

Cookbook for East Porter County School Corporation

Created by HPS Menu Planner

Table of Contents

Mini Pancakes

Variety of Assorted Pop-Tarts®

Goldfish Crackers with Yogurt

Fun Lunch Kit

Uncrustable with Cheese Stick and Goldfish

Grilled Chicken Wrap

Ham Wrap

Turkey Wrap

Yogurt Parfait

Salad with Chicken

BLT Salad

Veggie Salad

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42211
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831

Preparation Instructions

Cook pancakes according to directions on case.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	6.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	270.00mg		
Carbohydrates	36.00g		
Fiber	3.67g		
Sugar	11.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.68mg

*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

Variety of Assorted Pop-Tarts®

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	57.50mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Goldfish Crackers with Yogurt

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31907

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

Preparation Instructions

Note: One serving is a yogurt with package of goldfish

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	175.00
Fat	3.75g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	230.00mg
Carbohydrates	28.50g
Fiber	0.00g
Sugar	9.50g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fun Lunch Kit

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32951
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	2 Package		893711

Preparation Instructions

Fun Lunch Kit should consist of 1 yogurt, 1 cheese stick, 2 packages of Cheez-It, Goldfish Crackers, Pretzels or combination (i.e. cheez-it and pretzel or goldfish crackers and cheez-its)

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: 2.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	325.00
Fat	9.25g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	620.00mg
Carbohydrates	46.00g
Fiber	2.50g
Sugar	11.50g
Protein	14.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 408.00mg	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

Uncrustable with Cheese Stick and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

Note: Kit consist of 1 Uncrustable, a Cheese Stick, and 1 package of goldfish crackers

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: 2.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	470.00
Fat	24.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	650.00mg
Carbohydrates	48.00g
Fiber	4.00g
Sugar	16.00g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32957

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
BACON TOPPING 3/8 DCD 2-5 HRML	1/2 Ounce	Weight	104396
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	389.70
Fat	16.18g
SaturatedFat	8.12g
Trans Fat	0.00g
Cholesterol	105.60mg
Sodium	787.05mg
Carbohydrates	31.02g
Fiber	4.25g
Sugar	2.25g
Protein	33.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	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

Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32959

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD .51Z 4-5.25 JENNO	6 Slice		656891
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.580
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	382.70
Fat	16.07g
SaturatedFat	8.42g
Trans Fat	0.00g
Cholesterol	107.40mg
Sodium	1057.95mg
Carbohydrates	32.55g
Fiber	4.25g
Sugar	2.25g
Protein	31.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	Iron 3.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
BACON TOPPING 3/8 DCD 2-5 HRML	1/2 Ounce	Weight	104396
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	371.36
Fat	14.70g
SaturatedFat	8.63g
Trans Fat	0.00g
Cholesterol	81.43mg
Sodium	1026.36mg
Carbohydrates	31.02g
Fiber	4.25g
Sugar	2.25g
Protein	31.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup		881161
Variety of Fruit	1/2 Cup		
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup		226671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.866
Grain	1.866
Fruit	0.500
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 PARFAIT

Amount Per Serving

Calories	443.42
Fat	4.85g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	371.96mg
Carbohydrates	90.06g
Fiber	3.45g
Sugar	55.06g
Protein	12.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.81mg	Iron 1.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad with Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32993

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint		206504
Chicken, Diced, Cooked, Frozen	2 Ounce	weight Commodity/Brown Box	100101
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT 24CT MRKN	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
ROLL HWN UNSLC 1.25Z 10-12CT GCHC	1 Each		633931

Preparation Instructions

Place lettuce in bottom of container and layer chicken, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and dinner roll with salad.

Note: Roll can be subbed out for an additional package of Cheez-its; for a total of 2 package of Cheez-its served with salad.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	464.43
Fat	15.58g
SaturatedFat	7.51g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	623.62mg
Carbohydrates	45.67g
Fiber	9.98g
Sugar	13.53g
Protein	30.91g
Vitamin A 209.12IU	Vitamin C 3.59mg
Calcium 414.93mg	Iron 1.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32994

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint		206504
BACON TOPPING 3/8 DCD 2-5 HRML	2 Ounce	weight	104396
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	2 ounce weight or 1/2 cup	150250
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each		282422
ROLL HWN UNSLC 1.25Z 10-12CT GCHC	1 Each		633931

Preparation Instructions

Place lettuce in bottom of container and layer bacon, shredded cheese, and tomato on top. Serve 1 package of Cheez-it and dinner roll with salad.

Note: Roll can be subbed out for an additional package of Cheez-its; for a total of 2 package of Cheez-its served with salad.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	740.40
Fat	40.55g
SaturatedFat	21.51g
Trans Fat	0.00g
Cholesterol	160.00mg
Sodium	2037.36mg
Carbohydrates	46.15g
Fiber	9.91g
Sugar	13.27g
Protein	44.83g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 611.77mg	Iron 1.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32995

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint		206504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
CUCUMBER SELECT 24CT MRKN	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
ROLL HWN UNSLC 1.25Z 10-12CT GCHC	1 Each		633931

Preparation Instructions

Place lettuce in bottom of container and layer cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and dinner roll with salad.

Note: Roll can be subbed out for an additional package of cheez-its; for a total of 2 package of Cheez-its served with salad.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	502.43
Fat	22.58g
SaturatedFat	13.51g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	757.62mg
Carbohydrates	46.67g
Fiber	9.98g
Sugar	13.53g
Protein	24.91g
Vitamin A 209.12IU	Vitamin C 3.59mg
Calcium 613.93mg	Iron 1.82mg

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

Nutrition - Per 100g

No 100g Conversion Available