

Cookbook for Just A Dash Catering

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Cookbook for Ambassador Christian Academy

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Table of Contents

No Recipes found

Cookbook for Aquinas Catholic Community School

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Table of Contents

No Recipes found

Cookbook for Calumet School District 132

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Table of Contents

Fruit Choice

Nacho Supreme

Chicken & Gravy

Spaghetti with Meat Sauce

Chicken Burrito Bowl with Cilantro Lime Rice

Cheese Beef Slider

Cheesy Beef Taco Pasta Bake

Salisbury Steak with onions

Creamy Cajun Alfredo Pasta

Romaine Garden Salad

Chicken Parmesan

Orange Chicken

Sloppy Joe on Bun

Mashed Potato Bowl

Turkey Tacos

Chicken Stir Fry

Fruit Choice



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1/6 Cup		200999
APPLE DELIC GLDN 125-138CT MRKN	1/6 Cup		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/12 Cup	2.75 oz = 1/2 cup	280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/6 Cup		198021
STRAWBERRY 8 MRKN	1/12 Cup	3 oz + 1/2 cup	212768
PEAR 95-110CT MRKN	1/6 Cup		198056

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.007
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	153.40
Fat	0.23g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.56mg
Carbohydrates	41.22g
Fiber	7.51g
Sugar	24.23g
Protein	1.84g
Vitamin A 96.60IU	Vitamin C 25.59mg
Calcium 33.78mg	Iron 0.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40918
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020
SAUCE CHS NACHO DLX 6-10 GCHC	1 Ounce		323616
TURKEY TACO MEAT FC 4-7 JENNO	3 5/11 Ounce		768230
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	MICROWAVE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. STOVE TOPHeat 2 Tbsp. oil in a large skillet on MED-HIGH heat. Add ½ bag of product and cover for 6-8 minutes, stirring frequently. MICROWAVE (1100 WATTS)Microwave ½ bag of product on HIGH for 9 minutes, covered, stirring halfway through cook time. Let stand for 1 minute. CONVECTION OVENBake vegetables at 350°F for 8-11 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.	163760

Preparation Instructions

1. Heat meat and cheese to 155°F. Hold 135°F.
2. Prepare salsa recipe. Hold < 41°F.

UPON SERVICE:

3. Pour 2oz chips on plate.
4. Top with #10 scoop taco meat.
5. Drizzle 1oz cheese sauce over chips and meat.
6. Top with 4oz spoodle of corn salsa.

Allergens: milk, wheat, soy

Meal Components (SLE)

Amount Per Serving

Meat	2.292
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.098
Starch	0.098

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	476.84		
Fat	18.87g		
SaturatedFat	3.10g		
Trans Fat	0.00g		
Cholesterol	63.04mg		
Sodium	907.84mg		
Carbohydrates	57.41g		
Fiber	7.03g		
Sugar	4.79g		
Protein	24.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	114.42mg	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

Chicken & Gravy

NO IMAGE

Servings:	64.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40934
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
GRAVY MIX CNTRY 8-22Z TRIO	1 Package	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Country Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	478377
Water	1 Gallon	READY_TO_DRINK	Water
PEPPERS STRIPS BLND 6-5 GCHC	1/4 Package		261548

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	64 Piece	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391

Preparation Instructions

For Gravy:

ADD ONE BAG GRAVY MIX TO ONE GALLON BOILING WATER AND BLEND WITH WIRE WHIP. SIMMER 1 MIN, STIRRING CONSTANTLY. ADD HERB SEASONING. TASTE AND SEASON AS NEEDED.

Preheat oven to 375°F. Add peppers and gravy to frozen chicken, place pieces in a single layer on sheet pan. Season lightly with herb seasoning. Heat for 35-40 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Piece

Amount Per Serving	
Calories	372.06
Fat	15.17g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	3176.60mg
Carbohydrates	37.45g
Fiber	1.00g
Sugar	8.73g
Protein	23.33g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 57.31mg**	Iron 1.00mg**

*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

Spaghetti with Meat Sauce



Servings:	35.00	Category:	Entree
Serving Size:	1.00 #6 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40920
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI WHLWHE 2-5 DAKO	13 Pound 2 Ounce (210 Ounce)		400367
BEEF CRMBL CKD 80/Z W/TVP 10 PG	4 Pound 6 Ounce (70 Ounce)	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	499587
SAUCE MARINARA A/P 6-10 P/L	4 Pound 6 Ounce (70 Ounce)	SIMMER Fully Cooked, Heat to 165 degrees	254500

Preparation Instructions

1. Cook pasta (if using uncooked) al dente. Drain.
2. Heat fully cooked beef crumbles 30-40 min on stovetop
3. Add marinara to beef crumbles
4. Heat to 135°F
5. Mix in pasta and hold until service 135°F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 35.00

Serving Size: 1.00 #6 Scoop

Amount Per Serving

Calories	155.00		
Fat	10.25g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	285.00mg		
Carbohydrates	8.50g		
Fiber	2.50g		
Sugar	6.00g		
Protein	5.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Burrito Bowl with Cilantro Lime Rice

