

# **Cookbook for Geist Elementary**

**Created by HPS Menu Planner**

# **Table of Contents**

**Impossible Burger**

**Turkey Sandwich**

**PEANUT BUTTER JELLY SANDWICH**

**Pizza Pack**

**Muffin & Yogurt Bento Box**

**ASSORTED VEGETABLES & SIDE SALAD**

**Broccoli**

**Mixed Green Salad**

**Veggie Pack Carrots / Celery**

**ASSORTED FRUIT**

**Banana**

**Canned Mandarin Oranges**

**Teriyaki Chicken Rice Bowl**

**Chicken BLT Salad**

# Impossible Burger



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Sandwich



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# PEANUT BUTTER JELLY SANDWICH

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Pizza Pack



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

## Ingredients

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

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Muffin & Yogurt Bento Box



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

## Ingredients

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

## Preparation Instructions

may use 262343, 262370 muffins also

may use 869921 yogurt also

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# ASSORTED VEGETABLES & SIDE SALAD



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Broccoli



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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Mixed Green Salad



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

## Ingredients

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

## Preparation Instructions

Combine all ingredients.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Veggie Pack Carrots / Celery

user image or type unknown

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# ASSORTED FRUIT



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Banana



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Canned Mandarin Oranges



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	1.00mg

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

## Nutrition - Per 100g

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

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

# Teriyaki Chicken Rice Bowl

user image or type unknown

<b>Servings:</b>	0.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40093

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	0 Ounce		890911
RICE BROWN WGRAIN 25 BENS	0 Cup		231059

## Preparation Instructions

BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350F (CONVECTION) 400F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED.

Rice. Boil water.

Pour rice in a full size 4" hotel pan. Add boiling water, cover and put in combi oven until rice is tender and the water is absorbed. .5 cup uncooked = 1 cup cooked rice (2grain)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	467.37
<b>Fat</b>	8.26g
<b>SaturatedFat</b>	1.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.42mg
<b>Sodium</b>	389.47mg
<b>Carbohydrates</b>	75.37g
<b>Fiber</b>	2.00g
<b>Sugar</b>	7.37g
<b>Protein</b>	25.89g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.53mg	<b>Iron</b> 1.44mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Chicken BLT Salad



<b>Servings:</b>	0.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40172
<b>School:</b>	Brooks School Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	0 Each	<p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p><b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	152121
LETTUCE ROMAINE CHOP 6-2 RSS	0 Cup		735787
TOMATO ROMA DCD 3/8 2-5 RSS	0 Ounce		786543
BACON TKY CKD 12- 50CT JENNO	0 Slice		834770

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.300
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	187.86
<b>Fat</b>	5.36g
<b>SaturatedFat</b>	1.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.50mg
<b>Sodium</b>	541.46mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	2.33g
<b>Sugar</b>	2.67g
<b>Protein</b>	27.91g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 47.00mg	<b>Iron</b> 1.97mg

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

### Nutrition - Per 100g

No 100g Conversion Available