sodium	735.40mg
Carbohydrates	35.00g
Fiber	1.10g
Sugar	5.50g
Protein	16.60g
Vitamin A 88.73IU	Vitamin C 0.01mg
Calcium 122.21mg	Iron 1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oven Baked Pork Taquitos

Servings:	24.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38286
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	3 Pound	USDA Brown Box	110730*
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon 1 Pint (18 Cup)	Use Brown Box Cheese when available	150250
SALSA 103Z 6-10 REDG	1 Quart		452841
TORTILLA FLOUR 6 24-12CT GRSZ	48 Each		713320

Preparation Instructions

1. Combine pulled pork, shredded cheese and salsa in a bowl. Hold cold until ready to assemble.
CCP: Maintain cold food at 41 degrees or below
2. Lay tortillas on baking sheet; if needed place into warmer 1 minute to soften beforehand.
3. Spoon 1/4 cup (#16 scoop) pork mixture across center of each tortilla. Roll tortillas tightly around pork to prevent leaking.
4. Place taquitos onto baking sheet. Cook in impinger oven on "Egg Wash" setting. Heat fulling to 165 degrees
5. Serve 2 taquitos with optional salsa cup

Recipe not tested and needs to be tested for total portion and Meal Component Accuracy 12.20.22

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: 24.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	595.33
Fat	36.00g
SaturatedFat	22.00g
Trans Fat	0.00g
Cholesterol	126.00mg
Sodium	1184.44mg
Carbohydrates	33.67g
Fiber	0.00g
Sugar	2.89g
Protein	33.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 641.00mg	Iron 2.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38287
School:	West Central Middle/High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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: 2.00

Serving Size: 1.00 Each

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

Sloppy Joe Sandwich

Servings:	132.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38288
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	30 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	564790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	132 Each		266546

Preparation Instructions

Cook sloppy joe meat according to directions on packaging.
Serve 3.63 ounce weight of sloppy joe with with bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 132.00
Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	295.35
Fat	7.81g
SaturatedFat	2.70g
Trans Fat	0.00g
Cholesterol	44.08mg
Sodium	909.97mg
Carbohydrates	35.02g
Fiber	3.80g
Sugar	12.01g
Protein	18.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.05mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38289
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
1 % White Milk	1 Quart 1 Pint 1 Cup (7 Cup)		

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN MILK. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170*.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.386
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	141.30
Fat	1.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	546.94mg
Carbohydrates	25.79g
Fiber	1.01g
Sugar	17.67g
Protein	6.03g
Vitamin A 5.00IU	Vitamin C 1.00mg
Calcium 35.29mg	Iron 0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Fries

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38290
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	2 8/9 Ounce	2.89 ounce weight equals 1/2 cup serving	174251
FRIES WEDGE SEAS 6-5 LAMB	2 7/8 Ounce	2.88 ounce weight equals 1/2 cup serving	457558
FRIES SPIRAL SEAS CRSPY OVEN 6-4	2 1/6 Ounce	2.17 ounce weight equals 1/2 cup serving	717490
FRIES 1/2 C/C OVEN 6-5 MCC	1 1 Ounce	1.98 ounce weight equals 1/2 cup serving	200697

Preparation Instructions

Cook fries according to each manufactures direction on packaging.

See each fry ounce weight amount to know how much equals 1/2 cup serving of starchy vegetable

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: 4.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	102.52
Fat	3.80g
SaturatedFat	0.48g
Trans Fat	0.00g
Cholesterol	0.72mg
Sodium	156.67mg
Carbohydrates	16.15g
Fiber	1.38g
Sugar	0.41g
Protein	1.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.67mg	Iron 0.37mg

*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 #
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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 #
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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

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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