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken For Burrito Bowl	1 Serving	COMBINE CHICKEN, 2.5 Tbsp CHIPOTLE PEPPER, 1.25 Tbsp CUMIN AND COOK CHICKEN ACCORDING TO PACKAGE.	R-40929
Cilantro Lime Rice	1 Serving	1. PLACE RICE IN 4" DEEP FULL STEAM TABLE PAN. 2. BRING WATER TO A BOIL, ADD SALT AND LIME JUICE. POUR OVER RICE 3. COVER TIGHTLY 4. STEAM AT 5LBS PRESSURE FOR 45 MINUTES OR BAKE AT 350 LET STAND COVERED FOR 5 MINUTES. 5. HOLD AT 135 DEGREES UNTIL SERVICE.	R-40932
SPICE GARLIC POWDER 6 TRDE	1 1/2 Tablespoon		513857
SPICE CHILI POWDER MILD 80Z TRDE	1 1/2 Tablespoon		195164
BEAN PINTO 6-10 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)		261475
CORN CUT IQF 30 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)	BAKE	285620
Water	3/4 Cup	READY_TO_DRINK	Water
CHEESE CHED MLD SHRD FINE 4-5 GCHC	3 Pound 2 Ounce (50 Ounce)		191043

Preparation Instructions

1) DRAIN PINTO BEANS, & SEASON WITH GARLIC POWDER & CHILI POWDER. ADD WATER AND COOK ACCORDING TO PACKAGE.

2) COOK CORN

*ASSEMBLE LAYERED IN THIS ORDER:

1 c rice

1/4 cup beans

1/4 cup corn

2. oz chicken

1oz (2oz volume) Cheddar

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.28
Fat	7.24g
SaturatedFat	2.90g
Trans Fat	0.00g
Cholesterol	49.00mg
Sodium	268.00mg
Carbohydrates	30.34g
Fiber	3.44g
Sugar	2.99g
Protein	21.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.47mg	Iron 1.66mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Beef Slider

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40938
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Dinner Rolls	2 Each		33119
BEEF CRUMBLE 4-10 COMM	4 Ounce		460120
CHEESE AMER YEL 120CT SLCD 4-5 GCHC	1 Slice		164216

Preparation Instructions

1. Heat crumble according to package. Internal temp 135.
2. Assemble slider; 2 oz of beef crumble in bun with 1/2 slice cheese on each slider.
3. Add additional toppings as requested by students.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	463.04
Fat	21.91g
SaturatedFat	11.20g
Trans Fat	0.06g
Cholesterol	96.52mg
Sodium	969.13mg
Carbohydrates	36.96g
Fiber	5.48g
Sugar	3.00g
Protein	29.87g
Vitamin A 0.02IU	Vitamin C 0.00mg
Calcium 177.84mg	Iron 1.58mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheesy Beef Taco Pasta Bake

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40922
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR CKD 4-5 PG	1 Package		464350
TURKEY TACO MEAT FC 4-7 JENNO	3 Pound 12 Ounce (60 Ounce)		768230
MILK WHT 2 4-1GAL RGNLBRND	1 Cup		504602
SEASONING TACO MIX 6-9Z LAWR	4 1/2 Ounce		159204
SAUCE CHS CHED SHRP 6-10 GCHC	1 Pound 10 Ounce (26 Ounce)		150991

Preparation Instructions

1. Layer elbow macaroni, taco meat, taco seasoning, milk and cheese sauce. Mix together.
2. Taste and add milk, taco seasoning and meat as needed.
3. Bake at 350F for 30 minutes or until heated through.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 50.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	106.59		
Fat	4.31g		
SaturatedFat	1.09g		
Trans Fat	0.00g		
Cholesterol	22.33mg		
Sodium	942.86mg		
Carbohydrates	9.99g		
Fiber	2.59g		
Sugar	1.29g		
Protein	6.73g		
Vitamin A	10.00IU	Vitamin C	0.05mg
Calcium	36.91mg	Iron	1.40mg

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

Nutrition - Per 100g

Calories	62.66		
Fat	2.53g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	13.13mg		
Sodium	554.31mg		
Carbohydrates	5.87g		
Fiber	1.52g		
Sugar	0.76g		
Protein	3.95g		
Vitamin A	5.88IU	Vitamin C	0.03mg
Calcium	21.70mg	Iron	0.82mg

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

Salisbury Steak with onions



Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40820
School:	Thea Bowman Leadership Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 80/20 W/APPLSCE VPP 200- 2.5Z	30 Serving	<p>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.</p> <p>CONVECTION Convection Oven 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.</p> <p>UNSPECIFIED Not currently available.</p>	565041
GRAVY BROWN 12-48Z HRTHSTN	3 Pound	<p>HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.</p>	673617
ONION DCD IQF 6-4 GCHC	2 Ounce		261521

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.31
Fat	8.40g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	368.06mg
Carbohydrates	3.67g
Fiber	1.01g
Sugar	0.84g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Creamy Cajun Alfredo Pasta

