

Cookbook for New Paris Elementary School

Created by HPS Menu Planner

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Assorted Whole Grain Cereals

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.46		
Fat	1.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	159.89mg		
Carbohydrates	23.57g		
Fiber	1.81g		
Sugar	8.00g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.54mg	Iron	2.24mg

*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:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 Cup		268348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 Cup		189979
Applesauce cnd	1 Cup	BAKE	110541comm
FRUIT MIXED 6-10	1 Cup	BAKE	100212
Pear Halves	1 Cup	BAKE	100226

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.475
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	58.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.40mg		
Carbohydrates	14.59g		
Fiber	0.95g		
Sugar	11.74g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.04mg	Iron	0.06mg

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Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	63.33
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	14.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 10.40mg	Iron 0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9708
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY SUPER TOPPER 6-2 P/L	1 Pint		223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN		785024
TOMATO PASTE FCY 6-10 REDPK	2 2/3 #10 CAN		221851
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce 1/4 Tablespoon (2 1/4 Tablespoon)		224839
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Fluid Ounce		225061
SUGAR BROWN LT 12-2 P/L	1 Quart		860311
Tap Water for Recipes	4 3/4 Gallon		000001WTR

Preparation Instructions

Note: Thaw hamburger in refrigerator 3 days before using.

1. Spray tilt skillet with cooking spray and turn on to 300 degrees
2. Brown 40 lbs of thawed hamburger in tilt skillet until no longer pink
3. Drain grease into 5 gallon bucket
4. Turn heat down to 200 to 250 degrees
5. Add all other ingredients (beside tomato paste and 1 gallon of water) to browned hamburger.
6. Stir tomato paste and 1 gallon of the water together into a large pot
7. Add tomato paste/water mixture to tilt skillet with other ingredients.
8. Stir often so it doesn't stick and heat to upper 150 degrees

9. When hot, use sauce pan to fill large pans. Keep in warmer until serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.375
Starch	0.000

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	239.93		
Fat	9.47g		
SaturatedFat	3.03g		
Trans Fat	1.52g		
Cholesterol	39.42mg		
Sodium	443.51mg		
Carbohydrates	23.28g		
Fiber	9.30g		
Sugar	5.61g		
Protein	15.08g		
Vitamin A	221.71IU	Vitamin C	1.77mg
Calcium	30.11mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33359

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

Preparation Instructions

Package together in Container.

Counts as a reimbursable meal by itself.

Students must also be able to take all other menued vegetables, fruits and milk, if desired.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	900.00mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	10.00g
Protein	22.00g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 432.18mg	Iron 2.06mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9692
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	2 #10 CAN		822477
SAUCE BBQ 4-1GAL GCHC	1 Pint	N/A	734136
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Pint	N/A	200621
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
MUSTARD PKT 200-1/5Z HNZ	1/4 Cup		109908

Preparation Instructions

Mix all ingredients in a large mixing bowl. Pour into a 4 inch deep pan that has been sprayed with cooking spray. Put pan in oven that has been pre-heated to 350 degrees. Bake for 45 minutes or until minimum temperature of 150 degrees.

Note: Most times will want to do recipes 3 times for 3-4 inch pans of beans for service.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	146.21
Fat	0.49g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	452.01mg
Carbohydrates	30.56g
Fiber	4.70g
Sugar	9.79g
Protein	6.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.04mg	Iron 1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9760
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	44 Slice	OR Use Brown Box Commodity	722360
MARGARINE SLD ZT 30-1 GFS	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)		557482
BREAD WHL WHE PULLMAN SLCD 12-22Z	22 Each		710650

Preparation Instructions

Melt butter

Use pastry brush to butter 1 side of each pieces of bread. Place 4 slices of cheese on each sandwich. Place in arrangement of 4 X 6 on narrow edge large sheet pans.

Grill sandwiches on grill cook top.

Note: 1 loaf of bread makes 11 sandwiches discard heels.

Updated 8.9.23

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: 11.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00
Fat	21.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1150.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 464.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9695
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each		281622
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	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	350.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	620.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	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

Green Beans

Servings:	286.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9696
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	13 #10 CAN		273856
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Place 3-4 inch deep pans on counter. Wipe off and open green beans cans. Dump 1 can undrained beans into each pan.

Drain the rest of the cans of green beans and dived among pans.

