

# **Cookbook for Culver Middle/High School**

**Created by HPS Menu Planner**

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# BLT Salad

<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-10628
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TOPPING 3/8 DCD 2-5 HRML	2 Ounce	Weight	104396
EGG HARD CKD PLD BIB 4-2.5 GCHC	1/2 Each		229431
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
TOMATO CHERRY 11 MRKN	1/8 Cup		569551
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint		735787

## Preparation Instructions

Assemble ingredients in container.

Offer with additional fresh vegetables, choose 2 grains (cheez-its, goldfish, pretzels), hot menued vegetable, fruit, and milk.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.130
<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>	384.21		
<b>Fat</b>	26.55g		
<b>SaturatedFat</b>	12.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	212.50mg		
<b>Sodium</b>	1511.17mg		
<b>Carbohydrates</b>	6.41g		
<b>Fiber</b>	2.29g		
<b>Sugar</b>	3.15g		
<b>Protein</b>	32.21g		
<b>Vitamin A</b>	194.92IU	<b>Vitamin C</b>	3.21mg
<b>Calcium</b>	46.84mg	<b>Iron</b>	1.28mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Fish Sandwich with Cheese

<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-13563
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.50mg		
<b>Sodium</b>	820.00mg		
<b>Carbohydrates</b>	46.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	11.30mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Salad Bar

<b>Servings:</b>	1.00	<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-13584
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Croutons- Prairie Heights	4/5 Ounce		
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Chicken, Diced, Cooked, Frozen	2 Ounce		100101
Ham, Cubed Frozen	2 1/2 Ounce		100188-H
KALE 24CT P/L	1/4 Cup		753874
TOMATO CHERRY 11 MRKN	1/8 Cup		569551
EGG HRD CKD DCD IQF 4-5 GCHC	1 Fluid Ounce		192198
PEPPERS BAN RING MILD 4-1GAL GCHC	1 Ounce		466220
PEPPERS SWT MINI 20 P/L	1/8 Cup		667582
MUSHROOM SLCD 1/8 10 MRKN	1/8 Cup		285196
ALMOND SLIVERED BLNCHD 4-2.5 GFS	1/8 Cup		134890
CRAISINS SWTND DRD CRANBERRIES 1-25	1/8 Cup		897420
BROCCOLI FLORET REG CUT 4-3 RSS	1/8 Cup		732478
CAULIFLOWER BITE SIZE 2-3 RSS	1/8 Cup		732486
Savory Bites Wheat Crackers	1 Each		74131

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	6.383
<b>Grain</b>	2.800
<b>Fruit</b>	0.520
<b>GreenVeg</b>	0.630
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.825
<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>	748.28
<b>Fat</b>	39.98g
<b>SaturatedFat</b>	13.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	232.22mg
<b>Sodium</b>	2298.73mg
<b>Carbohydrates</b>	61.27g
<b>Fiber</b>	10.10g
<b>Sugar</b>	12.71g
<b>Protein</b>	43.67g
<b>Vitamin A</b> 2769.92IU	<b>Vitamin C</b> 25.14mg
<b>Calcium</b> 327.28mg	<b>Iron</b> 1.80mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Baked Chicken

<b>Servings:</b>	300.00	<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-13601
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BNLS SKNLS TRAY 48-4Z GCHC	300 Each	Approximately 6.25 cases.	268127
DRESSING RNCH 4-1GAL HVALL	1 Gallon		759082
CEREAL CORN FLKS 4-35Z HOSP	12 Package	3 cases crushed.	705454

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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: 300.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	314.72
<b>Fat</b>	8.34g
<b>SaturatedFat</b>	1.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	78.26mg
<b>Sodium</b>	445.27mg
<b>Carbohydrates</b>	30.61g
<b>Fiber</b>	0.99g
<b>Sugar</b>	4.39g
<b>Protein</b>	25.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 2.27mg
<b>Calcium</b> 3.70mg	<b>Iron</b> 13.50mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheeseburger Soup

<b>Servings:</b>	85.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13812
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP POT RSTD YKN&CHDR HT&SRV 4-4	32 Pound		572971
BEEF CRUMBLES 8-5	5 Pound	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950

## Preparation Instructions

Add 0.75 lbs. beef crumbles to each bag of soup. Heat.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.750
<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: 85.00

Serving Size: 6.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	271.06
<b>Fat</b>	19.20g
<b>SaturatedFat</b>	10.92g
<b>Trans Fat</b>	0.38g
<b>Cholesterol</b>	64.00mg
<b>Sodium</b>	862.12mg
<b>Carbohydrates</b>	13.18g
<b>Fiber</b>	1.51g
<b>Sugar</b>	0.75g
<b>Protein</b>	11.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 117.46mg	<b>Iron</b> 1.43mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Cereal

<b>Servings:</b>	12.00	<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-18856
<b>School:</b>	Culver Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL RICE CHEX BLUEB BOWL 96-1Z	1 Each	READY_TO_EAT Ready to eat	261737
CEREAL CHEERIOS HNY BOWL 96-1Z	1 Each		261557

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.917
<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: 12.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	100.39		
<b>Fat</b>	1.45g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	131.06mg		
<b>Carbohydrates</b>	21.17g		
<b>Fiber</b>	1.93g		
<b>Sugar</b>	6.33g		
<b>Protein</b>	1.83g		
<b>Vitamin A</b>	225.17IU	<b>Vitamin C</b>	3.92mg
<b>Calcium</b>	93.22mg	<b>Iron</b>	5.83mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog on Bun

<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-18857
<b>School:</b>	Culver Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.89mg	<b>Iron</b> 1.77mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Specialty Salad

<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-18860
<b>School:</b>	Culver 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>	0.500
<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: 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

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### Nutrition - Per 100g

No 100g Conversion Available

# Breaded Tenderloin on Bun

<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-18862
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	<b>BAKE</b> Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	430.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 11.80mg

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## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Chicken Wrap

<b>Servings:</b>	20.00	<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-18864
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	5 Pound		100101
LETTUCE ROMAINE CHOP 6-2 RSS	1 Gallon 1 Quart (20 Cup)		735787
ONION RED JUMBO 25 MRKN	1 Pint 1 Cup (3 Cup)		198722
SAUCE BBQ 4-1GAL SWTBRAY	1 Pint		655937
Cheese, Cheddar Reduced fat, Shredded	1 Quart 1 Cup (5 Cup)		100012
TORTILLA FLOUR LO SOD 9 16-12CT	20 Each		523610

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.333
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	468.61		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	104.00mg		
<b>Sodium</b>	691.84mg		
<b>Carbohydrates</b>	49.69g		
<b>Fiber</b>	5.38g		
<b>Sugar</b>	17.36g		
<b>Protein</b>	37.23g		
<b>Vitamin A</b>	0.43IU	<b>Vitamin C</b>	1.60mg
<b>Calcium</b>	65.97mg	<b>Iron</b>	2.41mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Grab -n- Go Breakfast Kit

<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-18867
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package		676160
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package		282491
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	READY_TO_EAT Ready to eat.	585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525340

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.025
<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: 10.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	229.00
<b>Fat</b>	4.15g
<b>SaturatedFat</b>	0.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	203.00mg
<b>Carbohydrates</b>	46.60g
<b>Fiber</b>	3.30g
<b>Sugar</b>	18.90g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 515.00IU	<b>Vitamin C</b> 46.50mg
<b>Calcium</b> 124.10mg	<b>Iron</b> 3.88mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Cavalier Bowl

<b>Servings:</b>	50.00	<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-18868
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	6 Pound		504122
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	5 Pound		533034
GRAVY SAUS CNTRY STYLE 6-10 HRTHSTN	1 #10 CAN		125350
Cheese, Cheddar Reduced fat, Shredded	1 Pound		100012

## Preparation Instructions

Prepare crispy cubes, eggs, and sausage gravy per manufactures directions for each product.