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 #6 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40917
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX ALFREDO 8-14Z GCHC	1 Pound 12 Ounce (28 Ounce)		685442
Water	1 Gallon	READY_TO_DRINK	Water
SEASONING CAJUN 22Z TRDE	1/4 Cup		514012
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	6 Pound 13 Ounce (109 Ounce)		313262
CHEESE MOZZ 3 SHRD FTHR 4-5 PG	1 Quart 1 Cup (5 Cup)		780995
PASTA ROTINI 4-5 GCHC	3 Pound 2 Ounce (50 Ounce)		413360

Preparation Instructions

1. Cook noodles al dente, and drain.
2. Stir alfredo mix, cajun seasoning,, hot water. Whisk or mix on low until smooth.
3. Mix half the sauce & noodles together, and divide mixture into 2 greased pans.
4. Combine chicken and remaining sauce, spread evenly over noodles.
5. Spread cheese evenly over the top of both pans.
6. Bake at 400°F until internal temperature 135°F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 #6 Scoop

Amount Per Serving

Calories	175.93
Fat	5.37g
SaturatedFat	2.46g
Trans Fat	0.00g
Cholesterol	59.41mg
Sodium	263.91mg
Carbohydrates	9.92g
Fiber	0.37g
Sugar	0.93g
Protein	22.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 87.98mg	Iron 0.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Romaine Garden Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40940
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-2 LETTUCE ROMAINE COMM 15D44	1 Cup		381403
Grape Tomatoes	8 Piece		749041

Preparation Instructions

Wash all vegetables, combine and include salad dressing packet

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.04mg		
Carbohydrates	0.02g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.01g		
Vitamin A	40.94IU	Vitamin C	0.02mg
Calcium	0.16mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41188
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
SAUCE PIZZA W/BASL 6-10 GCHC	1/4 Cup	READY_TO_EAT ready to use	100234
CHEESE MOZZ 3 SHRD FTNR 4-5 PG	1/2 Ounce		780995

Preparation Instructions

1. BAKE COOKED CHICKEN PATTY TO 135F.
2. TOP WITH PIZZA SAUCE & CHEESE
3. PLACE IN THE OVEN TO MELT THE CHEESE.
4. ASSEMBLE ON HAMBURGER BUN. SERVE.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	292.50
Fat	15.75g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	31.25mg
Sodium	670.00mg
Carbohydrates	23.25g
Fiber	4.00g
Sugar	5.00g
Protein	17.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.25mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40919
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound 10 Ounce (170 Ounce)	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.	327120
SAUCE ORNG GINGR 4- .5GAL ASIAN	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		802860

Preparation Instructions

1. Heat fully cooked chicken to an internal temp of 135°F
 2. Prepare and heat sauce according to package.
OPTIONAL: Add red pepper flakes to sauce for a kick
 3. Serve ½ cup rice
 4. Serve chicken over rice and top with sauce
- Serving Size - 2 Tbsp sauce over 3.4 oz chicken (12 pieces)
*Can Sub Chicken Nuggets - Use 250 nuggets (5 each)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	79.17		
Fat	1.08g		
SaturatedFat	0.21g		
Trans Fat	0.00g		
Cholesterol	1.67mg		
Sodium	159.17mg		
Carbohydrates	17.17g		
Fiber	0.25g		
Sugar	14.08g		
Protein	1.17g		
Vitamin A	9.08IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40941
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE 4-10 MANWICH	2 Ounce		860166
BEEF CRMBL CKD 80/Z W/TVP 10 PG	2 Ounce	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	499587
White Wheat Hamburger Bun	1 1 each	READY_TO_EAT	51535

Preparation Instructions

1. Add all ingredients together in a pot and cook until it reaches 165 degrees.
3. Transfer to pans, cover, and store in hot boxes until service.
4. Add one scoop to each bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1100.00
Fat	68.00g
SaturatedFat	28.00g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	2280.00mg
Carbohydrates	24.00g
Fiber	12.00g
Sugar	19.00g
Protein	40.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 6.40mg

*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

Mashed Potato Bowl

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40923
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	21 Pound 4 Ounce (340 Ounce)	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	327120
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		191043
CORN CUT IQF 30 GCHC	25 Pound	BAKE	285620
Mashed Potatoes	400 Serving	1. Add mashed potatoes, herb seasoning, sour cream and margarine. Combine well. 2. Add 1 cup of milk if on hand. 3. Heat at 300F for 20 min or until heated through and internal temp of 135F.	R-41559

Preparation Instructions

1. Bake Popcorn Chicken to internal temp 135°F.
2. Prepare potatoes and heat corn.
3. Hold 135°F.
4. At service, layer 1/2c potatoes, top with a 1/2c corn, 1/4 cup shredded cheddar cheese and 12 pieces popcorn chicken in a bowl.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	17199.81		
Fat	1665.75g		
SaturatedFat	635.06g		
Trans Fat	0.00g		
Cholesterol	1631.67mg		
Sodium	769548.52mg		
Carbohydrates	2651.86g		
Fiber	31.43g		
Sugar	196.60g		
Protein	135.94g		
Vitamin A	800009.08IU**	Vitamin C	960.00mg**
Calcium	4741.31mg**	Iron	0.18mg**

*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

Turkey Tacos

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40911
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	FOR BOIL-IN-BAG FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR STEAM-IN-BAG PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	768230
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	1 Each		714350

Preparation Instructions

1. Heat ground turkey according to manufacturer's directions. CCP: Heat to 165 F or higher.
2. Warm tortillas.
3. To serve, fill each tortilla with 3 oz taco meat.