Put 1 rounded Tablespoon of salt in each pan.

Sprinkle with pepper on each pan.

Steam in steamer for 25 minutes covered.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans and stir margarine and green beans together.

Store in warmer covered until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 286.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	57.08		
Fat	3.69g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	393.97mg		
Carbohydrates	3.53g		
Fiber	2.35g		
Sugar	1.18g		
Protein	1.18g		
Vitamin A	251.75IU	Vitamin C	0.00mg
Calcium	27.12mg	Iron	0.45mg

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Nutrition - Per 100g

No 100g Conversion Available

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9705
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	1 Pound 2 Ounce (18 Ounce)	2 packages	159204
BEAN REFRD 6-10 ROSARITA	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	N/A	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	N/A	695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN	N/A	565695
SALSA 103Z 6-10 REDG	3 #10 CAN	N/A	452841
Tap Water for Recipes	1 1/2 Quart		000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound		100012

Preparation Instructions

Spray tilt skillet with cooking spray. Turn on skillet to 300 degrees and cook ground beef until there is no more visible pink. Drain ground beef into a 5 gal bucket. Sprinkle taco seasoning over drained ground beef. Put in the rest of the ingredients into tilt skillet. Turn temp on tilt skillet to 250 degrees.

Put in the rest of the ingredients except for shredded cheese (cream of mushroom, cream of chicken, cheese sauce, salsa and water).

Mix well, then add shredded cheese. Adjust heat to 200 degrees (to keep from sticking). Heat to 150 degrees.

Spray 5-4 inch deep pans and sauce pan with cooking spray. Use sprayed sauce pan to fill sprayed 4 inch deep pans with dip.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	287.92		
Fat	16.80g		
SaturatedFat	6.33g		
Trans Fat	1.59g		
Cholesterol	55.59mg		
Sodium	630.77mg		
Carbohydrates	15.15g		
Fiber	2.51g		
Sugar	1.16g		
Protein	18.23g		
Vitamin A	23.67IU	Vitamin C	0.00mg
Calcium	25.24mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9702
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	45 Pound		283730
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 35 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

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	0.500

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	118.55		
Fat	4.76g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	161.03mg		
Carbohydrates	17.96g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.99g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	3.48mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Juice Box

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37564
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	1 Each	Credits as 1/2 cup Red/Orange Vegetable	214513
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each	Credits as 1/2 cup Red/Orange Vegetable	597380
JUICE BOX PARADS PNCH 40-4.23FLZ	1 Each	Credits as 1/2 cup Other Vegetable	698261
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each	Credits as 1/2 cup Other Vegetable	510571
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each	Credits as 1/2 cup Other Vegetable	510562

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	52.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	28.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	11.60g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9691
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	48 Each		203260
CHEESE AMER 160CT SLCD R/F 6-5 LOL	48 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN HAMB WGRAIN 3.5 10-12CT GCHC	48 Each		266545

Preparation Instructions

Beef Patty:

Pre-heat oven to 350 degrees.

Put frozen patties on parchment lined 1 inch deep large baking sheet. 24 patties per pan with 4 X 6 arrangement.

Bake 13 minutes or to minimum temperature of 150 degrees.

Keep warm in pass through.

To assemble:

Line 4 inch deep large pan with parchment paper. Put patties on buns with cheese slice. Layer sandwiches 4 X 6 to equal 48 sandwiches per pan. Cover with foil and keep warm in pass through.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 48.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00
Fat	17.50g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	520.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.50g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.00mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21943
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup		153121
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	Use Commodity Brown Box when available or GFS#150250	100012
Ham, Cubed Frozen	1 2/9 Ounce	USDA Commodity/Brown Box Weight	100188-H

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	130.67
Fat	8.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	38.00mg
Sodium	432.00mg
Carbohydrates	5.73g
Fiber	1.37g
Sugar	2.37g
Protein	13.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.77mg	Iron 0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31216
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GRHM CHARACT W/G 150-1Z KEEB	1 Package		264282
CRCKR GRHM TIGER BITE CINN 150-1Z	1 Package		330751
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package	READY_TO_EAT Ready to Enjoy	288252
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	READY_TO_EAT Ready to Enjoy	194510
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	READY_TO_EAT Ready to Enjoy	198472

Preparation Instructions

No Preparation Instructions available.

