

Cookbook for School District of Beloit Turner

Created by HPS Menu Planner

Cookbook for Garden Prairie

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Table of Contents

Yogurt and Granola Parfait

Hot Dog on Bun

Spartan Chicken Sandwich

Caesar Salad

Walking Taco

Turner Pride Yogurt Parfait

Breakfast Cereal Kit

Chicken Penne Pasta Bake

Turkey Wrap w/Cheese & Lettuce

Cheeseburger wg/bun

Hot ham and Cheese Sandwich

BBq Beef Sandwich

Chicken Kale Caesar Wrap

Yogurt and Granola Parfait



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce		811500
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup		621420
PEACH DCD 3/8 IQF 2-5 DOLE	1/2 Cup		192151
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873

Preparation Instructions

Directions:

1. Parfaits can be assembled prior to meal service or ingredients can be offered individually on the meal line. Allowing students to build their own parfait.
CCP: Hold for cold service at 41° F or lower.

Notes:

- 1: Equipment (if not specified in procedures above):

Meal Components (SLE)

Amount Per Serving

Meat	0.015
Grain	0.010
Fruit	0.025
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	4.22		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.04mg		
Sodium	1.55mg		
Carbohydrates	0.88g		
Fiber	0.09g		
Sugar	0.52g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.34mg	Iron	0.03mg

*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-38647
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

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	290.00
Fat	18.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	770.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.47mg	Iron 10.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spartan Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30215
School:	Garden Prairie		

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
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	384.40		
Fat	16.57g		
SaturatedFat	2.97g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	715.00mg		
Carbohydrates	41.66g		
Fiber	5.27g		
Sugar	4.32g		
Protein	19.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad



Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34001
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	5 Pound		702595
CHEESE PARM GRTD 4-5 PG	1/2 Pound		445401
DRESSING CAESAR 4-1 GAL GFS	1 Pint		818201
CROUTON LRG SEAS 10-2# GCHC	1/2 Pound		748520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.003
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: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	117.47		
Fat	7.24g		
SaturatedFat	0.81g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	275.24mg		
Carbohydrates	13.04g		
Fiber	0.06g		
Sugar	0.40g		
Protein	2.50g		
Vitamin A	333.23IU	Vitamin C	0.41mg
Calcium	11.61mg	Iron	0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30219
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	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. UNSPECIFIED	662512
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.260
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 Serving

Amount Per Serving

Calories	392.96
Fat	19.63g
SaturatedFat	7.74g
Trans Fat	0.19g
Cholesterol	50.45mg
Sodium	783.06mg
Carbohydrates	33.15g
Fiber	4.36g
Sugar	1.26g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.55mg	Iron 1.85mg

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Nutrition - Per 100g

No 100g Conversion Available

Turner Pride Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37177
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/4 Cup		812821
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873
PINEAPPLE TIDBITS IN JCE 6-10 DELM	1/2 Cup		250792

Preparation Instructions

Layer ingredients in the following order: blueberries* on bottom, yogurt, then pineapple then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

*May use any kind of fruit(s) available.

**Allergens: Milk, Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.950
Grain	0.653
Fruit	1.000
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	395.97
Fat	2.43g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	154.85mg
Carbohydrates	88.18g
Fiber	3.99g
Sugar	56.55g
Protein	10.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 284.66mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Cereal Kit



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	243.33
Fat	4.25g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.67mg
Carbohydrates	50.00g
Fiber	3.50g
Sugar	17.83g
Protein	3.33g
Vitamin A 558.33IU	Vitamin C 46.90mg
Calcium 121.83mg	Iron 5.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Penne Pasta Bake



Servings:	50.00	Category:	Entree
Serving Size:	1.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42125
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 51 WGRAIN 2-10	6 Pound	measure: 2 gal 3 1/2 qt.	221482
GARLIC CHPD IN WTR 6- 32Z GCHC	1 Fluid Ounce		321565
BROCCOLI CRWN ICELESS 20 MRKN	3 Pound		704547
CHIX DCD 1/2 WHT MRNTD CKD 2-5 GCHC	2 Pound		578800
BROTH CHIX NO MSG 12- 5 HRTHSTN	1 Cup	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.	261564
SALT SEA 36Z TRDE	1 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
Non-fat White Milk	3 Quart		1122
FLOUR H&R A/P 50 GCHC	1/2 Cup		765180

Description	Measurement	Prep Instructions	DistPart #
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 Pound	READY_TO_EAT None	712131

Preparation Instructions

Heat water to a rolling boil.

Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.

Toss cooked pasta with garlic.

For 50 servings, add 1 Tbsp 1 tsp (reserve remaining garlic for step 5).

For 100 servings, add 2 Tbsp 2 tsp garlic (reserve remaining garlic for step 5).

Transfer pasta to steam table pan (12 x 20 x 2½).

For 50 servings, use 2 pans.

For 100 servings, use 4 pans.

Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.

Add broccoli and chicken to pasta. Mix well.

Sauce:

Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly.

For 50 servings, use 2 qt milk (reserve remaining milk for step 8).

For 100 servings, use 1 gal 2 cups milk (reserve remaining milk for step 8).

Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.

Add cheese. Continue to stir until cheese melts.

Divide cheese sauce evenly and pour over pasta mixture.

Cover with foil and bake:

Conventional oven: 350 °F for 8 minutes

Convection oven: 350 °F for 4 minutes

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion two 6 fl oz spoodles (1½ cups).

Meal Components (SLE)

Amount Per Serving

Meat	1.184
Grain	1.920
Fruit	0.000
GreenVeg	0.900
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50

Amount Per Serving

Calories	307.40
Fat	7.21g
SaturatedFat	3.96g
Trans Fat	0.00g
Cholesterol	30.93mg
Sodium	299.29mg
Carbohydrates	44.83g
Fiber	4.30g
Sugar	5.88g
Protein	17.72g
Vitamin A 102.05IU	Vitamin C 14.61mg
Calcium 147.63mg	Iron 2.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap w/Cheese & Lettuce



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30227
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 9/10 Ounce	4 slices = 2 oz. mma	689541

Preparation Instructions

Directions:

Assemble Slice Deli Turkey 4 slices

Ranch Dressing on the side only for student to place on their wrap if needed.

Shredded Cheddar Cheese 1 ounce

Romaine Lettuce, Ribbons 1/4 cup

8' Wrap 1 each

Assemble sandwich's using:

2.90 oz Deli Turkey

1 oz cheddar cheese, shredded

1/4 cup romaine lettuce, ribbons

CCP: Hold for cold service at 41° F or lower.

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.520
Grain	1.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	307.25
Fat	10.68g
SaturatedFat	6.62g
Trans Fat	0.00g
Cholesterol	55.60mg
Sodium	695.80mg
Carbohydrates	30.53g
Fiber	4.01g
Sugar	2.01g
Protein	26.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.57mg	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

Cheeseburger wg/bun



Servings:	100.00	Category:	Entree
Serving Size:	0.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38655
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
Aunt Millie's 4" Whole Grain Hamburger Bun	100 Each	BAKE	3159
American Cheese Sliced RF	100 Slice		666204

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, Cheese and Bacon over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

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: 100.00

Serving Size: 0.00 1 each

Amount Per Serving

Calories	355.00
Fat	12.00g
SaturatedFat	5.25g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	520.00mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	0.50g
Protein	18.50g
Vitamin A 130.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot ham and Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34012
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB WHEAT SLCD 8 16-4CT GCHC	1 Each		227670
HAM SLCD W/A 8-5 640CT COMM	2 7/16 Ounce		651470

Preparation Instructions

Pull bun from freezer a day before service. Lay out buns on a clean working surface. Place sliced meat and cheese in bun and wrap and keep at 35 degrees or below until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.00
Fat	8.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	43.50mg
Sodium	1054.00mg
Carbohydrates	52.00g
Fiber	3.50g
Sugar	5.50g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 129.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBq Beef Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 portion	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37181
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	2 7/16 Ounce		110520
SAUCE BBQ 4-1GAL GCHC	1 Tablespoon	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

1. Pull beef a day before service from freezer to cooler.
2. Mix beef crumbles and bbq sauce together.
3. Reheat to 165 degrees, stirring frequently.

