

# **Cookbook for West Central Elementary**

**Created by HPS Menu Planner**

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**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

<b>Servings:</b>	98.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31687
<b>School:</b>	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

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

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

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31721
<b>School:</b>	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

<b>Meat</b>	0.375
<b>Grain</b>	6.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	327.00
<b>Fat</b>	17.92g
<b>SaturatedFat</b>	9.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.10mg
<b>Sodium</b>	894.80mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 324.50mg	<b>Iron</b> 2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad with Croutons and Goldfish Crackers

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31726
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Yogurt

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31730
<b>School:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fruitable Vegetable Juice

<b>Servings:</b>	4.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31732
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fish & Cheese Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32691
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Seasoned Broccoli

<b>Servings:</b>	28.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34914
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

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

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### Nutrition - Per 100g

No 100g Conversion Available



# Sherbet

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34942
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham & Cheese Sub

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34943
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Fruit Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37102
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tater Tot Casserole

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	31 3/5 Pound	<b>BAKE</b> 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)	<b>UNPREPARED</b> 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	<b>DEEP_FRY</b> 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

<b>Meat</b>	3.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

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

<b>Servings:</b>	350.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40204
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 6.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# Breakfast Casserole

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	12 Pound 8 Ounce (200 Ounce)	<b>BAKE</b> 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

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

### Amount Per Serving

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

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

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	7.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40684
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41370
<b>School:</b>	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

<b>Meat</b>	1.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt w/Graham Crackers

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41371
<b>School:</b>	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

<b>Meat</b>	1.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41421
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41468
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	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

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41505
<b>School:</b>	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

<b>Meat</b>	1.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt w/Graham Crackers

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41506
<b>School:</b>	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

<b>Meat</b>	1.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	7.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41507
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41530
<b>School:</b>	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	<b>BAKE</b> <b>COOKING INSTRUCTIONS FROM FROZEN:</b> 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. <b>CONVECTION</b> <b>COOKING INSTRUCTIONS FROM FROZEN:</b> 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. <b>GRILL</b> <b>COOKING INSTRUCTIONS FROM FROZEN:</b> 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. <b>MICROWAVE</b> <b>COOKING INSTRUCTIONS FROM FROZEN:</b> 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

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG SLCD 5.75 12-12CT GCHC	25 Each	<b>THAW</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Breaded Chicken Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	25 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	<b>BAKE</b> From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. <b>CONVECTION</b> From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. <b>MICROWAVE</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available