Assemble bowls in layers; starting with 1/4 cup cubes, then 1.5 ounce weight eggs, 1/4 cup gravy next and the sprinkle 1 Tablespoon cheese on top. Serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.408
<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>	1.433

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	513.18
<b>Fat</b>	26.05g
<b>SaturatedFat</b>	7.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.07mg
<b>Sodium</b>	1253.68mg
<b>Carbohydrates</b>	61.82g
<b>Fiber</b>	5.73g
<b>Sugar</b>	2.92g
<b>Protein</b>	10.44g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 74.08mg	<b>Iron</b> 2.39mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Nacho w/ Meat & Cheese

<b>Servings:</b>	275.00	<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-18869
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	45 Pound		722330
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	6 Package		310668
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	275 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.709
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.107
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 275.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	309.16
<b>Fat</b>	17.04g
<b>SaturatedFat</b>	7.83g
<b>Trans Fat</b>	0.24g
<b>Cholesterol</b>	59.81mg
<b>Sodium</b>	950.83mg
<b>Carbohydrates</b>	28.42g
<b>Fiber</b>	2.65g
<b>Sugar</b>	1.65g
<b>Protein</b>	19.97g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 374.79mg	<b>Iron</b> 1.94mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hot Ham -n- Cheese Sandwich

<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-18870
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	6 Slice		690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	2 Slice		189071
Aunt Millie's WG Sub Bun - Himes	1 Each		5157

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	506.21
<b>Fat</b>	20.83g
<b>SaturatedFat</b>	7.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	127.63mg
<b>Sodium</b>	1227.20mg
<b>Carbohydrates</b>	36.14g
<b>Fiber</b>	4.00g
<b>Sugar</b>	10.10g
<b>Protein</b>	39.62g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 197.00mg	<b>Iron</b> 1.43mg

\*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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# Chicken Patty on Bun

<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-18871
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	11.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fiesta Rice

<b>Servings:</b>	36.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18874
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK FIESTA TACO 6-10 BUSH	1 #10 CAN		581180
RICE SPANISH 6-36Z UBEN	1 Package		555169

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.500
<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: 36.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	186.21		
<b>Fat</b>	0.61g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	609.79mg		
<b>Carbohydrates</b>	37.81g		
<b>Fiber</b>	3.59g		
<b>Sugar</b>	2.72g		
<b>Protein</b>	7.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.31mg	<b>Iron</b>	2.09mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hamburger on Bun

<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-18875
<b>School:</b>	Culver Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	310.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	1.00mg

\*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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# Egg Sausage and Cheese on Bagel

<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-18876
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
SAUSAGE PTY CKD IQF 2Z 12 GFS	1 Each		112630
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264

## Preparation Instructions

Assemble sandwich. Heat.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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>	465.00		
<b>Fat</b>	29.00g		
<b>SaturatedFat</b>	10.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	132.50mg		
<b>Sodium</b>	890.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	2.00mg

\*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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# Spaghetti

<b>Servings:</b>	320.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18879
<b>School:</b>	Culver Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package		573201
PASTA SPAGHETTI 10 2-10 KE	20 Pound		654560

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<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: 320.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	189.46
<b>Fat</b>	4.25g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.46mg
<b>Sodium</b>	155.36mg
<b>Carbohydrates</b>	25.82g
<b>Fiber</b>	2.07g
<b>Sugar</b>	4.75g
<b>Protein</b>	11.54g

**Vitamin A** 346.61IU    **Vitamin C** 10.18mg

**Calcium** 23.57mg    **Iron** 1.97mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Cheeseburger on Bun

<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-18889
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	<b>BAKE</b> FFROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

## 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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	338.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	5.60g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	46.50mg		
<b>Sodium</b>	649.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.00mg	<b>Iron</b>	4.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tenderloin on Bun

<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-18892
<b>School:</b>	Culver Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.00mg	<b>Iron</b> 9.80mg

\*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>	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-18912
<b>School:</b>	Culver Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Each		641402
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	23.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.00mg	<b>Iron</b> 9.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Smoothie/Parfait

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20899
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Package		811500
1 % White Milk	1 1 cup		1% White
BANANA TURNING SNGL 150CT 40 P/L	3 Each		197769
STRAWBERRIES, DICED, CUPS, FROZEN	3 Each		100256
GRANOLA BAG IW 144-1Z FLDSTN	6 Package		649742
CHIP HARV CHED 104-SSV SUNCHIP	6 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

## 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>	0.500
<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: 6.00

Serving Size: 12.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	634.08
<b>Fat</b>	11.88g
<b>SaturatedFat</b>	1.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.50mg
<b>Sodium</b>	407.39mg
<b>Carbohydrates</b>	119.83g
<b>Fiber</b>	6.55g
<b>Sugar</b>	63.94g
<b>Protein</b>	16.31g
<b>Vitamin A</b> 37.76IU	<b>Vitamin C</b> 5.14mg
<b>Calcium</b> 330.85mg	<b>Iron</b> 1.48mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken & Waffles (M/H)

<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-20900
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
WAFFLE BEL BUFFET SQ 2.4Z 12-6CT	1 Each		258972

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	550.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	970.00mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	34.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 4.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken & Waffles (elem)

<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-20901
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z 4-7.7	3 Piece		533830
WAFFLE BTRMLK SQ FLT 132-1.7Z KRUST	1 Each		645333

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	470.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	930.00mg		
<b>Carbohydrates</b>	36.50g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	32.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	3.30mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Black Bean Salad

<b>Servings:</b>	28.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.66 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20915
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	3 Quart 1 Pint 1 Cup (15 Cup)		231981
CORN WHL KERNEL FCY GRADE 6-10 GCHC	1 Pint 1 Cup (3 Cup)	BAKE	118966
OIL SALAD CANOLA NT 3-1GAL GFS	1/2 Cup		432000
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
ONION RED JUMBO 10 MRKN	1/2 Cup		596973
PEPPERS GREEN MED 20 MRKN	1 1/4 Cup		206059
PEPPERS RED 5 P/L	1 1/4 Cup		597082
SALT IODIZED 25 CARG	1 Teaspoon		108286
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon		224839
Black Pepper	1/2 Teaspoon	BAKE	24108
SUGAR BEET GRANUL 25 GCHC	1 Cup		108588
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup		430795

## Preparation Instructions

1. Drain and rinse beans. Drain corn. Chop peppers, onion, and jalapenos. Combine all ingredients and set aside.
  2. Mince garlic. Add to vegetables.
  3. Combine sugar, vinegar, oil, salt and pepper until blended; pour over vegetables. Mix well. Cover and refrigerate. This salad should marinate for several hours or overnight to allow the flavors to develop.
- Serving size 2/3 cup or #6 scoop.

