

Cookbook for Westview Jr.-Sr. High School

Created by HPS Menu Planner

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Mini Waffles or Pancakes

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-34157 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z | 1 Package | | 269240 |
| PANCAKE MINI CONFET 72-3.03Z EGGO | 1 Package | | 395303 |
| PANCAKE MINI MAPL IW 72-3.03Z EGGO | 1 Package | | 284831 |

Preparation Instructions

Heat & Serve: Heat frozen in oven-able pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

NOTE: DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

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 | 206.67 |
| Fat | 6.33g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 5.00mg |
| Sodium | 226.67mg |
| Carbohydrates | 35.67g |
| Fiber | 3.67g |
| Sugar | 11.00g |
| Protein | 4.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 26.67mg | Iron 1.57mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Breakfast Bar

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-34158 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|------------------------------|------------|
| BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN | 1 Each | | 209741 |
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 Each | | 265891 |
| BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN | 1 Each | | 498170 |
| BAR CEREAL TRIX WGRAIN 96-1.42Z GENM | 1 Each | READY_TO_EAT Ready to eat | 268690 |
| BAR DBL CHOC OATML 144-1.24Z BTTYCR | 1 Each | | 262103 |
| BAR CEREAL COCOPUFF WGRAIN 96-1.42Z | 1 Each | | 265901 |

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 | 155.00 |
| Fat | 3.75g |
| SaturatedFat | 0.42g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 118.33mg |
| Carbohydrates | 28.83g |
| Fiber | 3.00g |
| Sugar | 10.50g |
| Protein | 2.17g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 171.67mg | Iron 1.65mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-42951 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|------------------------------|------------|
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM | 1 Package | N/A | 265782 |
| 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 |
| CEREAL GLDN GRAHAMS BWL 96CT GENM | 1 Each | READY_TO_EAT Ready to eat | 509434 |
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT | 1 Package | READY_TO_EAT Ready to Eat | 265811 |

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 | 110.20 | | |
| Fat | 1.50g | | |
| SaturatedFat | 0.05g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 161.53mg | | |
| Carbohydrates | 23.50g | | |
| Fiber | 1.97g | | |
| Sugar | 8.00g | | |
| Protein | 1.60g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 92.53mg | Iron | 2.53mg |

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Nutrition - Per 100g

No 100g Conversion Available

Variety Pop-Tart

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31564 |
| School: | Westview Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------------------|------------|
| PASTRY POP-TART WGRAIN CINN 120-1CT | 1 Piece | Equals 1.25 Grain Equivalents | 695880 |
| PASTRY POP-TART WGRAIN FUDG 120-1CT | 1 Each | Equals 1.25 Grain Equivalents | 452062 |
| PASTRY POP-TART WGRAIN STRAWB 120-1CT | 1 Piece | Equals 1.00 Grain Equivalents | 695890 |

Preparation Instructions

Note: 1 count pop-tart needs to have another item offered with it at breakfast

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 | 176.67 |
| Fat | 2.83g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 145.00mg |
| Carbohydrates | 36.67g |
| Fiber | 3.00g |
| Sugar | 15.00g |
| Protein | 2.00g |
| Vitamin A 166.67IU | Vitamin C 0.00mg |
| Calcium 120.00mg | Iron 1.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Variety of Applesauce Cups

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-42950 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| APPLESAUCE CINN 96-4.5Z | 1 Each | | 358572 |
| APPLESAUCE BLUE RASPB 96-4.5Z | 1 Each | | 358553 |
| APPLESAUCE WTRMLN CUP 96-4.5Z | 1 Each | | 276161 |
| APPLESAUCE STRWB BAN CUP 96-4.5Z | 1 Each | | 250012 |
| APPLESAUCE CHRY UNSWT CUP 96-4.5Z | 1 Each | | 351216 |
| APPLESAUCE PLN R/S CUP 96-4.5Z | 1 Each | | 276171 |

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 63.33 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.50mg | | |
| Carbohydrates | 16.83g | | |
| Fiber | 1.00g | | |
| Sugar | 14.33g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.17mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42954 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| FRANKS BEEF 6/ 2-5 GCHC | 1 Each | | 330043 |
| BUN HOT DOG WGRAIN SLCD 144-6 | 1 Each | | 733411 |

Preparation Instructions

Heat hot dogs. Place on buns.