Meal Components (SLE)

Amount Per Serving

Meat	1.993
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	159.63
Fat	7.32g
SaturatedFat	1.83g
Trans Fat	0.00g
Cholesterol	54.82mg
Sodium	318.94mg
Carbohydrates	8.66g
Fiber	0.67g
Sugar	0.00g
Protein	15.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.60mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Stir Fry

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40947
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE STIR FRY 4-64FLZ MINR	1 Fluid Ounce	UNPREPARED Ready to eat. Shake well. Refrigerate after opening.	589527
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	3 Ounce		313262

Preparation Instructions

1. Combine ingredients together. Cook while stirring to temp of 165 for 15 sec. or more.
2. Divide into 4" half pans and hold in hot box at 140 or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	160.80		
Fat	4.20g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	68.00mg		
Sodium	512.80mg		
Carbohydrates	5.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	26.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.83mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Country Club Hills District 160

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Table of Contents

No Recipes found

Cookbook for Elementary School District 159

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Table of Contents

No Recipes found

Cookbook for Community Preschool & Childcare

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Table of Contents

No Recipes found

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Table of Contents

No Recipes found

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Table of Contents

No Recipes found

Cookbook for LaGrange Highlands School District
106

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Table of Contents

No Recipes found

Cookbook for Midlothian School District 143

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Table of Contents

Fruit Choice

Chicken & Gravy

Glazed Carrots

Brown Sugar Oatmeal

Baked Spaghetti

Chicken Philly

Romaine Garden Salad

Salisbury Steak with onions

Penne with Meatballs

Walking Taco

Cheeseburger Deluxe

Berry Oatmeal

Cheesy Beef Taco Pasta Bake

Orange Chicken

Chicken Tetrzzini

Chicago Style Hot Dog

Turkey Tacos

Philly Cheesesteak on Sub Bun

Asian Beef Bowl

Cilantro Lime Rice

Coleslaw

Pulled BBQ Chicken on Bun

Fruit Choice



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1/6 Cup		200999
APPLE DELIC GLDN 125-138CT MRKN	1/6 Cup		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/12 Cup	2.75 oz = 1/2 cup	280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/6 Cup		198021
STRAWBERRY 8 MRKN	1/12 Cup	3 oz + 1/2 cup	212768
PEAR 95-110CT MRKN	1/6 Cup		198056

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.007
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	153.40
Fat	0.23g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.56mg
Carbohydrates	41.22g
Fiber	7.51g
Sugar	24.23g
Protein	1.84g
Vitamin A 96.60IU	Vitamin C 25.59mg
Calcium 33.78mg	Iron 0.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Gravy

NO IMAGE

Servings:	64.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40934
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
GRAVY MIX CNTRY 8-22Z TRIO	1 Package	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Country Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	478377
Water	1 Gallon	READY_TO_DRINK	Water
PEPPERS STRIPS BLND 6-5 GCHC	1/4 Package		261548

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	64 Piece	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391

Preparation Instructions

For Gravy:

ADD ONE BAG GRAVY MIX TO ONE GALLON BOILING WATER AND BLEND WITH WIRE WHIP. SIMMER 1 MIN, STIRRING CONSTANTLY. ADD HERB SEASONING. TASTE AND SEASON AS NEEDED.

Preheat oven to 375°F. Add peppers and gravy to frozen chicken, place pieces in a single layer on sheet pan. Season lightly with herb seasoning. Heat for 35-40 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	372.06
Fat	15.17g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	3176.60mg
Carbohydrates	37.45g
Fiber	1.00g
Sugar	8.73g
Protein	23.33g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 57.31mg**	Iron 1.00mg**

*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

Glazed Carrots

NO IMAGE

Servings:	240.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41289
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN MED 25 GCHC	6 Ounce	UNSPECIFIED	108626
CARROT SLCD SMTH MED 30 GCHC	1 Package		285750
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
Water	1 Cup	READY_TO_DRINK	Water

Preparation Instructions

1. PLACE CARROTS IN PAN. ADD HERB SEASONING, BROWN SUGAR AND WATER.
2. COVER. HEAT AT 300F TO INTERNAL TEMP OF 145F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	2.87
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1866.95mg
Carbohydrates	6.09g
Fiber	0.02g
Sugar	0.74g
Protein	0.01g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 0.25mg**	Iron 0.00mg**

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

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

Nutrition - Per 100g

Calories	5.05
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3292.73mg
Carbohydrates	10.74g
Fiber	0.03g
Sugar	1.30g
Protein	0.01g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 0.44mg**	Iron 0.00mg**

*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.

