

Cookbook for Geist Elementary

Created by HPS Menu Planner

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Impossible Burger



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40170
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	0 Each		330497
CHEESE AMER 160CT SLCD 6-5 COMM	0 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	0 bun	BAKE Toast if desired	3474

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: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	435.00		
Fat	20.50g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	825.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	3.50g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	87.50mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40164
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	0 Ounce		689541
CHEESE AMER 160CT SLCD 6-5 COMM	0 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	0 bun	BAKE Toast if desired	3474

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: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	277.76
Fat	7.53g
SaturatedFat	3.02g
Trans Fat	0.00g
Cholesterol	53.88mg
Sodium	920.52mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	3.50g
Protein	26.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 87.50mg	Iron 8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Salad



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40171
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	0 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.	558061
LETTUCE ROMAINE CHOP 6-2 RSS	0 Cup		735787
TOMATO ROMA DCD 3/8 2-5 RSS	0 Ounce		786543

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	265.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	460.00mg		
Carbohydrates	20.00g		
Fiber	5.33g		
Sugar	3.67g		
Protein	16.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Pack



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40165
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	0 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
PEPPERONI TKY SLCD 15/2 8-2.25 JENNO	0 Slice		276662
CHEESE MOZZ SHRD 4-5 LOL	0 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	0 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	324.30		
Fat	11.50g		
SaturatedFat	2.95g		
Trans Fat	0.00g		
Cholesterol	37.80mg		
Sodium	993.60mg		
Carbohydrates	38.02g		
Fiber	2.00g		
Sugar	9.27g		
Protein	18.39g		
Vitamin A	0.20IU	Vitamin C	0.06mg
Calcium	151.28mg	Iron	2.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meatsauce



Servings:	0.000	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40082

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	0 Ounce		221460
SAUCE SPAGHETTI FCY 6-10 REDPK	0 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	0 Ounce	BOIL KEEP FROZEN Place 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.	573201

Preparation Instructions

Cook Spaghetti. Heat Tomato Sauce. Mix with Spaghetti.

Cook Meat Sauce.

Serve Spaghetti and Tomato Sauce mix with Meat Sauce on top.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.50 Cup

Amount Per Serving

Calories	403.67
Fat	8.00g
SaturatedFat	2.80g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	716.67mg
Carbohydrates	60.00g
Fiber	9.33g
Sugar	16.67g
Protein	25.33g
Vitamin A 647.00IU	Vitamin C 19.00mg
Calcium 77.33mg	Iron 4.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli



Servings:	0.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40417
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	0 Cup		610902

Preparation Instructions

Steam broccoli, no lid, for 12 minutes and reaching a temp of at least 155 F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	16.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack Carrots / Celery

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Servings:	0.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40150
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	0 Cup		768146
CELERY STIX 4-3 RSS	0 Cup		781592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	20.21
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	61.51mg
Carbohydrates	4.43g
Fiber	1.98g
Sugar	2.47g
Protein	0.74g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.78mg	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

Canned Mandarin Oranges



Servings:	0.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40537
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S 6-10 GCHC	0 Cup		117897

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

Nutrition - Per 100g

Calories	79.37		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.82mg		
Carbohydrates	17.64g		
Fiber	0.00g		
Sugar	16.76g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.93mg	Iron	0.88mg

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

PEANUT BUTTER JELLY SANDWICH

NO IMAGE

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41342
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	0 Each		516761
SAND UNCRUST PB&J STRAWB 72-5.3Z	0 Each		543822

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.50mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED VEGETABLES & SIDE SALAD



Servings:	0.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41339
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	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: 0.000

Serving Size: 1.00 Serving

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

Mixed Green Salad



Servings:	0.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39544
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 3 REVFRM	0 Cup		583371
CUCUMBER SELECT 6CT MRKN	0 Slice		592323
TOMATO GRAPE SWT 10 MRKN	0 Each		129631

Preparation Instructions

Combine all ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	6.14		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.70mg		
Carbohydrates	1.33g		
Fiber	0.41g		
Sugar	0.95g		
Protein	0.30g		
Vitamin A	281.58IU	Vitamin C	4.64mg
Calcium	3.44mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED FRUIT



Servings:	0.000	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40532
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	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: 0.000

Serving Size: 1.00 Serving

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

Banana



Servings:	0.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40523
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	0 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin & Yogurt Bento Box



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40166
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	0 Ounce	READY_TO_EAT READY_TO_EAT	885750
MUFFIN BANANA WGRAIN IW 48- 2Z SL	0 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CHEESE STRING MOZZ IW 168- 1Z LOL	0 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GRHM ORIG WGRAIN 150-3CT KEEB	0 Package		282451

Preparation Instructions

may use 262343, 262370 muffins also

may use 869921 yogurt also

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: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	440.00
Fat	16.50g
SaturatedFat	5.50g
Trans Fat	0.10g
Cholesterol	30.00mg
Sodium	465.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	31.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 316.26mg	Iron 1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available