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 | 380.00 | | |
| Fat | 24.00g | | |
| SaturatedFat | 8.00g | | |
| Trans Fat | 1.00g | | |
| Cholesterol | 50.00mg | | |
| Sodium | 960.00mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 2.00g | | |
| Sugar | 4.00g | | |
| Protein | 13.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 47.85mg | Iron | 2.52mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 0.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42955 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| BEEF STK BRGR CHARB 160-3Z ADV | 1 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available. | 203260 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | | 266546 |

Preparation Instructions

Heat burger patties. Assemble on buns.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.750 |
| 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: 0.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 350.00 |
| Fat | 16.00g |
| SaturatedFat | 6.50g |
| Trans Fat | 0.00g |
| Cholesterol | 60.00mg |
| Sodium | 370.00mg |
| Carbohydrates | 25.00g |
| Fiber | 3.00g |
| Sugar | 4.00g |
| Protein | 23.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad with Cheez-It and Croutons

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-42957 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---------------------------------|------------|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 4 Slice | Rolled in pinwheels and sliced. | 689541 |
| LETTUCE ROMAINE CHOP 6-2 RSS | 1 Pint | | 735787 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | | 150250 |
| CROUTON CHS GARL WGRAIN 250-.5Z | 2 Package | READY_TO_EAT Ready to use. | 661022 |
| CRACKER CHEEZ-IT WGRAIN IW 175-.75Z | 1 Package | | 282422 |

Preparation Instructions

Package all ingredients together in container. Student must also be allowed to take menued vegetables, 1 cup fruit, and milk if desired.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 1.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 431.66 |
| Fat | 17.52g |
| SaturatedFat | 7.51g |
| Trans Fat | 0.00g |
| Cholesterol | 70.83mg |
| Sodium | 1099.31mg |
| Carbohydrates | 37.00g |
| Fiber | 3.00g |
| Sugar | 4.00g |
| Protein | 32.37g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 349.00mg | Iron 3.44mg |

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Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg, & Cheese Burrito

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-34162 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|---------------|-------------------|------------|
| EGG PTY RND 3.5 300-1.25Z PAP | 1 Each | | 741320 |
| BACON TOPPING CKD 1/2 DCD 2-5 GCHC | 1 Fluid Ounce | | 814781 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/8 Cup | 2 Tablespoons | 150250 |
| TORTILLA FLOUR ULTRGR 8 18-12CT | 1 Each | | 882700 |

Preparation Instructions

Place egg patty on pans. Bake at 350 for 8 - 10 min. Put shredded cheese and bacon on bottom tortilla. Wrap burrito/Assemble and hold in warmer.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.520 |
| Grain | 1.250 |
| 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 | 337.20 |
| Fat | 16.68g |
| SaturatedFat | 8.12g |
| Trans Fat | 0.00g |
| Cholesterol | 120.60mg |
| Sodium | 575.80mg |
| Carbohydrates | 31.52g |
| Fiber | 4.00g |
| Sugar | 2.00g |
| Protein | 17.12g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 166.48mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Burrito

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-34161 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 1 Each | | 184970 |
| EGG PTY RND 3.5 300-1.25Z PAP | 1 Each | | 741320 |
| TORTILLA FLOUR ULTRGR 8 18-12CT | 1 Each | | 882700 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/8 Cup | 2 Tablespoons | 150250 |

Preparation Instructions

Place egg patty and sausage on pans. Bake at 350 for 8 - 10 min. Put shredded cheese on bottom tortilla. Wrap burrito/Assemble and hold in warmer.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.520 |
| Grain | 1.250 |
| 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 | 347.20 |
| Fat | 17.68g |
| SaturatedFat | 8.12g |
| Trans Fat | 0.00g |
| Cholesterol | 140.60mg |
| Sodium | 445.80mg |
| Carbohydrates | 31.52g |
| Fiber | 4.00g |
| Sugar | 2.00g |
| Protein | 17.12g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 166.48mg | Iron 2.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|-----------|
| Servings: | 32.00 | Category: | Vegetable |
| Serving Size: | 1.25 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-42958 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE CHOP 6-2 RSS | 5 Pound | | 735787 |
| CHEESE PARM SHRD FCY 10-2 PG | 1/2 Pound | | 460095 |
| DRESSING CAESAR 4-1 GAL GFS | 1 Pint | | 818201 |
| CROUTON HMSTYL SEAS 8-2.5 GCHC | 1/2 Pound | | 793944 |

Preparation Instructions

Mix all ingredients together.

