

Cookbook for Culver Preschool

Created by HPS Menu Planner

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Variety of Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18856
School:	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

Meat	0.000
Grain	0.917
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18857
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Specialty Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18860
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18862
School:	Culver Middle/High School		

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
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18864
School:	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

Meat	5.000
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.333
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18867
School:	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

Meat	0.000
Grain	2.025
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Cavalier Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18868
School:	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

Meat	0.408
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.433

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	275.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18869
School:	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	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.	696871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.709
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.107
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 275.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18870
School:	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

Meat	4.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18871
School:	Culver Middle/High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	36.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18874
School:	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

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18875
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Sausage and Cheese on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18876
School:	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

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	465.00		
Fat	29.00g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	132.50mg		
Sodium	890.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.50g		
Protein	21.00g		
Vitamin A	32.73IU	Vitamin C	0.01mg
Calcium	65.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti

Servings:	320.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18879
School:	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

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

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.75 Cup

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18889
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	BAKE 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18892
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18912
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Servings:	6.00	Category:	Entree
Serving Size:	12.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20899
School:	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

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20900
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	3 Piece	BAKE 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. CONVECTION 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

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20901
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tot Casserole

Servings:	200.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23131
School:	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

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.380

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.75 Cup

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23132
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23137
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	300 Each	BAKE 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

Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available