## 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>	0.125
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.66 Cup

### Amount Per Serving

<b>Calories</b>	200.81		
<b>Fat</b>	4.24g		
<b>SaturatedFat</b>	0.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	264.40mg		
<b>Carbohydrates</b>	33.15g		
<b>Fiber</b>	6.08g		
<b>Sugar</b>	9.59g		
<b>Protein</b>	8.08g		
<b>Vitamin A</b>	203.29IU	<b>Vitamin C</b>	16.06mg
<b>Calcium</b>	88.18mg	<b>Iron</b>	1.89mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Philly Steak Sub

<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-20920
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each		720861
CHEESE BLND MOZZ/PROV SHRD FTTH 4-5	1/4 Cup		731358
PEPPERS & ONION FLME RSTD 6-2.5	1/4 Cup		847208
MINI SUB BUN, W GRAIN	1 bun	READY_TO_EAT	5157

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	455.50
<b>Fat</b>	19.31g
<b>SaturatedFat</b>	8.70g
<b>Trans Fat</b>	0.83g
<b>Cholesterol</b>	63.00mg
<b>Sodium</b>	996.70mg
<b>Carbohydrates</b>	40.11g
<b>Fiber</b>	5.03g
<b>Sugar</b>	11.07g
<b>Protein</b>	27.41g
<b>Vitamin A</b> 237.64IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 235.14mg	<b>Iron</b> 1.89mg

\*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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# Chicken Alfredo

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.93 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20921
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	5 Pound		155661
PASTA ROTINI 2-10 KE	4 Pound		635511
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
Cheese, Mozzarella, Part Skim, Shredded	1 Pint		100021

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	1.250
<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: 50.00

Serving Size: 4.93 Ounce

### Amount Per Serving

<b>Calories</b>	464.87
<b>Fat</b>	5.58g
<b>SaturatedFat</b>	2.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.97mg
<b>Sodium</b>	357.71mg
<b>Carbohydrates</b>	81.82g
<b>Fiber</b>	3.82g
<b>Sugar</b>	5.28g
<b>Protein</b>	23.48g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 22.65mg	<b>Iron</b> 3.44mg

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

## Nutrition - Per 100g

<b>Calories</b>	332.61
<b>Fat</b>	3.99g
<b>SaturatedFat</b>	1.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.31mg
<b>Sodium</b>	255.94mg
<b>Carbohydrates</b>	58.54g
<b>Fiber</b>	2.73g
<b>Sugar</b>	3.78g
<b>Protein</b>	16.80g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.21mg	<b>Iron</b> 2.46mg

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



# BBQ Rib Sandwich

<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-20922
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

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

\*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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# Buffalo Chicken Wrap

<b>Servings:</b>	20.00	<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-20924
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	5 Pound		100101
CELERY STALK 24 SZ 6CT MRKN	1 Pint 1 Cup (3 Cup)		170895
SAUCE HOT REDHOT 12- 23FLZ FRNKS	1 1/2 Cup		557609
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Pint 4 Fluid Ounce (40 Tablespoon)		426598
CHEESE MOZZ SHRD 4-5 LOL	1 Pint 1/2 Cup (2 1/2 Cup)		645170
LETTUCE ROMAINE CHOP 6- 2 RSS	1 Gallon 1 Quart (20 Cup)	If romaine not available, use any green leaf lettuce or spinach	735787
TORTILLA FLOUR LO SOD 9 16-12CT	20 Each	<b>STEAM</b> PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	523610

## Preparation Instructions

This ENTREE counts as 4.25 m/ma and 2.00 grains and 1/2 c. dark vegetable and 1/8 c. other vegetable.

Combine: 5# diced chicken, 3 c. diced celery, and 1 1/2 c. buffalo sauce

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

2 tbl ranch dressing

¼ c. shr. cheese

1 c. romaine, green leaf lettuce or spinach

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.130
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		521.61	
<b>Fat</b>		27.53g	
<b>SaturatedFat</b>		7.27g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		96.50mg	
<b>Sodium</b>		1287.99mg	
<b>Carbohydrates</b>		34.10g	
<b>Fiber</b>		5.30g	
<b>Sugar</b>		4.80g	
<b>Protein</b>		33.64g	
<b>Vitamin A</b>	803.63IU	<b>Vitamin C</b>	0.58mg
<b>Calcium</b>	170.94mg	<b>Iron</b>	2.40mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Three Bean Salad

<b>Servings:</b>	28.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.66 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20926
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN KIDNEY RED LT 6-10 GCHC	1 Quart 1 Cup (5 Cup)		118788
Green Beans cnd	1 Quart	BAKE	100307
BEAN WAX CUT 4SV 6-10 GCHC	1 Quart 1 Cup (5 Cup)		118834
BEAN GARBANZO 6-10 GCHC	1 Quart		118753
ONION RED JUMBO 25 MRKN	1 Pint 1/2 Cup (2 1/2 Cup)		198722
OIL SALAD CANOLA NT 3-1GAL GFS	1/2 Cup		432000
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon		224839
Black Pepper	1/2 Teaspoon	BAKE	24108
SUGAR BEET GRANUL 25 GCHC	1 Cup		108588
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup		430795

## Preparation Instructions

- Directions drain and rinse all beans  
Chop onions and toss with beans  
Mix the oil, vinegar, sugar, and spices together.  
Pour and toss over the beans with onion.

## 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>	0.250
<b>Legumes</b>	0.250
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.66 Cup

### Amount Per Serving

<b>Calories</b>	152.11
<b>Fat</b>	4.57g
<b>SaturatedFat</b>	0.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	226.56mg
<b>Carbohydrates</b>	23.86g
<b>Fiber</b>	6.16g
<b>Sugar</b>	9.17g
<b>Protein</b>	5.35g
<b>Vitamin A</b> 0.29IU	<b>Vitamin C</b> 0.99mg
<b>Calcium</b> 50.42mg	<b>Iron</b> 1.48mg

\*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

<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-20927
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce		675222
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	296.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	4.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	64.00mg		
<b>Sodium</b>	454.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tater Tot Casserole

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23131
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	25 Pound		100158
SALT IODIZED 25 CARG	3 Teaspoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Teaspoon		225061
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	2 #10 CAN 1 5/14 #5 CAN (5 #5 CAN)		488259
CHEESE CHED MLD SHRD 4-5 LOL	12 1/2 Pound		150250
POTATO TATER TOTS 6-5 LMBSUPR	25 Pound		233404

## Preparation Instructions

1. Cook ground beef.
2. Mix cooked ground beef with salt, pepper, and cream of mushroom soup.
3. Distribute mixture among steam table pans.
4. Top with tater tots and shredded cheese.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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>	0.380

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	351.48
<b>Fat</b>	24.18g
<b>SaturatedFat</b>	10.41g
<b>Trans Fat</b>	1.49g
<b>Cholesterol</b>	69.69mg
<b>Sodium</b>	555.50mg
<b>Carbohydrates</b>	15.44g
<b>Fiber</b>	1.51g
<b>Sugar</b>	1.02g
<b>Protein</b>	18.14g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 224.09mg	<b>Iron</b> 0.48mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Club Sandwich

<b>Servings:</b>	1.00	<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-23132
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
380 - Aunt Millie's WG Honey White Bread	2 Each		380

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
  2. Place 6 slices turkey, 1 slice of cheese, 2 slices of bacon and 1/4 cup of lettuce.
  3. Wrap, label and date for 3 days.
- CCP: Keep cold 41F or below.