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	178.36		
Fat	10.98g		
SaturatedFat	3.64g		
Trans Fat	1.82g		
Cholesterol	47.34mg		
Sodium	267.87mg		
Carbohydrates	7.00g		
Fiber	0.15g		
Sugar	4.00g		
Protein	12.90g		
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

Chicken Kale Caesar Wrap



Servings:	50.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42121
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Pound		451730
DRESSING CAESAR TABLESIDE 4-1GAL KENS	1 Quart	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	105630
TORTILLA WHLWHE 10 12-12CT LABAND	50 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 1/2 Pound	UNSPECIFIED Not currently available	570533
KALE BABY MIX 2-1.5 RSS	2 Pound		537740

Preparation Instructions

INSTRUCTIONS

Remove stems from kale. Then wash and drain kale and romaine.

Combine kale, romaine, and dressing in a large bowl. Mix dressing into greens.

Place desired number of wraps on clean, sanitized prep table or sheet pans lined with parchment paper.

Using a No. 4 scoop, portion 1 cup of salad mixture onto the center of each tortilla.

Using a No. 12 scoop, portion 2 oz of diced chicken on top of salad mixture in the center of each wrap.

Roll in the form of a burrito and seal. Cut diagonally in half.

Arrange open clamshells on prep table(s) and place one wrap in each shell. Close the clamshells.

Critical Control Point: Hold for cold service at 41 °F or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00

Amount Per Serving

Calories	394.08
Fat	18.00g
SaturatedFat	4.14g
Trans Fat	0.00g
Cholesterol	44.53mg
Sodium	679.93mg
Carbohydrates	37.49g
Fiber	4.65g
Sugar	2.08g
Protein	19.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.15mg	Iron 50.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Middle & High School

Created by HPS Menu Planner

Table of Contents

Turner Pride Yogurt Parfait

Yogurt and Granola Parfait

Hot Dog on Bun

Philly Beef Wrap

Cheeseburger wg/bun

Hot ham and Cheese Sandwich

Caesar Salad

Loaded Nachos

Spartan Chicken Sandwich

Loaded Baked Potato

Breakfast Cereal Kit

Chicken Penne Pasta Bake

Beef Burrito

Sandwich Chicken Patty

Chicken Kale Caesar Wrap

Turner Pride Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37177
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/4 Cup		812821
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873
PINEAPPLE TIDBITS IN JCE 6-10 DELM	1/2 Cup		250792

Preparation Instructions

Layer ingredients in the following order: blueberries* on bottom, yogurt, then pineapple then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

*May use any kind of fruit(s) available.

**Allergens: Milk, Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.950
Grain	0.653
Fruit	1.000
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	395.97
Fat	2.43g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	154.85mg
Carbohydrates	88.18g
Fiber	3.99g
Sugar	56.55g
Protein	10.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 284.66mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt and Granola Parfait



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce		811500
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup		621420
PEACH DCD 3/8 IQF 2-5 DOLE	1/2 Cup		192151
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873

Preparation Instructions

Directions:

1. Parfaits can be assembled prior to meal service or ingredients can be offered individually on the meal line. Allowing students to build their own parfait.
CCP: Hold for cold service at 41° F or lower.

Notes:

- 1: Equipment (if not specified in procedures above):

Meal Components (SLE)

Amount Per Serving

Meat	0.015
Grain	0.010
Fruit	0.025
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	4.22		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.04mg		
Sodium	1.55mg		
Carbohydrates	0.88g		
Fiber	0.09g		
Sugar	0.52g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.34mg	Iron	0.03mg

*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-38647
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

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	290.00
Fat	18.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	770.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.47mg	Iron 10.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Beef Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39126
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	2 Ounce	<p>BAKE Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen.</p> <p>CONVECTION Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen.</p> <p>MICROWAVE Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen.</p> <p>SAUTE Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes.</p> <p>STEAM Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.</p>	593591
TORTILLA JALAP CHS 12 6-12 GRSZ	1 Each		116691
CHEESE MOZZ SHRD 4-5 LOL	4 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE WNG GARL PARM 2-1GAL	1 Ounce	READY_TO_EAT Ready to use. 2 TBSP is a serving size. Packaged in a pourable, easy-to-use jug.	896045

Preparation Instructions

How do You Wrap a Wrap?

Rolling a wrap is identical to rolling a burrito. Follow these steps to make sure that you keep all that yummy filling nestled inside your tortilla:

Place your filling in the center of the tortilla.

Fold the sides over to close to the center of the filling.

Fold the end over into the inside and keep rolling until it forms the perfect wrap.