Brown Sugar Oatmeal

NO IMAGE

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41296
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 GILST	2 Quart		286070
Water	3 Quart	READY_TO_DRINK	Water
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626

Preparation Instructions

1. Combine oats and water in a pot.
2. Bring to boil and turn down to medium heat.
3. Cook about 3-5 minutes over medium heat, stirring occasionally.
4. Transfer to steamtable pan and stir in brown sugar.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	120.00		
Fat	1.87g		
SaturatedFat	0.27g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.93g		
Fiber	2.13g		
Sugar	6.40g		
Protein	3.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.67mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Spaghetti



Servings:	50.00	Category:	Entree
Serving Size:	1.00 #6 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41305
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI WHLWHE 2-5 DAKO	5 Pound		400367
BEEF CRUMBLE 4-10 COMM	2 Pound 4 Ounce (36 Ounce)		460120
SAUCE SPAGHETTI VINE RIPE 6-10 KE	1 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	247001
brown sugar	4 1 oz	READY_TO_EAT	
SAUCE BBQ SWEET 4- 1GAL GCHC	6 Ounce	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
SEASONING SPAGHETTI ITAL 12Z TRDE	2 Ounce		413453

Description	Measurement	Prep Instructions	DistPart #
CHEESE BLND MEX SHRD FINE 4-5 GCHC	1 1/2 Cup		326135
SALSA 103Z 6-10 REDG	6 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SPICE PARSLEY FLAKES 11Z TRDE	1 Teaspoon		513989

Preparation Instructions

1. Cook Pasta al dente and drain (if necessary).
2. Layer pasta, herb seasoning, spaghetti seasoning, salsa, beef crumble, brown sugar, BBQ sauce, spaghetti sauce. Mix together.
3. Taste and add seasoning as needed.
4. Top with cheese and parsley.
5. Bake at 350 degrees until golden brown about 20-25 minutes.
6. Internal temp 150F(for transport) or 135F (for immediate serving).

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 50.00

Serving Size: 1.00 #6 Scoop

Amount Per Serving

Calories	97.19		
Fat	3.58g		
SaturatedFat	1.85g		
Trans Fat	0.00g		
Cholesterol	16.77mg		
Sodium	2366.01mg		
Carbohydrates	15.40g		
Fiber	2.20g		
Sugar	6.20g		
Protein	5.63g		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	37.65mg**	Iron	0.62mg**

*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

Chicken Philly

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41311
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	11 1/4 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
PEPPERS & ONION FLME RSTD 6-2.5	1 Gallon 2 Quart 1 Cup (25 Cup)	1.5 gallon = 1 cup	847208
Cheese, Mozzarella, Part Skim, Shredded	3 1/8 Pound		100021
MINI SUB BUN, W GRAIN	50 bun		5157

Preparation Instructions

1. Preheat conventional oven to 350°F (or 400°F for convection oven). Place frozen fajita strips in a single layer on sheet pans. Bake fajita strips for 25 30 minutes in conventional oven (or 15 20 minutes for convection oven). CCP: Heat chicken to 165°F or higher for 15 seconds
2. Place frozen pepper strip blend in a 12 x 20 x 2 counter pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) until tender (approximately 3 5 minutes). DO NOT OVERCOOK. Drain excess liquid from vegetables. CCP: Hold pepper strips for hot service at 135°F or

higher.

3. 3. Assemble sandwiches during tray service: place open hoagie bun on tray, top with 3 ½ ounces chicken fajita meat, ¼ cup pepper strips, and 1 ounce cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	419.32
Fat	14.41g
SaturatedFat	7.63g
Trans Fat	0.00g
Cholesterol	103.39mg
Sodium	1191.92mg
Carbohydrates	36.45g
Fiber	4.33g
Sugar	10.45g
Protein	31.74g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.33mg	Iron 0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Romaine Garden Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40940
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-2 LETTUCE ROMAINE COMM 15D44	1 Cup		381403
Grape Tomatoes	8 Piece		749041

Preparation Instructions

Wash all vegetables, combine and include salad dressing packet

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.04mg		
Carbohydrates	0.02g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.01g		
Vitamin A	40.94IU	Vitamin C	0.02mg
Calcium	0.16mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak with onions



Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40820
School:	Thea Bowman Leadership Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 80/20 W/APPLSCE VPP 200- 2.5Z	30 Serving	<p>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.</p> <p>CONVECTION Convection Oven 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.</p> <p>UNSPECIFIED Not currently available.</p>	565041
GRAVY BROWN 12-48Z HRTHSTN	3 Pound	<p>HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.</p>	673617
ONION DCD IQF 6-4 GCHC	2 Ounce		261521

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.31
Fat	8.40g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	368.06mg
Carbohydrates	3.67g
Fiber	1.01g
Sugar	0.84g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Penne with Meatballs

NO IMAGE

Servings:	26.00	Category:	Entree
Serving Size:	6.00 Meatballs	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41315
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	5 Pound		835900
SAUCE MARINARA A/P 6-10 P/L	1 #10 CAN	SIMMER Fully Cooked, Heat to 165 degrees	254500
MEATBALL CKD BF/CHIX .5Z 4-5 GFS	1 Package		675123
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
SAUCE BBQ SWEET 1-5GAL GCHC	4 Ounce	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	567201
brown sugar	4 1 oz	READY_TO_EAT	
SPICE PARSLEY FLAKES 11Z TRDE	1 Teaspoon		513989

Preparation Instructions

1. Cook pasta (if using uncooked) al dente. Drain.
2. Layer pasta, oil, herbs and parsley.
3. Combine marinara, bbq, brown sugar, herbs and parsley. Add meatballs and mix.
4. Heat to 135°F