## 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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	587.50
<b>Fat</b>	27.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	127.50mg
<b>Sodium</b>	2156.25mg
<b>Carbohydrates</b>	35.50g
<b>Fiber</b>	4.25g
<b>Sugar</b>	6.75g
<b>Protein</b>	46.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 88.00mg	<b>Iron</b> 13.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Pot Pie

<b>Servings:</b>	300.00	<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-23137
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	300 Each	<b>BAKE</b> Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
FILLING POT PIE CHIX 4-5 JTM	125 Pound		513242

## Preparation Instructions

weigh out the 6.7 oz weight to figure out what size scoop it fits in.  
add another meat, (string cheese, peanut butter or cottage cheese)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 300.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	337.98
<b>Fat</b>	12.96g
<b>SaturatedFat</b>	7.57g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	29.12mg
<b>Sodium</b>	851.95mg
<b>Carbohydrates</b>	42.38g
<b>Fiber</b>	2.26g
<b>Sugar</b>	6.15g
<b>Protein</b>	14.68g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 259.35mg	<b>Iron</b> 2.27mg

\*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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# HS Sack Lunch

<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-23311
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Mini Sub Buns	1		5157
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	2 slices of each meat	236012
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	3.750
<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>	519.02
<b>Fat</b>	22.65g
<b>SaturatedFat</b>	8.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.05mg
<b>Sodium</b>	1351.19mg
<b>Carbohydrates</b>	51.02g
<b>Fiber</b>	5.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	26.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 298.23mg	<b>Iron</b> 11.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad

<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-26872
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 Ounce	Weight	100121
EGG HARD CKD PLD BIB 4-2.5 GCHC	1/2 Each		229431
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint		735787

## Preparation Instructions

Assemble ingredients in container.

Offer with additional fresh vegetables, choose 2 grains (cheez-its, goldfish, pretzels), hot menued vegetable, fruit, and milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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>	187.64
<b>Fat</b>	9.70g
<b>SaturatedFat</b>	5.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	143.32mg
<b>Sodium</b>	467.16mg
<b>Carbohydrates</b>	6.28g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	19.44g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 147.98mg	<b>Iron</b> 1.22mg

\*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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# Crispy Chicken Salad

<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-26873
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 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.	281831
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787

## Preparation Instructions

Assemble ingredients in container.

Offer with additional fresh vegetables, choose 2 grains (cheez-its, goldfish, pretzels), hot menued vegetable, fruit, and milk.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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>	307.20
<b>Fat</b>	18.68g
<b>SaturatedFat</b>	5.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.60mg
<b>Sodium</b>	538.80mg
<b>Carbohydrates</b>	18.52g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	18.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 149.48mg	<b>Iron</b> 2.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Salad

<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-26875
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Weight	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TOMATO CHERRY 11 MRKN	1/8 Cup		569551
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package		818222

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.413
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.253
<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>	368.45
<b>Fat</b>	16.27g
<b>SaturatedFat</b>	5.84g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	47.78mg
<b>Sodium</b>	539.81mg
<b>Carbohydrates</b>	36.16g
<b>Fiber</b>	6.18g
<b>Sugar</b>	3.54g
<b>Protein</b>	19.44g
<b>Vitamin A</b> 194.92IU	<b>Vitamin C</b> 3.21mg
<b>Calcium</b> 209.14mg	<b>Iron</b> 2.90mg

\*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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# \*Specialty Salad\*

<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-26876
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 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.	281831
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TOMATO CHERRY 11 MRKN	1/8 Cup		569551
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CROUTON HMSTYL SEAS 10-2# GCHC	1 3/5 Ounce	Weight	748500

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.520
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.130
<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>	503.40
<b>Fat</b>	25.13g
<b>SaturatedFat</b>	5.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.60mg
<b>Sodium</b>	1115.92mg
<b>Carbohydrates</b>	51.43g
<b>Fiber</b>	4.29g
<b>Sugar</b>	2.65g
<b>Protein</b>	24.73g
<b>Vitamin A</b> 194.92IU	<b>Vitamin C</b> 3.21mg
<b>Calcium</b> 171.02mg	<b>Iron</b> 2.32mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli and Cheese Soup

<b>Servings:</b>	2.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28525
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP GLDN BROCC 3-4 CAMP	1 Cup		165500

## Preparation Instructions

REMOVE PLASTIC FILM COVER. PLACE BLOCKS OF SOUP IN A SUITABLE CONTAINER. ADD ONE QUART OF WATER FOR EACH BLOCK OF SOUP. COVER AND HEAT TO BOILING, STIRRING OCCASIONALLY. REDUCE HEAT AND LET SIMMER FOR 2 TO 3 MINUTES. TRANSFER TO SERVING CONTAINER CAREFULLY HEAT AND SERVE.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.130
<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: 2.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	190.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	950.00mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 0.50mg

\*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 Parfait

<b>Servings:</b>	1.00	<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-28526
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Variety of Fruit	1/2 Cup		
Granola	1 Serving	Mix melted butter, sugar, salt and vanilla. Pour over oats. Toss really well. Pour onto baking sheet. Bake 350 in preheated oven for 30 min or until you can smell granola *tossing 1/2 way through the bake	R-37151

## Preparation Instructions

Package 1 cup of yogurt, 1/2 cup of fruit, 1/4 cup granola. Offer with muffin.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<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>	409.39
<b>Fat</b>	5.43g
<b>SaturatedFat</b>	2.81g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.46mg
<b>Sodium</b>	228.46mg
<b>Carbohydrates</b>	82.10g
<b>Fiber</b>	2.81g
<b>Sugar</b>	54.96g
<b>Protein</b>	9.46g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.66mg	<b>Iron</b> 0.64mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fruited Gelatin

<b>Servings:</b>	110.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28527
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	3 #10 CAN		100220
Diced Pears 6-10	3 #10 CAN		100225
Tap Water for Recipes	1 Gallon 2/5 Quart (4 2/5 Quart)	Follow gelatin directions for specific amounts of water.	000001WTR
GELATIN MIX STRAWB 12-24Z GCHC	1 1/2 Pound		524581

## Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

### NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, pineapple, manog, or guava. Gelatin will not set.)

## 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: 110.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	85.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	35.45mg		
<b>Carbohydrates</b>	21.12g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	18.57g		
<b>Protein</b>	0.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.36mg	<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

# Chicken Caesar Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29174
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
Chicken, diced, cooked, frozen	3/4 Cup	Thaw before.	100101
CROUTON PLAIN CUBE NT 10 FRSHGOURM	1/4 Cup		773590
DRESSING CAESAR 4-1 GAL GFS	1 Fluid Ounce		818201
CHEESE PARM SHRD FCY 10-2 PG	1 Tablespoon		460095

## Preparation Instructions

Layer items as listed in container.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.750
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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 salad

Amount Per Serving			
<b>Calories</b>	347.00		
<b>Fat</b>	19.35g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	93.75mg		
<b>Sodium</b>	521.00mg		
<b>Carbohydrates</b>	16.20g		
<b>Fiber</b>	2.20g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	28.30g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	89.20mg	<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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# Grilled Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29288
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint		735787
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250

## Preparation Instructions

Assemble ingredients in container.