Keep the edge underneath the wrap to prevent it from unfolding.

1. Lay out tortilla, spread meat, cheese and sauce in the middle of the wrap. Roll it up to prevent leakage. Lay on sheet pan and cook in oven at 300 degree until internal temperature is 155 degree or above.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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	776.67
Fat	40.00g
SaturatedFat	22.00g
Trans Fat	0.33g
Cholesterol	73.33mg
Sodium	1916.67mg
Carbohydrates	60.00g
Fiber	2.67g
Sugar	9.67g
Protein	39.00g
Vitamin A 66.67IU	Vitamin C 6.00mg
Calcium 918.33mg	Iron 3.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger wg/bun



Servings:	100.00	Category:	Entree
Serving Size:	0.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38655
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
Aunt Millie's 4" Whole Grain Hamburger Bun	100 Each	BAKE	3159
American Cheese Sliced RF	100 Slice		666204

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, Cheese and Bacon over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

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: 100.00

Serving Size: 0.00 1 each

Amount Per Serving

Calories	355.00
Fat	12.00g
SaturatedFat	5.25g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	520.00mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	0.50g
Protein	18.50g
Vitamin A 130.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot ham and Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34012
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB WHEAT SLCD 8 16-4CT GCHC	1 Each		227670
HAM SLCD W/A 8-5 640CT COMM	2 7/16 Ounce		651470

Preparation Instructions

Pull bun from freezer a day before service. Lay out buns on a clean working surface. Place sliced meat and cheese in bun and wrap and keep at 35 degrees or below until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.00
Fat	8.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	43.50mg
Sodium	1054.00mg
Carbohydrates	52.00g
Fiber	3.50g
Sugar	5.50g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 129.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad



Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34001
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	5 Pound		702595
CHEESE PARM GRTD 4-5 PG	1/2 Pound		445401
DRESSING CAESAR 4-1 GAL GFS	1 Pint		818201
CROUTON LRG SEAS 10-2# GCHC	1/2 Pound		748520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.003
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: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	117.47
Fat	7.24g
SaturatedFat	0.81g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	275.24mg
Carbohydrates	13.04g
Fiber	0.06g
Sugar	0.40g
Protein	2.50g
Vitamin A 333.23IU	Vitamin C 0.41mg
Calcium 11.61mg	Iron 0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Nachos



Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	9 Pound		722330
SAUCE CHS QUESO WHT 6-60Z GEHL	1 Ounce		860200
TOMATO ROMA DCD 3/8 2- 5 RSS	1 Ounce		786543
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		242489
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
SOUR CREAM PKT 400-1Z GCHC	1 9/16 Gallon		746283
CHILIES GREEN DCD 12- 26Z ORTG	3/4 Cup		131460
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	6 1/4 Pound	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Directions:

Cook meat according to directions on the box. CCP: Heat to 155° F or higher for at least 15 seconds.

Pan tortilla chips in a nice array in a paper boat.

Pan toppings for students to build their own nacho boat. Place meat and cheese on top of nachos and have container of sour cream, salsa, green chilies, and taco sauce for the students to top their nachos with.

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately ¼ cup) tortilla chips.

Notes:

- 1: Comments: *See Marketing Guide.
- 2: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and
- 3: Seasoning Mixes) may be used to
- 4: replace these ingredients. For
- 5: 50 servings, use ¼ cup 1 ½ tsp
- 6: Mexican Seasoning Mix. For 100
- 7: servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.
- 8: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE)

Amount Per Serving

Meat	0.909
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.005
OtherVeg	0.001
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	193.45
Fat	8.28g
SaturatedFat	1.88g
Trans Fat	0.13g
Cholesterol	15.78mg
Sodium	259.79mg
Carbohydrates	22.47g
Fiber	2.93g
Sugar	1.00g
Protein	7.84g
Vitamin A 0.45IU	Vitamin C 0.00mg
Calcium 54.01mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spartan Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30215
School:	Garden Prairie		

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
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	384.40
Fat	16.57g
SaturatedFat	2.97g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	715.00mg
Carbohydrates	41.66g
Fiber	5.27g
Sugar	4.32g
Protein	19.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Baked Potato

