

Cookbook for Westview Elementary

Created by HPS Menu Planner

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Fruit Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9836
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	61.43		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.31mg		
Carbohydrates	14.86g		
Fiber	0.00g		
Sugar	13.71g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.46mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31829
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	1 Pound 11 1/11 Ounce (27 1/11 Ounce)		703753
Tap Water for Recipes	1/2 Gallon		000001WTR

Preparation Instructions

- 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.

Updated 8.22.23

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	138.99		
Fat	1.49g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	546.03mg		
Carbohydrates	22.83g		
Fiber	8.94g		
Sugar	0.00g		
Protein	8.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.64mg	Iron	2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30754
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 #10 CAN	BAKE	100307
BASE HAM NO ADDED MSG 12-1 GCHC	1/4 Cup		686691

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	17.31		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	154.36mg		
Carbohydrates	3.24g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
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

Broccoli and Cheese

Servings:	73.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9819
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound	Brown Box Commodity	110473
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	2 Quart		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	70.18
Fat	4.38g
SaturatedFat	2.63g
Trans Fat	0.00g
Cholesterol	13.15mg
Sodium	263.39mg
Carbohydrates	7.26g
Fiber	3.04g
Sugar	1.01g
Protein	6.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 125.81mg	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

Cheetos

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30742
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	1 Package	1.25 Grain Equivalents	191090
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	1 Package	1.00 Grain Equivalents	537871
SNACK CHS BKD HOT 104-SSV CHEETOS	1 Package	1.25 Grain Equivalents	338670

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	4.17g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.33mg	Iron	0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruitable, Mango Wango, or Dragon Punch Juice

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30741
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each		510571
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each		510562
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	1 Each		214513
JUICE BOX PARADS PNCH 40-4.23FLZ	1 Each		698261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	13.75g		
Fiber	0.00g		
Sugar	12.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30747
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	82.04		
Fat	2.62g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	4.39mg		
Sodium	1.01mg		
Carbohydrates	16.10g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	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

Buttered Mixed Vegetables

Servings:	74.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42611
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	15 Pound		111230
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 74.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.83
Fat	1.78g
SaturatedFat	1.14g
Trans Fat	0.00g
Cholesterol	4.86mg
Sodium	32.34mg
Carbohydrates	12.13g
Fiber	4.04g
Sugar	3.03g
Protein	3.03g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.49mg **Iron** 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30950
School:	Topeka Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each	N/A	509303
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.67
Fat	1.32g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	151.67mg
Carbohydrates	23.50g
Fiber	2.02g
Sugar	6.17g
Protein	1.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.73mg	Iron 3.41mg

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Nutrition - Per 100g

No 100g Conversion Available

Roasted Baby Carrots

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9825
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	5 Pound		768146
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/3 Cup		732900
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Tablespoon		565164
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon		225061

Preparation Instructions

Toss ingredients until well coated. Put on full sheet pan and bake at 350 degrees for 20-30 minutes or until mostly tender.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.90
Fat	3.70g
SaturatedFat	0.26g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	133.22mg
Carbohydrates	11.27g
Fiber	3.56g
Sugar	5.33g
Protein	0.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.56mg	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

Strawberry, Raspberry or Strawberry Banana Yogurt Cup

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29316
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	75.00
Fat	0.25g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	60.00mg
Carbohydrates	14.50g
Fiber	0.00g
Sugar	9.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Mashed Potatoes

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42612
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS CRMY EXCEL 12-28.2Z BAMER	1 Pound 12 1/5 Ounce (28 1/5 Ounce)	1 Package	142204
Tap Water for Recipes	1 Gallon 1 Cup (17 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.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	80.39		
Fat	1.34g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	473.41mg		
Carbohydrates	0.89g		
Fiber	0.89g		
Sugar	0.00g		
Protein	1.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.93mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.13 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30783
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce		242390
Tap Water for Recipes	1 Gallon	3 Quarts boiling and 1 Quart cold	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
- 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
- 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
- 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

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	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.13 Cup

Amount Per Serving

Calories	11.72		
Fat	0.47g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	1.88g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.94mg	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

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9824
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	3 Ounce	Weight	680656
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Updated 8.22.23

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	235.00
Fat	4.75g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	790.00mg
Carbohydrates	30.50g
Fiber	2.00g
Sugar	5.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10759
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

Updated 8.22.23

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	560.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	4.00g
Protein	22.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 56.00mg **Iron** 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Gravy

Servings:	400.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9826
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC 6-1.5 PION	8 Package		281719
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	20 Pound	Thaw under refrigeration.	125302
Tap Water for Recipes	10 Gallon	24 quarts boiling water 16 quarts cold water	000001WTR

Preparation Instructions

1. HEAT SAUSAGE CRUMBLES TO 150°
2. BRING 24 QUARTS OF WATER TO A FULL ROLLING BOIL.
3. COMBINE 16 QUART COOL TAP WATER AND 8 PACKAGES OF GRAVY MIX IN A SEPARATE CONTAINER. MIX WITH A WIRE WHISK UNTIL LUMP FREE.
4. POUR WATER AND GRAVY MIX BLEND INTO BOILING WATER.
5. STIR UNTIL GRAVY RETURNS TO A BOIL. SIMMER FOR ONE MINUTE WHILE STIRRING CONSTANTLY.
6. ADD HOT COOKED SAUSAGE CRUMBLES TO GRAVY MIXTURE. MAKE SURE TEMPERATURE IS AT 165° OR BRING MIXTURE UP TO TEMPERATE.
7. REMOVE FROM HEAT. POUR GRAVY INTO SERVING CONTAINER AND MAINTAIN INTERNAL GRAVY TEMPERATURE AT 165°F DURING SERVICE.

Updated 8.23.23

Meal Components (SLE)

Amount Per Serving

Meat	0.250
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: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	111.31		
Fat	10.28g		
SaturatedFat	3.54g		
Trans Fat	0.00g		
Cholesterol	12.00mg		
Sodium	209.65mg		
Carbohydrates	2.44g		
Fiber	0.00g		
Sugar	0.34g		
Protein	2.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29223
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.33mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.67g
Protein	0.00g
Vitamin A 1250.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttered Peas

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30732
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.93		
Fat	1.61g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	4.39mg		
Sodium	60.15mg		
Carbohydrates	11.41g		
Fiber	4.15g		
Sugar	4.15g		
Protein	4.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	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

Confetti Cake Filled or Triple Chocolate Fudge Filled Cookie

Servings:	2.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42652
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE CONFET CK FRSTNG STFD 120-1.7Z	1 Each		411692
COOKIE TRPL CHOC FUDG WGRAIN 120-1.7Z	1 Each		864022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 cookie

Amount Per Serving

Calories	194.75		
Fat	7.30g		
SaturatedFat	1.95g		
Trans Fat	0.07g		
Cholesterol	6.50mg		
Sodium	145.90mg		
Carbohydrates	30.00g		
Fiber	2.40g		
Sugar	14.00g		
Protein	2.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.33mg	Iron	1.54mg

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41977
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	N/A	138941
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD 2Z 6-12CT GCHC	1 Each	**Non-Whole Grain**	600410

Preparation Instructions

Cook each product according to directions on package.

Assemble sandwiches: 1 sausage patty, 1 egg patty, 1 slice of cheese on 1 croissant

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	385.00		
Fat	20.00g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	142.50mg		
Sodium	770.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	3.50g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	152.00mg	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