Offer with additional fresh vegetables, choose 2 grains (cheez-its, goldfish, pretzels), hot menued vegetable, fruit, and milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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 salad

#### Amount Per Serving

<b>Calories</b>	177.20
<b>Fat</b>	7.18g
<b>SaturatedFat</b>	3.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.60mg
<b>Sodium</b>	318.80mg
<b>Carbohydrates</b>	4.52g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	25.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 135.48mg	<b>Iron</b> 0.72mg

\*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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# Rice

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29289
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	1/4 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

## Preparation Instructions

**BOIL:** Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

### 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: 2.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	85.00		
<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>	18.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

\*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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# Pulled Pork Taco with Slaw

<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-29290
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce		675222
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1/4 Cup		198226
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690

## 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>	0.042
<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>	370.17
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	8.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.00mg
<b>Sodium</b>	427.33mg
<b>Carbohydrates</b>	31.83g
<b>Fiber</b>	4.33g
<b>Sugar</b>	5.50g
<b>Protein</b>	20.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 53.83mg	<b>Iron</b> 2.00mg

\*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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# Biscuit & Gravy

<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-29291
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	<b>BAKE</b> Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
GRAVY SAUS CNTRY STYLE 6-10 HRTHSTN	1/2 Cup		125350

## 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>	300.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	910.00mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<b>Iron</b> 1.70mg

\*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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# Chicken Bacon Ranch Salad

<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-29292
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	3 1/2 Ounce		100101
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
DRESSING RNCH 4-1GAL HVALL	1 Fluid Ounce	READY_TO_EAT Ready to use.	759082
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint		735787

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.750
<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>	506.00		
<b>Fat</b>	32.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	153.50mg		
<b>Sodium</b>	1588.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	43.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.67mg	<b>Iron</b>	1.50mg

\*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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# Baked Potato Bar

<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-29293
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce		722330
POTATO BAKER IDAHO 80CT MRKN	3 Ounce		322385
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	1/4 Cup		310668

## Preparation Instructions

No Preparation Instructions available.

### 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>	1.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	278.60
<b>Fat</b>	14.90g
<b>SaturatedFat</b>	7.80g
<b>Trans Fat</b>	0.29g
<b>Cholesterol</b>	64.00mg
<b>Sodium</b>	850.80mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	3.90g
<b>Sugar</b>	3.00g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 1.70IU	<b>Vitamin C</b> 16.75mg
<b>Calcium</b> 347.20mg	<b>Iron</b> 2.64mg

\*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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# Burrito Bar

<b>Servings:</b>	2.00	<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-29294
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Refried Beans	1/4 Serving	RECONSTITUTE 1: Pour 1gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	R-28947
Chicken, Diced, Cooked, Frozen	2 Ounce		100101
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce		722330
BEAN BLACK FIESTA TACO 6-10 BUSH	1/4 Cup		581180
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
Spanish Rice	1 Serving	Top of Stove Combine 2 ¾ quarts water and 4 ounces butter (optional) in a stock pot. Bring to a boil. Stir in rice and contents of seasoning packet. Cover, REDUCE HEAT and simmer 20 minutes or until MOST of the water is absorbed. Stir occasionally. Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving. Oven Method Combine 2 ¾ quarts BOILING water, rice, contents of seasoning packet and 4 ounces butter (optional) in a full-size steam table pan. Stir well. Cover and bake in a 350 °F conventional oven 35 minutes or until MOST of the water is absorbed. Keep warm (160 °F) and fluff with fork before serving.	R-29295

## Preparation Instructions

Choice of: (chicken or beef), (refried beans or black beans) Spanish rice bowl or taco shell

## 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>	0.250
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	531.88
<b>Fat</b>	11.45g
<b>SaturatedFat</b>	4.40g
<b>Trans Fat</b>	0.15g
<b>Cholesterol</b>	38.00mg
<b>Sodium</b>	1051.72mg
<b>Carbohydrates</b>	80.69g
<b>Fiber</b>	9.39g
<b>Sugar</b>	6.25g
<b>Protein</b>	26.39g
<b>Vitamin A</b> 333.33IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 139.67mg	<b>Iron</b> 5.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spanish Rice

<b>Servings:</b>	18.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29295
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z UBEN	2 Pound 4 Ounce (36 Ounce)		555169
Tap Water for Recipes	2 3/4 Quart		000001WTR
MARGARINE SLD 30-1 GCHC	4 Ounce		733061

## Preparation Instructions

### Top of Stove

Combine 2 ¾ quarts water and 4 ounces butter (optional) in a stock pot. Bring to a boil.

Stir in rice and contents of seasoning packet. Cover, REDUCE HEAT and simmer 20 minutes or until MOST of the water is absorbed. Stir occasionally.

Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

### Oven Method

Combine 2 ¾ quarts BOILING water, rice, contents of seasoning packet and 4 ounces butter (optional) in a full-size steam table pan. Stir well.

Cover and bake in a 350 °F conventional oven 35 minutes or until MOST of the water is absorbed.

Keep warm (160 °F) and fluff with fork before serving.

## 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: 18.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	244.44		
<b>Fat</b>	5.39g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	607.49mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.60g		
<b>Vitamin A</b>	333.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	51.64mg	<b>Iron</b>	1.31mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pulled Pork Nacho with Queso Cheese Sauce

<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-29444
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce		675222
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Each		133273
SAUCE CHS WHT QUESO 4-5 BIB JTM	1/4 Cup		701201

## Preparation Instructions

Check SLE as incorrect.