1.25 cups= 0.50 cup dark green vegetable

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: 32.00

Serving Size: 1.25 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 92.77 | | |
| Fat | 8.01g | | |
| SaturatedFat | 2.25g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 11.25mg | | |
| Sodium | 200.55mg | | |
| Carbohydrates | 3.30g | | |
| Fiber | 1.25g | | |
| Sugar | 1.50g | | |
| Protein | 3.26g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 82.58mg | Iron | 0.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Sauce

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|-------------------|
| Servings: | 704.00 | Category: | Entree |
| Serving Size: | 6.00 Fluid Ounce | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-21752 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|----------------------------------|--|------------|
| PASTA SPAGHETTI 10 2-10 KE | 50 Pound | | 654560 |
| Tap Water for Recipes | 12 Gallon | | 000001WTR |
| SALT IODIZED 25 CARG | 1/2 Cup | | 108286 |
| SAUCE SPAGHETTI FCY 6-10 REDPK | 10 #10 CAN | HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 852759 |
| SPICE GARLIC SALT NO MSG 37Z TRDE | 1/2 Cup | | 224847 |
| JUICE TOMATO 100 12-46FLZ SACRM | 2 #10 CAN 5/14 #5 CAN (4 #5 CAN) | | 302414 |

Preparation Instructions

Bring 12 gallon water to boil, add spaghetti and cook until tender add spaghetti sauce and stir.

Add tomato juice as dipping into the pans to hold.

Serve with 6 oz spoodle,

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: 704.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 131.84 | | |
| Fat | 0.57g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 324.52mg | | |
| Carbohydrates | 27.76g | | |
| Fiber | 2.39g | | |
| Sugar | 3.74g | | |
| Protein | 5.27g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 9.11mg | Iron | 1.03mg |

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Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg Cheese Croissant

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42959 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| BACON CKD RND 192CT HRML | 1 Each | BAKE Fully cooked. Simply heat and serve. | 433608 |
| EGG PTY RND 3.5 300-1.25Z PAP | 1 Each | | 741320 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 2 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 722360 |
| CROISSANT BKD PLN SLCD 64-2.5Z PILLS | 1 Each | BAKE Standard Prep: Thaw to room temperature and serve. THAW Baked croissants require limited preparation, just thaw and serve. | 120872 |

Preparation Instructions

Layer bacon, egg, and cheese slices on croissant.

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 | 417.00 |
| Fat | 22.20g |
| SaturatedFat | 9.40g |
| Trans Fat | 0.12g |
| Cholesterol | 125.00mg |
| Sodium | 988.41mg |
| Carbohydrates | 35.00g |
| Fiber | 1.10g |
| Sugar | 6.00g |
| Protein | 18.60g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 219.71mg | Iron 1.65mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Cheese Croissant

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42960 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 1 Each | | 184970 |
| EGG PTY RND 3.5 300-1.25Z PAP | 1 Each | | 741320 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 722360 |
| CROISSANT BKD PLN SLCD 64-2.5Z PILLS | 1 Each | BAKE Standard Prep: Thaw to room temperature and serve. THAW Baked croissants require limited preparation, just thaw and serve. | 120872 |

Preparation Instructions

Layer sausage, egg, and cheese slices on croissant.

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 | 392.00 |
| Fat | 20.20g |
| SaturatedFat | 7.65g |
| Trans Fat | 0.12g |
| Cholesterol | 132.50mg |
| Sodium | 658.40mg |
| Carbohydrates | 34.00g |
| Fiber | 1.10g |
| Sugar | 5.50g |
| Protein | 17.10g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 123.71mg | Iron 2.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 288.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9503 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|----------------------|---|------------|
| BEAN BAKED 6-10 BUSH | 12 #10 CAN | Heat and serve. Warm in 350 degree oven for approx 30 minutes. | 520098 |
| SUGAR BROWN MED 25 GCHC | 1 Gallon | UNSPECIFIED | 108626 |
| FLOUR HR SLF RISING 25 PILLS | 1 Pint 1 Cup (3 Cup) | BAKE Use as an ingredient in baking. UNPREPARED Use as an ingredient in your desired recipe or formula. Raw flour is not ready-to-eat and must be thoroughly cooked before eating. To prevent illness from naturally occurring bacteria in wheat flour, do not eat or play with raw dough or batter; wash hands and surfaces after handling. | 605441 |
| SPICE ONION SALT 36Z TRDE | 1 Fluid Ounce | | 224979 |
| SPICE GARLIC SALT NO MSG 37Z TRDE | 1 Cup | | 224847 |
| SAUCE WORCESTERSHIRE 4-1GAL FRENC | 1 Cup | | 109843 |