5. Mix in pasta and hold until service 135°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 6.00 Meatballs

Amount Per Serving

Calories	296.53
Fat	8.23g
SaturatedFat	1.32g
Trans Fat	0.01g
Cholesterol	0.32mg
Sodium	2154.26mg
Carbohydrates	56.29g
Fiber	4.54g
Sugar	14.49g
Protein	9.22g
Vitamin A 8.33IU**	Vitamin C 0.01mg**
Calcium 35.68mg**	Iron 3.62mg**

*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

Walking Taco

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Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41312
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH 64-1.75Z DORITOS	6 Gallon 1 Quart (100 Cup)	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.	712650
TACO FILLING BEEF REDC FAT 6-5 COMM	12 Pound 8 Ounce (200 Ounce)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHEESE CHED SHRD 6-5 COMM	6 Pound 4 Ounce (100 Ounce)		199720
SALSA 103Z 6-10 REDG	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT None	452841
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		451730

Preparation Instructions

Directions:

WASH HANDS.CCP

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL. CCP

1. In a steamer, cook beef to 155 degrees or higher for at least 15seconds. CCP

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Open individual bags of chips

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup (1 oz) salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.2 oz meat/meat alternate, 2 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2.2 oz meat/meat alternate, 2 oz eq grains, and 1/4 cup additional vegetables

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	456.86
Fat	25.03g
SaturatedFat	9.14g
Trans Fat	0.18g
Cholesterol	51.45mg
Sodium	775.89mg
Carbohydrates	36.65g
Fiber	3.51g
Sugar	4.18g
Protein	17.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 85.55mg	Iron 2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger Deluxe



Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41316
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM 2.45Z 6-5# COMM	1 Each	BAKE FROM 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.	896231
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
CHEESE AMER YEL 120CT SLCD 4-5 GCHC	1 Slice		164216
6-2 LETTUCE ROMAINE COMM 15D44	1/4 Cup		381403
TOMATO 6X7 MED 25 MRKN	1 Slice		315133
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532

Preparation Instructions

1. Lightly season each layer of beef patty with herb seasoning and top with parsley. Add water to pan to steam.
2. Place in 300 degree oven till warmed about 20 minutes. If frozen, may take longer.
3. Add cheese to burgers, if using.
4. Assemble burgers if on site.

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: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	3.82		
Fat	0.20g		
SaturatedFat	0.09g		
Trans Fat	0.01g		
Cholesterol	0.69mg		
Sodium	1874.43mg		
Carbohydrates	5.63g		
Fiber	0.04g		
Sugar	0.05g		
Protein	0.21g		
Vitamin A	12.18IU**	Vitamin C	0.04mg**
Calcium	2.07mg**	Iron	0.02mg**

*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

Berry Oatmeal

NO IMAGE

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41320
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 GILST	2 Quart		286070
Water	3 Quart	READY_TO_DRINK	Water
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
CRANBERRY DRIED STRAWB 200-1.16Z	30 Package		531681

Preparation Instructions

1. Combine oats and water in a pot.
2. Bring to boil and turn down to medium heat.
3. Cook about 3-5 minutes over medium heat, stirring occasionally.
4. Transfer to steamtable pan and stir in brown sugar.
5. Serve with raisins.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	230.00
Fat	1.87g
SaturatedFat	0.27g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	49.93g
Fiber	4.13g
Sugar	30.40g
Protein	3.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.67mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Beef Taco Pasta Bake

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40922
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR CKD 4-5 PG	1 Package		464350
TURKEY TACO MEAT FC 4-7 JENNO	3 Pound 12 Ounce (60 Ounce)		768230
MILK WHT 2 4-1GAL RGNLBRND	1 Cup		504602
SEASONING TACO MIX 6-9Z LAWR	4 1/2 Ounce		159204
SAUCE CHS CHED SHRP 6-10 GCHC	1 Pound 10 Ounce (26 Ounce)		150991

Preparation Instructions

1. Layer elbow macaroni, taco meat, taco seasoning, milk and cheese sauce. Mix together.
2. Taste and add milk, taco seasoning and meat as needed.
3. Bake at 350F for 30 minutes or until heated through.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 50.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	106.59		
Fat	4.31g		
SaturatedFat	1.09g		
Trans Fat	0.00g		
Cholesterol	22.33mg		
Sodium	942.86mg		
Carbohydrates	9.99g		
Fiber	2.59g		
Sugar	1.29g		
Protein	6.73g		
Vitamin A	10.00IU	Vitamin C	0.05mg
Calcium	36.91mg	Iron	1.40mg

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

Nutrition - Per 100g

Calories	62.66		
Fat	2.53g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	13.13mg		
Sodium	554.31mg		
Carbohydrates	5.87g		
Fiber	1.52g		
Sugar	0.76g		
Protein	3.95g		
Vitamin A	5.88IU	Vitamin C	0.03mg
Calcium	21.70mg	Iron	0.82mg

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

Orange Chicken



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40919
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound 10 Ounce (170 Ounce)	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.	327120
SAUCE ORNG GINGR 4- .5GAL ASIAN	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		802860