### 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>	500.20
<b>Fat</b>	28.80g
<b>SaturatedFat</b>	10.30g
<b>Trans Fat</b>	0.11g
<b>Cholesterol</b>	91.00mg
<b>Sodium</b>	913.20mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.10g
<b>Sugar</b>	5.00g
<b>Protein</b>	24.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 180.00mg	<b>Iron</b> 0.90mg

\*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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# Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31352
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822
MARGARINE SLD 30-1 GCHC	1 Teaspoon		733061

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	123.33		
<b>Fat</b>	4.67g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	141.67mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.00mg	<b>Iron</b>	1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pancakes

<b>Servings:</b>	2.00	<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-31353
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	<b>BAKE</b> Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating <b>CONVENTIONAL OVEN*:</b> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. <b>CONVECTION OVEN*:</b> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. <b>MICROWAVE:</b> 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.	395303

## 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: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Frudel

<b>Servings:</b>	2.00	<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-31354
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	<b>BAKE</b> Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838340
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	<b>BAKE</b> Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838350

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	255.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.50g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.50mg

\*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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# Mini Donuts

<b>Servings:</b>	2.00	<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-31355
<b>School:</b>	Culver Middle/High School		

## Ingredients

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

## 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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	295.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	6.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	41.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	4.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.00mg	<b>Iron</b>	1.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Creamed Turkey

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.66 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31845
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SHRD CKD 4-5AVG JENNO	6 Pound		416042
SOUP CRM OF CHIX 12-5 CAMP	1 #5 CAN		101125
1 % White Milk	1 Cup		3601
SPICE PEPR BLK REG FINE GRIND 16Z	3/4 Teaspoon		225037

## Preparation Instructions

Approximately 9.14 lb. raw= 6 lbs. cooked turkey.

Cook and shred turkey.

Use a total of 6 lb. shredded, cooked turkey for this recipe.

Mix turkey, soup, and milk in 4B pan.

Steam with lid off to 165.

Check after 15 minutes (may take 20-30 minutes).

Serve with #6 disher over biscuit.

5 qt. per pan.



## 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: 30.00

Serving Size: 0.66 Cup

### Amount Per Serving

<b>Calories</b>	126.85		
<b>Fat</b>	2.92g		
<b>SaturatedFat</b>	0.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	46.35mg		
<b>Sodium</b>	527.04mg		
<b>Carbohydrates</b>	4.78g		
<b>Fiber</b>	0.47g		
<b>Sugar</b>	0.28g		
<b>Protein</b>	23.09g		
<b>Vitamin A</b>	50.47IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.04mg	<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

# Gravy

<b>Servings:</b>	60.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31848
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	1 Package		242390

## Preparation Instructions

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY

### 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: 60.00

Serving Size: 2.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	25.30		
<b>Fat</b>	1.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	404.78mg		
<b>Carbohydrates</b>	4.05g		
<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>	2.02mg	<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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# Mashed Potatoes

<b>Servings:</b>	40.00	<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-31849
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package	<b>RECONSTITUTE</b> 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

## Preparation Instructions

1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

### 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>	1.400

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	252.03
<b>Fat</b>	2.80g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1120.13mg
<b>Carbohydrates</b>	47.61g
<b>Fiber</b>	2.80g
<b>Sugar</b>	0.00g
<b>Protein</b>	5.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.00mg	<b>Iron</b> 0.84mg

\*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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# Apple Crisp

<b>Servings:</b>	204.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31852
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices, Canned, Unsweetened	10 #10 CAN		100206
SUGAR BEET GRANUL 25 GCHC	1 Quart		108588
SPICE CINNAMON GRND 5 TRDE	1/2 Cup		224731
SPICE ALLSPICE GRND 16Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		513601
MARGARINE SLD 30-1 GCHC	6 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
OATS QUICK HOT CEREAL 12-42Z GCHC	10 Pound		240869
SUGAR BROWN LT 12-2 P/L	8 Pound		860311
STARCH CORN BIB 25 ARGO	1 Pound		704377
SUGAR CANE GRANUL 50 GCHC	3 Pound		425311

## Preparation Instructions

1. Mix apples, sugar, cinnamon, and allspice together well.
2. Mix brown sugar and oats together.
3. Melt margarine and pour over brown sugar/oat mixture, Blend well.
4. Mix together cornstarch and sugar.
5. Add small amounts to thicken fruit.
6. Put fruit in 2- 18 x 26 pans, then balance in 2 x 2 pans.

7. Cover with oat topping.

8. Bake 30-45 minutes, until bubbly.

SERVE 51 SERVINGS PER PAN USING 4 OZ SPOODLE>

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<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: 204.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	341.74		
<b>Fat</b>	11.74g		
<b>SaturatedFat</b>	4.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	115.32mg		
<b>Carbohydrates</b>	57.54g		
<b>Fiber</b>	4.57g		
<b>Sugar</b>	36.55g		
<b>Protein</b>	2.78g		
<b>Vitamin A</b>	705.88IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.04mg	<b>Iron</b>	5.57mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fruited Gelatin

<b>Servings:</b>	110.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31854
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	3 #10 CAN		100220
Diced Pears 6-10	3 #10 CAN		100225
Tap Water for Recipes	1 Gallon 2/5 Quart (4 2/5 Quart)	Follow gelatin directions for specific amounts of water.	000001WTR
GELATIN MIX STRAWB 12-24Z GCHC	1 1/2 Pound		524581

## Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

### NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)



## 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: 110.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	85.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	35.45mg		
<b>Carbohydrates</b>	21.12g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	18.57g		
<b>Protein</b>	0.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.36mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Blueberry Crisp

<b>Servings:</b>	204.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32527
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries, Frozen	7 Gallon 1 Quart 1 Pint 1/3 Cup (118 1/3 Cup)	118.3	110624
SUGAR BEET GRANUL 25 GCHC	1 Quart		108588
SPICE CINNAMON GRND 5 TRDE	1/2 Cup		224731
SPICE ALLSPICE GRND 16Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		513601
MARGARINE SLD 30-1 GCHC	6 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of- house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
OATS QUICK HOT CEREAL 12-42Z GCHC	10 Pound		240869
SUGAR BROWN LT 12-2 P/L	8 Pound		860311
STARCH CORN BIB 25 ARGO	1 Pound		704377
SUGAR CANE GRANUL 50 GCHC	3 Pound		425311

## Preparation Instructions

1. Mix apples, sugar, cinnamon, and allspice together well.
2. Mix brown sugar and oats together.
3. Melt margarine and pour over brown sugar/oat mixture, Blend well.
4. Mix together cornstarch and sugar.
5. Add small amounts to thicken fruit.
6. Put fruit in 2- 18 x 26 pans, then balance in 2 x 2 pans.

