

Cookbook for East Porter County School Corporation

Created by HPS Menu Planner

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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

Homemade Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA TRAD PARBK 16 12CT GCHC	1 Each	**Non-Whole Grain**	717315
SAUCE PIZZA W/BASL 6-10 REDPK	1 1/2 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	1 Quart		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	382.50
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	687.50mg
Carbohydrates	39.50g
Fiber	2.50g
Sugar	5.25g
Protein	20.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 440.00mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA TRAD PARBK 16 12CT GCHC	1 Each	**Non-Whole Grain**	717315
SAUCE PIZZA W/BASL 6-10 REDPK	1 1/2 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	1 Quart		645170
PEPPERONI SLCD 18-20/Z 2-5 PG	32 Slice		730025

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	411.97
Fat	17.74g
SaturatedFat	7.84g
Trans Fat	0.00g
Cholesterol	36.32mg
Sodium	784.34mg
Carbohydrates	39.50g
Fiber	2.50g
Sugar	5.25g
Protein	22.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 440.00mg	Iron 3.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni and Cheese

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33461

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 4-5 GCHC	30 Pound	**Non-Whole Grain**	413320
CHEESE CHED MLD SHRD 4-5 LOL	15 Pound		150250
SAUCE CHS ULTIM YEL POU 6-106Z LOL	3 Package		310668
MILK WHT 1 4-1GAL RGNLBRND	6 Gallon		817801
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Pound		299405

Preparation Instructions

Cook noodles in skillet and drain. Add butter, milk, cheese and cheese sauce. Heat to 140° and put 2 1/2 gal. in large deep pans and cover. Add milk later to thin.

Note: Middle/High school needs to have 1 string cheese offered with Macaroni and Cheese

Updated 8.15.23

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	375.34
Fat	18.44g
SaturatedFat	11.25g
Trans Fat	0.00g
Cholesterol	55.58mg
Sodium	455.47mg
Carbohydrates	41.08g
Fiber	1.62g
Sugar	5.78g
Protein	16.56g
Vitamin A 153.04IU	Vitamin C 0.00mg
Calcium 407.93mg	Iron 1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33508
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/APPLSCE 200-2.5Z	1 Each		644950
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Cook beef patty according to manufactures directions.

Place cooked hamburger patty on hamburger bun with cheese slice and wrap. Keep warm for 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 Sandwich

Amount Per Serving

Calories	315.00
Fat	12.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	745.00mg
Carbohydrates	29.00g
Fiber	4.00g
Sugar	3.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.52mg	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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33507
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each		327080
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Bake Chicken Patty according to manufactures directions.

Place chicken patty on hamburger bun and wrap. Keep warm for service.

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 Sandwich

Amount Per Serving

Calories	380.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	600.00mg
Carbohydrates	41.00g
Fiber	5.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 62.02mg	Iron 3.43mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32981
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Pound 12 Ounce (28 Ounce)		613738
Tap Water for Recipes	4 Liter	1 gallon plus 1 cup	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

Updated 8.15.23

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	0.435

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.34		
Fat	0.87g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	348.18mg		
Carbohydrates	14.80g		
Fiber	0.87g		
Sugar	0.00g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball with Marinara Sauce

Servings:	24.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42232
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	120 Each		135071
SAUCE SPAGHETTI FCY 6-10 REDPK	1 #10 CAN		852759

Preparation Instructions

SPRAY PAN WELL!

Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 135 degrees F or higher.

For service: Serve with 1 cup pasta, 5 meatballs and 1/2 cup of spaghetti sauce.

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: 24.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	213.55		
Fat	10.00g		
SaturatedFat	3.80g		
Trans Fat	0.60g		
Cholesterol	38.00mg		
Sodium	705.31mg		
Carbohydrates	16.05g		
Fiber	4.68g		
Sugar	8.36g		
Protein	16.68g		
Vitamin A	7.00IU	Vitamin C	1.00mg
Calcium	63.77mg	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

Meatball Sub

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42231
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	200 Each		135071
SAUCE SPAGHETTI FCY 6-10 REDPK	1 #10 CAN		852759
CHEESE MOZZ SHRD 4-5 LOL	1 Quart 1 Cup (5 Cup)		645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	40 Each		276142

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—
SPRAY PAN WELL! Mix Spaghetti sauce and meatballs together. Prepare meatballs as stated on package.
CCP: Heat to 165 degrees F or higher.

—
Fill each Sub Bun with...
5 meatballs and 2 Tablespoons of cheese.

—
Wrap tray of subs and place in warmer until ready to serve.
CCP: Hold for hot service at 135 degrees F or higher.

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: 40.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	397.93
Fat	15.50g
SaturatedFat	6.05g
Trans Fat	0.60g
Cholesterol	45.50mg
Sodium	796.79mg
Carbohydrates	41.13g
Fiber	5.21g
Sugar	9.92g
Protein	23.71g
Vitamin A 7.00IU	Vitamin C 1.00mg
Calcium 211.96mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33509
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN 2-6.76	1 Each		509728
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Cook chicken patty according to manufactures directions.

Place cooked chicken patty on hamburger bun with and wrap. Keep warm for service.

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 Sandwich

Amount Per Serving

Calories	390.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	740.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.02mg	Iron	3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	591.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32973
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	99 Pound	Commodity/Brown Box	100158
SEASONING TACO MIX 6-9Z LAWR	3 Quart		159204
Tap Water for Recipes	2 1/2 Gallon		000001WTR

Preparation Instructions

Cook beef, drain, and add seasoning.

Heat beef and seasoning until temperature.

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: 591.00

Serving Size: 2.00 ounce weight

Amount Per Serving

Calories	173.76		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	2.00g		
Cholesterol	52.00mg		
Sodium	274.20mg		
Carbohydrates	1.95g		
Fiber	0.97g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32977
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

Preparation Instructions

Pour ½ cup cheese on half the shell and fold it over. Put on large cookie sheet, spray with butter spray. Fill the warmer and batch cook in oven for a few minutes as needed.

Updated 8.15.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00
Fat	22.50g
SaturatedFat	15.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	527.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	2.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 443.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32976
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	1 1/2 Ounce	Commodity/Brown Box Weight	100101
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250

Preparation Instructions

Pour ½ cup cheese on half the shell and add chicken. Fold it over put on large cookie sheet, spray with butter spray. Fill the warmer and batch cook in oven for a few minutes as needed.

Updated 8.15.23

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	369.20
Fat	17.88g
SaturatedFat	10.92g
Trans Fat	0.00g
Cholesterol	71.10mg
Sodium	439.80mg
Carbohydrates	31.32g
Fiber	4.00g
Sugar	2.00g
Protein	21.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 307.68mg	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

Chicken Parmesan with Marinara Sauce

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42233
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 #10 CAN		852759
Chicken Fillet, Cooked, Unbreaded, Frozen	24 Each		110921

Preparation Instructions

Prepare grilled chicken according to package.

CCP: Heat to 150 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 135 degrees F or higher.

For service: Serve with 1/2 cup pasta, 1 chicken breast and 1/2 cup of spaghetti sauce.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	151.55		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	691.31mg		
Carbohydrates	11.05g		
Fiber	3.68g		
Sugar	7.36g		
Protein	23.68g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.77mg	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