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.83		
Fat	3.79g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	112.92mg		
Carbohydrates	20.67g		
Fiber	1.33g		
Sugar	7.25g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.67mg	Iron	0.89mg

*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:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9750
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
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	220.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	550.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Cake with Frosting

Servings:	400.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9751
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	1 Gallon 1 Quart 1 Cup (21 Cup)		515002
SUGAR CANE GRANUL 25 GCHC	1 Gallon 2 Quart 1/2 Cup (24 1/2 Cup)		108642
COCOA PWD BAKING 6-5 GCHC	1 Gallon		269654
BAKING SODA 36Z GCHC	2 Fluid Ounce 1 3/4 Tablespoon (5 3/4 Tablespoon)		513849
BAKING POWDER 6-5 CLABBER GIRL	2 Fluid Ounce 1 3/4 Tablespoon (5 3/4 Tablespoon)		361032
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 1/2 Tablespoon (3 1/2 Tablespoon)		108308
EGG SHL LRG A GRD 6-30CT GCHC	28 Each		206539
MILK WHT 1 4-1GAL RGNLBRND	1 Gallon 3/4 Cup (16 3/4 Cup)		817801
OIL CORN 2-2.5GAL MAZOLA	1 Quart 1 Pint 1 1 Tablespoon (98 Tablespoon)	6 cups and 2 Tablespoons	433518
FLAVORING VANILLA IMIT 1-QT KE	6 Fluid Ounce 2 0 Teaspoon (38 Teaspoon)		110736
Tap Water for Recipes	3 Quart 1/4 Cup (12 1/4 Cup)	Boiling	000001WTR
MARGARINE SLD ZT 30-1 GFS	1 Quart 3 Fluid Ounce 1 1 Tablespoon (72 Tablespoon)	Softened	557482
SUGAR POWDERED 10X 12-2 PION	2 Gallon		859740

Preparation Instructions

Cake Directions:

1. Combine the following ingredients: 28 eggs, 12 1/4 cup milk, 6 cups plus 2 Tablespoons of oil, and 8 Tablespoons

plus 1/2 teaspoon vanilla. Set aside.

2. Put into large mixing bowl for large mixer the following: 21 cups of flour, 24 1/2 cups of sugar, 9 1/3 cups cocoa, 5 3/4 Tablespoons baking soda, 5 3/4 Tablespoons baking powder, and 3 1/2 Tablespoons salt.
3. Using paddle attachment turn mixer on low speed with dry ingredients while adding wet ingredients from Step 1.
4. Beat on medium speed for two minutes
5. On low stir in boiling water. Batter will be thin.
6. Divide batter into 8 -2 inch (vegetable pans)
7. Bake 25 to 30 minutes at 300 degrees

Frosting Directions:

1. Put softened butter into small mixer bowl and beat well.
2. Add 6 3/4 cup cocoa and 32 cups powder sugar gradually
3. Alternate adding milk (4 1/2 cups) and vanilla (4 1/2 Tablespoons).
4. Once all ingredients are added beat for 30 minutes or until fluffy and creamy.

Once Cake is baked and cooled divide icing amongst 8 pans. Cut each pan into 50 pieces.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	172.28
Fat	7.07g
SaturatedFat	2.21g
Trans Fat	0.00g
Cholesterol	16.97mg
Sodium	236.96mg
Carbohydrates	22.80g
Fiber	0.57g
Sugar	18.44g
Protein	4.75g
Vitamin A 250.21IU	Vitamin C 0.00mg
Calcium 118.21mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Vegetables

Servings:	138.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9743
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY 30 GCHC	30 Pound		285690
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 25 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 138.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	116.29
Fat	7.65g
SaturatedFat	3.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	295.99mg
Carbohydrates	9.34g
Fiber	2.34g
Sugar	3.11g
Protein	1.56g
Vitamin A 521.74IU	Vitamin C 0.00mg
Calcium 0.16mg	Iron 0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9742
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	OR Use Brown Box Commodity Cheese	722360
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Updated 8.9.23

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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	275.72
Fat	10.04g
SaturatedFat	3.21g
Trans Fat	0.00g
Cholesterol	85.93mg
Sodium	1017.45mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.50g
Protein	25.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.00mg	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 Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9755
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
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	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	750.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29652
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package		613738
Tap Water for Recipes	2 Gallon	N/A	000001WTR

Preparation Instructions

Place potato pearls and cold water into a 4 inch steam table pan. Place pan immediately in steamer (no lid). Steam for 30 minutes and then place in hot hold with lid until ready for service.