Preparation Instructions

1. Heat fully cooked chicken to an internal temp of 135°F
 2. Prepare and heat sauce according to package.
OPTIONAL: Add red pepper flakes to sauce for a kick
 3. Serve ½ cup rice
 4. Serve chicken over rice and top with sauce
- Serving Size - 2 Tbsp sauce over 3.4 oz chicken (12 pieces)
- *Can Sub Chicken Nuggets - Use 250 nuggets (5 each)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	79.17		
Fat	1.08g		
SaturatedFat	0.21g		
Trans Fat	0.00g		
Cholesterol	1.67mg		
Sodium	159.17mg		
Carbohydrates	17.17g		
Fiber	0.25g		
Sugar	14.08g		
Protein	1.17g		
Vitamin A	9.08IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tetrazzini

NO IMAGE

Servings:	30.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40819
School:	Thea Bowman Leadership Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1 60WHT 40DK 2-5 GCHC	2 Pound 8 Ounce (40 Ounce)		290599
SOUP CRM OF CHIX 12-5 CAMP	5 Pound 12 Ounce (92 Ounce)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101125
SOUP CRM OF MUSHRM 12-5 CAMP	11 Pound 8 Ounce (184 Ounce)	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often. UNPREPARED Slowly Mix Soup + 1 Can Water Stove: Heat, Stirring Occasionally.	101346

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	1 Quart	<p>BAKE</p> <p>MICROWAVE</p> <p>Stove Top Cooking Instructions:</p> <ol style="list-style-type: none"> 1. Place the desired amount of frozen vegetable in a small amount (1 2 to 1 cup) of boiling water. 2. Bring the water rapidly to a second boil. Cover the pan and reduce heat. 3. Cook gently for 3 to 5 minutes or until tender. Avoid overcooking. <p>Microwave Oven Cooking Instructions:</p> <ol style="list-style-type: none"> 1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover. 2. Add two tablespoons of water and cook on high setting for three minutes. 3. Stir the vegetables and cook on high for an additional 4 to 5 minutes. 4. Allow the casserole to stand for 2 minutes after cooking before opening. <p>Microwave cooking times vary with ovens - avoid over cooking. Cook to 165°F for quality and food safety.</p>	285660
SOUR CREAM 4-5 GCHC	1 Cup	<p>READY_TO_EAT</p> <p>Served as a topping on a hot or cold meal</p>	285218
MARGARINE WHPD 6- 3.5 GCHC	1 Cup	<p>READY_TO_EAT</p> <p>This ready-to-use whipped margarine simplifies back-of-house prep and goes best with baked goods, fresh seafood dishes and baked potatoes.</p>	772381
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
PASTA SPAGHETTI WHLWHE 2-5 DAKO	5 Pound		400367

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	218.49
Fat	11.96g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	43.14mg
Sodium	953.23mg
Carbohydrates	17.73g
Fiber	3.08g
Sugar	2.47g
Protein	14.72g
Vitamin A 2741.77IU	Vitamin C 3.20mg
Calcium 15.04mg	Iron 0.57mg

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

Nutrition - Per 100g

Calories	128.45
Fat	7.03g
SaturatedFat	1.94g
Trans Fat	0.00g
Cholesterol	25.36mg
Sodium	560.41mg
Carbohydrates	10.42g
Fiber	1.81g
Sugar	1.45g
Protein	8.66g
Vitamin A 1611.88IU	Vitamin C 1.88mg
Calcium 8.84mg	Iron 0.34mg

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

Chicago Style Hot Dog

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41340
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
Hot Dog Buns - White Wheat	1 Each	READY_TO_EAT	53460
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon		302112
PICKLE KOSH DILL SPEAR 5GAL BRICK	1 Each		149414

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00
Fat	12.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	850.00mg
Carbohydrates	29.00g
Fiber	2.50g
Sugar	3.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 110.75mg	Iron 2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Tacos

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40911
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	FOR BOIL-IN-BAG FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR STEAM-IN-BAG PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	768230
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	1 Each		714350

Preparation Instructions

1. Heat ground turkey according to manufacturer's directions. CCP: Heat to 165 F or higher.
2. Warm tortillas.
3. To serve, fill each tortilla with 3 oz taco meat.

Meal Components (SLE)

Amount Per Serving

Meat	1.993
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	159.63
Fat	7.32g
SaturatedFat	1.83g
Trans Fat	0.00g
Cholesterol	54.82mg
Sodium	318.94mg
Carbohydrates	8.66g
Fiber	0.67g
Sugar	0.00g
Protein	15.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.60mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Cheesesteak on Sub Bun