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39132
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 6Z 2 50 MRKN	1 Each		328731
SAUCE CHS CHED POUCH 6-106Z LOL	2 Ounce		135261
CHILI BEEF W/BEAN 6-5 COMM	1/2 Cup	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
BACON CRUMBLES CKD 12-1 GCHC	1 Ounce	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
BROCCOLI FLORETS 6-4 GCHC	1/2 Cup	Place frozen broccoli in 6" steam table pan and place in steamer for 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer.	610902

Preparation Instructions

- 1 potato
- 2oz cheese sauce
- 2oz chili or taco meat

1oz bacon bits

4oz broccoli

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.57		
Fat	0.08g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.26mg		
Sodium	6.02mg		
Carbohydrates	0.33g		
Fiber	0.06g		
Sugar	0.04g		
Protein	0.14g		
Vitamin A	1.07IU	Vitamin C	0.02mg
Calcium	2.34mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Cereal Kit



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	243.33
Fat	4.25g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.67mg
Carbohydrates	50.00g
Fiber	3.50g
Sugar	17.83g
Protein	3.33g
Vitamin A 558.33IU	Vitamin C 46.90mg
Calcium 121.83mg	Iron 5.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Penne Pasta Bake



Servings:	50.00	Category:	Entree
Serving Size:	1.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42125
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 51 WGRAIN 2-10	6 Pound	measure: 2 gal 3 1/2 qt.	221482
GARLIC CHPD IN WTR 6- 32Z GCHC	1 Fluid Ounce		321565
BROCCOLI CRWN ICELESS 20 MRKN	3 Pound		704547
CHIX DCD 1/2 WHT MRNTD CKD 2-5 GCHC	2 Pound		578800
BROTH CHIX NO MSG 12- 5 HRTHSTN	1 Cup	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.	261564
SALT SEA 36Z TRDE	1 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
Non-fat White Milk	3 Quart		1122
FLOUR H&R A/P 50 GCHC	1/2 Cup		765180

Description	Measurement	Prep Instructions	DistPart #
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 Pound	READY_TO_EAT None	712131

Preparation Instructions

Heat water to a rolling boil.

Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.

Toss cooked pasta with garlic.

For 50 servings, add 1 Tbsp 1 tsp (reserve remaining garlic for step 5).

For 100 servings, add 2 Tbsp 2 tsp garlic (reserve remaining garlic for step 5).

Transfer pasta to steam table pan (12 x 20 x 2½).

For 50 servings, use 2 pans.

For 100 servings, use 4 pans.

Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.

Add broccoli and chicken to pasta. Mix well.

Sauce:

Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly.

For 50 servings, use 2 qt milk (reserve remaining milk for step 8).

For 100 servings, use 1 gal 2 cups milk (reserve remaining milk for step 8).

Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.

Add cheese. Continue to stir until cheese melts.

Divide cheese sauce evenly and pour over pasta mixture.

Cover with foil and bake:

Conventional oven: 350 °F for 8 minutes

Convection oven: 350 °F for 4 minutes

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion two 6 fl oz spoodles (1½ cups).

Meal Components (SLE)

Amount Per Serving

Meat	1.184
Grain	1.920
Fruit	0.000
GreenVeg	0.900
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50

Amount Per Serving

Calories	307.40
Fat	7.21g
SaturatedFat	3.96g
Trans Fat	0.00g
Cholesterol	30.93mg
Sodium	299.29mg
Carbohydrates	44.83g
Fiber	4.30g
Sugar	5.88g
Protein	17.72g
Vitamin A 102.05IU	Vitamin C 14.61mg
Calcium 147.63mg	Iron 2.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Burrito

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37913

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TURKEY TACO MEAT FC 4-7 JENNO	2 Ounce		768230
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each		118910
SAUCE ENCH MLD 4-1GAL ORTG	1 Cup		228031
BEAN REFRD VEGTAR 6-27.09Z SANTG	1 Ounce	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Mix together mean, cheese, beans and sauce. Scoop 6 oz portion into tortilla wrap. Wrap into a burrito and place on sheet pan for cooking.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document your temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Meal Components (SLE)

Amount Per Serving

Meat	2.329
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.367
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	655.73
Fat	24.42g
SaturatedFat	7.86g
Trans Fat	0.00g
Cholesterol	51.54mg
Sodium	2805.85mg
Carbohydrates	79.19g
Fiber	10.60g
Sugar	5.00g
Protein	36.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 324.95mg	Iron 4.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Chicken Patty