7. Cover with oat topping.

8. Bake 30-45 minutes, until bubbly.

SERVE 51 SERVINGS PER PAN USING 4 OZ SPOODLE>

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<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: 204.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	330.15		
<b>Fat</b>	12.90g		
<b>SaturatedFat</b>	4.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	104.88mg		
<b>Carbohydrates</b>	55.22g		
<b>Fiber</b>	4.57g		
<b>Sugar</b>	34.23g		
<b>Protein</b>	2.78g		
<b>Vitamin A</b>	705.88IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.04mg	<b>Iron</b>	5.57mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Beef Stroganoff

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34048
<b>School:</b>	Culver 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>	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: 0.75 Cup

#### 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

# Chickpea Salad

<b>Servings:</b>	112.00	<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-34049
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	1 #10 CAN	Rinsed and drained	118753
PEPPERS RED DOMESTIC 23 MRKN	3 Each	Chopped	560715
PEPPERS BELL YEL 11	3 Each	Chopped	460890
CUCUMBER ENG SDLSS 12-1CT P/L	6 Each	sliced and quartered	532312
ONION RED JUMBO 25 MRKN	1 Ounce	Diced	198722
TOMATO CHERRY 10 MRKN	1 Quart 1 Pint (3 Pint)	halved	169275
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	3 Fluid Ounce	drained	324531
CHEESE FETA CRMBL 4-2.5 P/L	1 1/2 Pound		716685
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Pint		732900
LEMON JUICE 100 12-32FLZ GCHC	1 1/2 Teaspoon		311227
GARLIC MINCED IN WTR 12-32Z	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		907713
SPICE OREGANO LEAF 8.5 TRDE	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		228443
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon	To Taste	225061
SALT IODIZED 18-2.25 GCHC	1 Teaspoon	To Taste	350732

## Preparation Instructions

1. Place all salad ingredients into a large bowl and toss to combine

2. In a small bowl, whisk together olive oil, lemon juice, garlic and oregano. Pour onto salad and toss again to combine well. Taste and add salt and pepper as you'd like
3. Place in the refrigerator for 1 hour to marinate, or overnight.
4. Before serving, mix in the feta cheese and toss again. Salad is best enjoyed within 2-3 days after making.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.214
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.080
<b>OtherVeg</b>	0.008
<b>Legumes</b>	0.115
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 112.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	81.80
<b>Fat</b>	6.05g
<b>SaturatedFat</b>	1.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.43mg
<b>Sodium</b>	118.53mg
<b>Carbohydrates</b>	5.39g
<b>Fiber</b>	1.36g
<b>Sugar</b>	1.29g
<b>Protein</b>	2.39g
<b>Vitamin A</b> 181.44IU	<b>Vitamin C</b> 15.44mg
<b>Calcium</b> 19.92mg	<b>Iron</b> 0.26mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cowboy Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37157
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
BEANS BLACK LO SOD 6-10 BUSH	1/4 Cup		231981
Corn, Whole Kernel, Frozen, No Salt added	1/4 Cup	<b>STEAM</b> Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
PEPPERS RED DOMESTIC 23 MRKN	1 Fluid Ounce		560715
ONION RED JUMBO 10 MRKN	1 Tablespoon		596973
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon	<b>BAKE</b> Fully cooked. Serve warm or cold. Simply open package and portion as needed.	104396
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
Ranch Dressing	1 Serving	Mix all ingredients together. Portion 3 fluid ounces in each 3.5 oz. portion cup.	R-37325

## Preparation Instructions

Layer items as listed in container. Serve with cornbread, cheez-its, and ranch dressing.  
Offer other menued vegetables, fruit, and milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

<b>Calories</b>	780.02
<b>Fat</b>	41.11g
<b>SaturatedFat</b>	14.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.48mg
<b>Sodium</b>	1437.34mg
<b>Carbohydrates</b>	77.09g
<b>Fiber</b>	7.83g
<b>Sugar</b>	22.82g
<b>Protein</b>	25.13g
<b>Vitamin A</b> 500.11IU	<b>Vitamin C</b> 29.60mg
<b>Calcium</b> 267.59mg	<b>Iron</b> 2.61mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Hot Dog on Bun

<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-37476
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

## 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>	320.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.89mg	<b>Iron</b>	2.77mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Variety of Chips

<b>Servings:</b>	7.00	<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-37477
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696900
CHIP POT BKD 64-LSSV LAYS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712560
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHIP POT BKD VAR PK 2-30CT FRITOL	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	903636
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502

Description	Measurement	Prep Instructions	DistPart #
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	788670

## 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: 7.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	115.71		
<b>Fat</b>	4.43g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	152.86mg		
<b>Carbohydrates</b>	17.43g		
<b>Fiber</b>	1.71g		
<b>Sugar</b>	1.29g		
<b>Protein</b>	1.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.57mg	<b>Iron</b>	0.34mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pizza Lunchable

<b>Servings:</b>	1.00	<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-37480
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721
Shredded Mozzarella Cheese, Part Skim	1/2 Cup		100021

## Preparation Instructions

Package all ingredients together. Reimbursable meal by itself. Must also offer fruit, menued vegetables, and milk.

### 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>	0.500
<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>	390.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	10.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	880.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.20IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	22.18mg	<b>Iron</b>	2.06mg

\*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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# Peanut Butter Sandwich

<b>Servings:</b>	1.00	<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-37507
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
Peanut Butter, Smooth	1/4 Cup		100396
JELLY APPLE-GRAPE 6-10 GCHC	1 Fluid Ounce		100927

## Preparation Instructions

Spread 1/4 cup peanut butter on one slice of bread. Add jelly. Top with other slice.

### 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>	680.00
<b>Fat</b>	34.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	550.00mg
<b>Carbohydrates</b>	74.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	34.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 96.00mg	<b>Iron</b> 2.00mg

\*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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# Taco Salad Bowl

<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-37508
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Weight	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint		735787

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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>	184.23
<b>Fat</b>	9.22g
<b>SaturatedFat</b>	4.82g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	47.78mg
<b>Sodium</b>	378.64mg
<b>Carbohydrates</b>	9.25g
<b>Fiber</b>	3.89g
<b>Sugar</b>	3.89g
<b>Protein</b>	17.23g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 182.80mg	<b>Iron</b> 2.59mg

\*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

<b>Servings:</b>	2.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37509
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F LT 48-4Z YOPL	1 Each	READY_TO_EAT READY TO EAT	594981
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	READY_TO_EAT Ready to Eat	551741

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.00
<b>Fat</b>	0.25g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	50.00mg
<b>Carbohydrates</b>	16.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	3.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<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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# Chicken Breakfast Biscuit

<b>Servings:</b>	1.00	<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-37510
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK UNSLCD 2Z 6-25CT GCHC	1 Each		890071

## Preparation Instructions

Chicken: **BAKE** Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen.  
**CONVECTION** Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	275.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	805.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	51.00mg	<b>Iron</b>	2.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 2 oz. Cereal

<b>Servings:</b>	6.00	<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-37512
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready To Eat	105357
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105850
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each	READY_TO_EAT Ready to eat	105307
CEREAL RICE CHEX BLUEB CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	806114
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container	READY_TO_EAT Ready to eat	105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105931

## 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: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	216.67
<b>Fat</b>	3.58g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	301.67mg
<b>Carbohydrates</b>	43.50g
<b>Fiber</b>	3.17g
<b>Sugar</b>	14.17g
<b>Protein</b>	3.33g
<b>Vitamin A</b> 83.33IU	<b>Vitamin C</b> 1.00mg
<b>Calcium</b> 118.33mg	<b>Iron</b> 7.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pasta

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37571
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 4-5 GCHC	1/2 Cup		413360
PASTA PENNE RIGATE 2-10 KE	1/2 Cup		635501
PASTA SPAGHETTI 10 2-10 KE	1/2 Cup		654560

## 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: 3.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	127.53		
<b>Fat</b>	0.64g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	26.78g		
<b>Fiber</b>	1.28g		
<b>Sugar</b>	1.28g		
<b>Protein</b>	4.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.15mg

\*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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# Baked Beans

<b>Servings:</b>	45.00	<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-37608
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	1 #10 CAN		520098
Beans, Vegetarian, Low-sodium, Canned	1 #10 CAN		100364

## Preparation Instructions

Mix beans together. Heat.