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41345
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	3 Pound 2 Ounce (50 Ounce)	6-106oz pouches per case	135261
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	9 Pound 6 Ounce (150 Ounce)	<p>1 Case = 192 Ounces (3 x 64 Ounces per Box) of Philly Beef Steaks, with Green Peppers & Onions, Sliced, Fully Cooked, Frozen Bulk Thawing Instructions PLACE PRODUCT UNDER REFRIGERATION OVERNIGHT. IF TIME DOES NOT ALLOW, PLACE THE PRODUCT IN THE SINK UNDER COLD, RUNNING WATER. Shelf Life FROZEN = 365 DAYS FROM DATE OF PRODUCTION Basic Preparation PREPARE FROM THAWED OR FROZEN STATE. CONVENTIONAL OVEN: REMOVE PRODUCT FROM BAG. PREHEAT OVEN TO 350°F AND BAKE THAWED PRODUCT FOR 45-50 MINUTES, NOT RECOMMENDED FOR FROZEN PRODUCT. CONVECTION OVEN: REMOVE PRODUCT FROM BAG. PREHEAT OVEN TO 325°F AND BAKE THAWED PRODUCT FOR 30 MINUTES, NOT RECOMMENDED FOR FROZEN PRODUCT. STEAMER: FROZEN PRODUCT HEAT FOR 40-50 MINUTES, THAWED PRODUCT HEAT FOR 15-20 MINUTES. FOR YOUR CUSTOMERS CONTINUED FOOD SAFETY: PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165°F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED.</p>	593591
Diamond Jim's - Wheat	50 Each	READY_TO_EAT	31454

Preparation Instructions

- 1) Warm meat according to cooking instructions.
 - 2) Place 3oz using #12 scoop sliced beef to bottom of Sub bun on tray then add 1 oz of cheddar cheese sauce over meat, use# 30 scoop
 - 3) Add the top of Sub Bun to complete sandwich
- 1 sandwich per serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	674.09
Fat	42.14g
SaturatedFat	24.69g
Trans Fat	0.50g
Cholesterol	100.00mg
Sodium	2404.00mg
Carbohydrates	43.99g
Fiber	3.35g
Sugar	7.96g
Protein	31.92g
Vitamin A 100.00IU	Vitamin C 9.00mg
Calcium 918.67mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Beef Bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 portion	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41347
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2/3 Cup	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.	516371
BEEF DIPPERS WONDER BITE 400-.7Z PIER	4 Each	BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817

Preparation Instructions

1. Cook beef according to directions. CCP: Hot hold 135F or higher
2. Cook rice according to directions. CCP: Hot hold 135F or higher
3. Place #6 cup rice, 4 pieces of beef dippers inside take out container #148334
4. Offer with hot vegetable of the day.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 portion

Amount Per Serving

Calories	605.60		
Fat	12.02g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	420.00mg		
Carbohydrates	102.48g		
Fiber	3.68g		
Sugar	4.00g		
Protein	22.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.40mg	Iron	4.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cilantro Lime Rice



Servings:	50.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40932

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN CKD 2-4 GCHC	3 1/8 Pound		452446
Water	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)	READY_TO_DRINK	Water
SALT IODIZED 15-2.25 GCHC	1/2 Tablespoon		125557
JUICE LIME 6-.5GAL RSS	1 1/4 Cup		887632
CILANTRO CLEANED 4-1 RSS	5/8 Cup		219550

Preparation Instructions

1. PLACE RICE IN 4" DEEP FULL STEAM TABLE PAN.
2. BRING WATER TO A BOIL, ADD SALT AND LIME JUICE. POUR OVER RICE
3. COVER TIGHTLY
4. STEAM AT 5LBS PRESSURE FOR 45 MINUTES OR BAKE AT 350 LET STAND COVERED FOR 5 MINUTES.
5. HOLD AT 135 DEGREES UNTIL SERVICE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.58		
Fat	0.90g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.80mg		
Carbohydrates	8.49g		
Fiber	0.45g		
Sugar	0.05g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.06mg	Iron	0.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Coleslaw

NO IMAGE

Servings:	30.00	Category:	Vegetable
Serving Size:	1.00 .5 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41447
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL GCHC	1 Quart	REFRIGERATE AFTER OPENING	429422
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1/2 Cup		842061
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	5 Pound		198226

Preparation Instructions

Place slaw mix in bowl, add salad dressing, sugar, Mix thoroughly. Cover and place in cooler for 30 minutes

Dip using #6 scoop (2/3rd) into 8 oz bowl.

Place on tray and hold till meal service.

SUGAR: Add 1/4 cup to taste and only add .5 Cup if needed.

Dressing: Add 2 cups and mix well. Only add more if needed. Should not have a lot of liquid after sitting.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 .5 cup

Amount Per Serving

Calories	106.46
Fat	5.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	21.33mg
Sodium	207.00mg
Carbohydrates	13.35g
Fiber	1.50g
Sugar	9.72g
Protein	0.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.28mg	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

Pulled BBQ Chicken on Bun

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41448
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CKD SHRD WHT IQF 2-5 GCHC	4 Ounce		617760
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
SAUCE BBQ 4-1GAL GCHC	1 Fluid Ounce	READY_TO_EAT This ready-to-use sauce simplifies back-of-house prep, making it easy to create signature barbecue dishes featuring a slow-smoked flavor.	734136

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	354.50
Fat	4.07g
SaturatedFat	0.63g
Trans Fat	0.00g
Cholesterol	70.67mg
Sodium	738.97mg
Carbohydrates	40.00g
Fiber	2.30g
Sugar	11.00g
Protein	42.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.65mg	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

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Table of Contents

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No Recipes found

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Table of Contents

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Table of Contents

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