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22032
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 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
TOMATO 6X6 LRG 10 MRKN	101 Slice		199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Cup		307769

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.126
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	384.19
Fat	14.55g
SaturatedFat	2.51g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	641.19mg
Carbohydrates	40.90g
Fiber	6.29g
Sugar	5.64g
Protein	20.20g
Vitamin A 189.30IU	Vitamin C 3.11mg
Calcium 67.37mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Kale Caesar Wrap



Servings:	50.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42121
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Pound		451730
DRESSING CAESAR TABLESIDE 4-1GAL KENS	1 Quart	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	105630
TORTILLA WHLWHE 10 12-12CT LABAND	50 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 1/2 Pound	UNSPECIFIED Not currently available	570533
KALE BABY MIX 2-1.5 RSS	2 Pound		537740

Preparation Instructions

INSTRUCTIONS

Remove stems from kale. Then wash and drain kale and romaine.

Combine kale, romaine, and dressing in a large bowl. Mix dressing into greens.

Place desired number of wraps on clean, sanitized prep table or sheet pans lined with parchment paper.

Using a No. 4 scoop, portion 1 cup of salad mixture onto the center of each tortilla.

Using a No. 12 scoop, portion 2 oz of diced chicken on top of salad mixture in the center of each wrap.

Roll in the form of a burrito and seal. Cut diagonally in half.

Arrange open clamshells on prep table(s) and place one wrap in each shell. Close the clamshells.

Critical Control Point: Hold for cold service at 41 °F or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00

Amount Per Serving

Calories	394.08
Fat	18.00g
SaturatedFat	4.14g
Trans Fat	0.00g
Cholesterol	44.53mg
Sodium	679.93mg
Carbohydrates	37.49g
Fiber	4.65g
Sugar	2.08g
Protein	19.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.15mg	Iron 50.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Powers

Created by HPS Menu Planner

Table of Contents

Yogurt and Granola Parfait

Hot Dog on Bun

Spartan Chicken Sandwich

Caesar Salad

Walking Taco

Breakfast Cereal Kit

Chicken Alfredo

Cold Turkey Lunch Kit

Cheeseburger wg/bun

Hot ham and Cheese Sandwich

Chicken Wrap

Turner Pride Yogurt Parfait

Yogurt and Granola Parfait



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce		811500
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup		621420
PEACH DCD 3/8 IQF 2-5 DOLE	1/2 Cup		192151
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873

Preparation Instructions

Directions:

1. Parfaits can be assembled prior to meal service or ingredients can be offered individually on the meal line. Allowing students to build their own parfait.

CCP: Hold for cold service at 41° F or lower.

Notes:

1: Equipment (if not specified in procedures above):

Meal Components (SLE)

Amount Per Serving

Meat	0.015
Grain	0.010
Fruit	0.025
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	4.22		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.04mg		
Sodium	1.55mg		
Carbohydrates	0.88g		
Fiber	0.09g		
Sugar	0.52g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.34mg	Iron	0.03mg

*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-38647
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

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	290.00
Fat	18.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	770.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.47mg	Iron 10.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spartan Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30215
School:	Garden Prairie		

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
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	384.40
Fat	16.57g
SaturatedFat	2.97g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	715.00mg
Carbohydrates	41.66g
Fiber	5.27g
Sugar	4.32g
Protein	19.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad



Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34001
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	5 Pound		702595
CHEESE PARM GRTD 4-5 PG	1/2 Pound		445401
DRESSING CAESAR 4-1 GAL GFS	1 Pint		818201
CROUTON LRG SEAS 10-2# GCHC	1/2 Pound		748520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.003
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: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	117.47		
Fat	7.24g		
SaturatedFat	0.81g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	275.24mg		
Carbohydrates	13.04g		
Fiber	0.06g		
Sugar	0.40g		
Protein	2.50g		
Vitamin A	333.23IU	Vitamin C	0.41mg
Calcium	11.61mg	Iron	0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30219
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	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. UNSPECIFIED	662512
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.260
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 Serving