### 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>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	135.77		
<b>Fat</b>	0.78g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	360.32mg		
<b>Carbohydrates</b>	26.11g		
<b>Fiber</b>	5.22g		
<b>Sugar</b>	8.88g		
<b>Protein</b>	7.31g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.11mg	<b>Iron</b>	0.99mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Seasoned Green Beans

<b>Servings:</b>	22.00	<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-37611
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	1 #10 CAN		100307
BASE HAM NO ADDED MSG 12-1 GCHC	1 Tablespoon		686691

## 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>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	25.81		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	147.04mg		
<b>Carbohydrates</b>	4.12g		
<b>Fiber</b>	2.06g		
<b>Sugar</b>	2.06g		
<b>Protein</b>	1.03g		
<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

# California Blend

<b>Servings:</b>	86.00	<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-37612
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GCHC	15 Pound		285740
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		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>	0.000
<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: 86.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	12.92		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	18.34mg		
<b>Carbohydrates</b>	2.62g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.04mg	<b>Iron</b>	0.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Buttered Corn

<b>Servings:</b>	82.00	<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-37613
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound	<b>STEAM</b> Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		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>	0.000
<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: 82.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	67.81		
<b>Fat</b>	1.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.46mg		
<b>Carbohydrates</b>	16.21g		
<b>Fiber</b>	2.01g		
<b>Sugar</b>	3.02g		
<b>Protein</b>	2.01g		
<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**

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**No 100g Conversion Available**

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# Buttered Peas

<b>Servings:</b>	70.00	<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-37614
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		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>	0.000
<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: 70.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	63.58		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	63.09mg		
<b>Carbohydrates</b>	11.33g		
<b>Fiber</b>	4.07g		
<b>Sugar</b>	4.07g		
<b>Protein</b>	4.07g		
<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

# Steamed Broccoli

<b>Servings:</b>	105.00	<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-37615
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		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: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	26.32		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	24.70mg		
<b>Carbohydrates</b>	5.09g		
<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

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

### Nutrition - Per 100g

No 100g Conversion Available



# Italian Blend

<b>Servings:</b>	105.00	<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-37616
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ITAL 30 GCHC	15 Pound		285670
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		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>	0.000
<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: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	26.98		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	22.70mg		
<b>Carbohydrates</b>	4.09g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	83.33IU	<b>Vitamin C</b>	3.33mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.27mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Buttered Peas & Carrots

<b>Servings:</b>	70.00	<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-37621
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS & CARROT 12-2.5 GCHC	15 Pound		119458
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		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>	0.000
<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: 70.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	38.45		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	19.24mg		
<b>Carbohydrates</b>	7.73g		
<b>Fiber</b>	2.28g		
<b>Sugar</b>	3.04g		
<b>Protein</b>	1.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.53mg

\*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

<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-39208
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 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.	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

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

\*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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# Brown Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39221
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

## 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: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	1.00mg

\*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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# Breaded Chicken Sandwich

<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-39243
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 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 SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	680.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 3.90mg

\*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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# Hot Ham -n- Cheese on Pretzel Bun

<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-39250
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071
ROLL PRTZL WGRAIN 120-2.2Z J&J	1 Each		500162

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	349.88
<b>Fat</b>	12.26g
<b>SaturatedFat</b>	4.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.56mg
<b>Sodium</b>	503.52mg
<b>Carbohydrates</b>	37.11g
<b>Fiber</b>	3.00g
<b>Sugar</b>	7.08g
<b>Protein</b>	21.99g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 108.50mg	<b>Iron</b> 3.13mg

\*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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# Pepper Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39253
<b>School:</b>	Culver 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>	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 Serving

#### 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

# Italian Beef Sub

<b>Servings:</b>	1.00	<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-39257
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 6-5 ADV	2 1/2 Ounce	<p><b>BAKE</b> Conventional Oven From thawed state, preheat oven to 350°F. Remove product from pouch and arrange product in a single layer in a 2 inch hotel pan. Break up any large pieces and cover with foil. Heat for 45-47 minutes or until internal temperature reaches 145°F. Drain off excess fat after cooking.</p> <p><b>CONVECTION</b> Convection Oven From thawed state, preheat oven to 350°F. Remove product from pouch and arrange product in a single layer in a 2 inch hotel pan. Break up any large pieces and cover with foil. Heat for 20-22 minutes or until internal temperature reaches 145°F. drain off excess fat after cooking.</p> <p><b>GRILL</b> Flat Grill From thawed state, preheat flat to 350°F. Place portioned amount on top of flat and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145°F.</p> <p><b>SAUTE</b> Stovetop Do not remove product from bag. In a 20 quart pot, heat 10 quarts of water and bring to a boil. From frozen state, submerge product and heat for 60 minutes or until internal temperature reaches 145°F. Let product stand for 3 minutes before opening bag.</p>	598762
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	Could also use provolone GFS 726532.	726567
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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>	370.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 194.00mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Hoagie

<b>Servings:</b>	1.00	<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-39260
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce		100101
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	Could also use provolone GFS 726532.	726567
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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>	302.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.00mg
<b>Sodium</b>	396.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 177.00mg	<b>Iron</b> 2.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Teriyaki Chicken

<b>Servings:</b>	42.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39322
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	10 Pound		100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1/3 Gallon		417622

## Preparation Instructions

Put 5# of chicken on 2 sheet pans. Heat in a 325 degree oven until temperature reaches 145 degrees. Pour into a 6 steam table pan and add the teriyaki sauce. Stir well.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 42.00

Serving Size: 4.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	217.07		
<b>Fat</b>	4.48g		
<b>SaturatedFat</b>	2.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	82.91mg		
<b>Sodium</b>	1322.03mg		
<b>Carbohydrates</b>	20.33g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.32g		
<b>Protein</b>	20.17g		
<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**

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**No 100g Conversion Available**

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# Cavatini

<b>Servings:</b>	21.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39323
<b>School:</b>	Culver Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	2 Package	<b>BOIL</b> 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. <b>HEAT_AND_SERVE</b>	728590
Shredded Mozzarella Cheese, Part Skim	1 Pint		100021
PEPPERONI SLCD 14-16/Z 2-5 GCHC	30 Each		729981

## Preparation Instructions

Place 2 bags of rotini in pan.

Top with cheese and pepperoni.

Bake.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 21.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	368.34
<b>Fat</b>	20.21g
<b>SaturatedFat</b>	8.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	733.65mg
<b>Carbohydrates</b>	26.12g
<b>Fiber</b>	4.10g
<b>Sugar</b>	8.57g
<b>Protein</b>	21.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 23.55mg
<b>Calcium</b> 56.32mg	<b>Iron</b> 3.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available