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	0.500

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	94.45
Fat	1.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	419.79mg
Carbohydrates	17.84g
Fiber	1.05g
Sugar	0.00g
Protein	2.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.49mg	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

Refried Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9741
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	5 #10 CAN		293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170

Preparation Instructions

Wipe off and open cans of refried beans.

Weigh out 2 pounds of shredded mozzarella cheese in bowl.

Spray 2-4 inch deep pans with cooking spray.

Place 2 1/2 cans beans in each pan.

Cover and bake in oven 45 minutes at 350 degrees until at least 150 degrees.

Portion 1/2 cup into Styrofoam 8 ounce bowls and sprinkle with cheese (approximately 1 Tbsp).

Place 4X6 on flat baking sheet. Cover pan with foil, store in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.422
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.539
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	174.89
Fat	3.76g
SaturatedFat	1.47g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	619.22mg
Carbohydrates	25.06g
Fiber	6.47g
Sugar	1.34g
Protein	10.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 103.17mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	346.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37346
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	346 Each		266545
Pulled Pork	65 Pound	13 Bags	110730*

Preparation Instructions

Note: 1/4 cup weighs 3 ounce weight.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 346.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	248.27
Fat	9.01g
SaturatedFat	3.01g
Trans Fat	0.00g
Cholesterol	54.10mg
Sodium	483.58mg
Carbohydrates	19.00g
Fiber	2.00g
Sugar	3.00g
Protein	20.53g
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

Peas

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9693
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	30 Pound		285660
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 25 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

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	0.500

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	111.44
Fat	7.33g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	268.73mg
Carbohydrates	8.96g
Fiber	2.99g
Sugar	2.99g
Protein	2.99g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 0.15mg	Iron 0.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Combo Cookie

Servings:	340.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9744
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	1 Quart 1 Pint (6 Cup)		860311
SUGAR CANE GRANUL 25 GCHC	1 Quart 1 Pint (6 Cup)		108642
MARGARINE SLD ZT 30-1 GFS	1 Quart 1 Pint (6 Cup)	3 pounds	557482
OIL CORN 2-2.5GAL MAZOLA	1 Quart 1 Pint (6 Cup)		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	2 Fluid Ounce 1 1/3 Tablespoon (5 1/3 Tablespoon)	5 Tablespoons and 1 teaspoon or 16 teaspoon	110736
SALT IODIZED 24-26Z GFS	1 Fluid Ounce		108308
BAKING SODA 36Z GCHC	1 Fluid Ounce		513849
SPICE CREAM OF TARTAR 29Z TRDE	1 Fluid Ounce		513687
FLOUR H&R GOLD MEDAL 14317 2-25	1 Gallon 1 Quart (20 Cup)		426253
OATS QUICK HOT CEREAL 12-42Z GCHC	2 Quart		240869
CEREAL RICE KRISPIES 4-27Z KELL	2 Quart		732427
CHOC CHIPS SMISWT MINI 4000/4-4	2 Quart		283630

Preparation Instructions

Put in large mixer: brown sugar, white sugar, butter, oil.
Mix with paddle attachment and beat well.

Add eggs and vanilla to mixture and mix again

Add the following to mixture: salt, soda, cream of tarter, and flour. Then mix again.

Then fold in the following to cookie dough mixture: oatmeal, rice krispies, and chocolate chips.

Put parchment liner on large 1 inch deep baking sheet pan.

Scoop dough with a #60 disher onto backing sheet. Place dough balls in an arrangement of 4 X 7 to equal 28 cookies per pan.

Bake 8 to 10 minutes at 300 degrees in convection oven.

This cookie is not whole grain rich.

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: 340.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.54
Fat	8.90g
SaturatedFat	2.78g
Trans Fat	0.00g
Cholesterol	3.89mg
Sodium	115.53mg
Carbohydrates	14.87g
Fiber	0.80g
Sugar	7.12g
Protein	1.58g
Vitamin A 141.18IU	Vitamin C 0.00mg
Calcium 5.98mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9706
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		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	2.750
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