Amount Per Serving

Calories	392.96
Fat	19.63g
SaturatedFat	7.74g
Trans Fat	0.19g
Cholesterol	50.45mg
Sodium	783.06mg
Carbohydrates	33.15g
Fiber	4.36g
Sugar	1.26g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.55mg	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

Breakfast Cereal Kit



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	243.33
Fat	4.25g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.67mg
Carbohydrates	50.00g
Fiber	3.50g
Sugar	17.83g
Protein	3.33g
Vitamin A 558.33IU	Vitamin C 46.90mg
Calcium 121.83mg	Iron 5.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo



Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39135
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	3 2/3 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.	155661
PASTA PENNE CKD 4-5 PG	1 Cup		835900
CHIX BRST FLLT GRLLD 30# COMM	1 Each		491946

Preparation Instructions

Mix the sauce and chicken in a steamtable pan. Place in oven at 275 degree and warm for an hour or more or until temperature reaches 135 or above. In another steam table pan mix cooked pasta with a little olive oil to prevent sticking. Place in oven on low. Right before service mix together chicken and sauce and serve. Serving size should be a 6 oz. spoodle.

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: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	7.77		
Fat	0.28g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	1.44mg		
Sodium	14.79mg		
Carbohydrates	0.74g		
Fiber	0.03g		
Sugar	0.11g		
Protein	0.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.57mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cold Turkey Lunch Kit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39251
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM & CHS 48-4.41Z	1 Each		588400
TURKEY HAM DCD 2-5 JENNO	3 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
CRACKER CHEEZ-IT 1-80Z SNSHN	10 Each		333911

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	10 Slice		394123

Preparation Instructions

Order: # 212514 & 219991 to prepare lunchbox in. Place turkey or diced ham in one square. Place cheese cubes in another, crackers in another, and craisins in the last open square. Place lid on and keep cold until time of service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

Calories	1029.14
Fat	36.51g
SaturatedFat	12.57g
Trans Fat	0.00g
Cholesterol	271.79mg
Sodium	2952.95mg
Carbohydrates	68.30g
Fiber	4.37g
Sugar	32.00g
Protein	103.89g
Vitamin A 200.00IU	Vitamin C 1.20mg
Calcium 405.11mg	Iron 3.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger wg/bun



Servings:	100.00	Category:	Entree
Serving Size:	0.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38655
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
Aunt Millie's 4" Whole Grain Hamburger Bun	100 Each	BAKE	3159
American Cheese Sliced RF	100 Slice		666204

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, Cheese and Bacon over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

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: 100.00

Serving Size: 0.00 1 each

Amount Per Serving

Calories	355.00
Fat	12.00g
SaturatedFat	5.25g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	520.00mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	0.50g
Protein	18.50g
Vitamin A 130.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot ham and Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34012
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB WHEAT SLCD 8 16-4CT GCHC	1 Each		227670
HAM SLCD W/A 8-5 640CT COMM	2 7/16 Ounce		651470

Preparation Instructions

Pull bun from freezer a day before service. Lay out buns on a clean working surface. Place sliced meat and cheese in bun and wrap and keep at 35 degrees or below until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.00
Fat	8.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	43.50mg
Sodium	1054.00mg
Carbohydrates	52.00g
Fiber	3.50g
Sugar	5.50g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 129.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38646
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4- 7.7	3 Piece	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.</p>	533830
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	<p>READY_TO_EAT Pre-sliced Use Cold or Melted</p>	150260
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL BRTHARB	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	222970

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 1 T of Ranch Dressing on the tortilla, cut 1 slice of American cheese in half and place on tortilla, add 3 pieces of chicken tenders and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories	610.21		
Fat	30.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	1115.00mg		
Carbohydrates	52.04g		
Fiber	6.02g		
Sugar	7.02g		
Protein	38.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	206.34mg	Iron	4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turner Pride Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37177
School:	Middle & High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/4 Cup		812821
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873
PINEAPPLE TIDBITS IN JCE 6-10 DELM	1/2 Cup		250792

Preparation Instructions

Layer ingredients in the following order: blueberries* on bottom, yogurt, then pineapple then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

*May use any kind of fruit(s) available.

**Allergens: Milk, Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.950
Grain	0.653
Fruit	1.000
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	395.97
Fat	2.43g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	154.85mg
Carbohydrates	88.18g
Fiber	3.99g
Sugar	56.55g
Protein	10.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 284.66mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available