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| KETCHUP CAN NAT LO SOD 6-10 REDG | 2 Quart | HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat | 200621 |
| MUSTARD YELLOW 4- 1GAL BRICK | 1/2 Cup | | 807651 |

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 | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|---------------|-----------|-----------|--------|
| Calories | 212.51 | | |
| Fat | 0.54g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1048.25mg | | |
| Carbohydrates | 45.65g | | |
| Fiber | 5.43g | | |
| Sugar | 24.93g | | |
| Protein | 7.63g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 55.97mg | Iron | 2.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 37.00 | Category: | Entree |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42961 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| CHIX PCORN LRG WGRAIN CKD 6-5 | 10 Pound | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620 |
| SAUCE ORNG GINGR 4- .5GAL ASIAN | 2 Pound | | 802860 |

Preparation Instructions

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 135 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add oranges and sauce. Mix thoroughly.

Each serving should be 10 popcorn chicken.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| 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: 37.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 313.31 | | |
| Fat | 13.07g | | |
| SaturatedFat | 3.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 70.38mg | | |
| Sodium | 665.44mg | | |
| Carbohydrates | 30.93g | | |
| Fiber | 3.02g | | |
| Sugar | 12.11g | | |
| Protein | 19.10g | | |
| Vitamin A | 201.09IU | Vitamin C | 0.00mg |
| Calcium | 20.11mg | Iron | 1.45mg |

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42981 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|---------------|---|------------|
| TORTILLA FLOUR LO SOD 9 16-12CT | 1 Each | | 523610 |
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 4 Slice | | 689541 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Fluid Ounce | READY_TO_EAT Preshredded. Use cold or melted | 150250 |

Preparation Instructions

Layer turkey & cheese on tortilla. Fold.

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 | 306.66 |
| Fat | 10.02g |
| SaturatedFat | 6.51g |
| Trans Fat | 0.00g |
| Cholesterol | 55.83mg |
| Sodium | 701.31mg |
| Carbohydrates | 30.50g |
| Fiber | 4.00g |
| Sugar | 2.00g |
| Protein | 26.37g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 144.50mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Ham Wrap



| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42980 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---------------|---|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 2 1/2 Ounce | | 100187 |
| TORTILLA FLOUR LO SOD 9 16-12CT | 1 Each | | 523610 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Fluid Ounce | READY_TO_EAT Preshredded. Use cold or melted | 150250 |

Preparation Instructions

Layer ham & cheese on tortilla. Fold.

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 | 300.82 |
| Fat | 13.10g |
| SaturatedFat | 8.05g |
| Trans Fat | 0.00g |
| Cholesterol | 51.89mg |
| Sodium | 717.41mg |
| Carbohydrates | 34.60g |
| Fiber | 4.00g |
| Sugar | 4.05g |
| Protein | 18.25g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 144.50mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Variety of Chips



| | | | |
|----------------------|------------------------------|-----------------------|---------------------|
| Servings: | 7.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-42982 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| CHIP POT BKD 64-LSSV LAYS | 1 Package | 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. | 712560 |
| CHIP POT APPL KTTL 64-LSSV LAYS | 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 | 134733 |
| CHIP POT BBQ BKD 64-LSSV LAYS | 1 Package | 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. | 712550 |
| CHIP POT CHED SR CRM 64-LSSV RUFF | 1 Ounce | 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. | 712580 |

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| CHIP POT KTTL JALAP CHED R/F 64-LSSV | 1 Package | 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. | 600331 |
| CHIP POT KTTL ORIG R/F 64-LSSV LAYS | 1 Package | 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. | 600322 |
| CHIP POT CHED SR CRM BKD 60-.8Z RUFF | 1 Package | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED | 405983 |

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 | 0.000 |

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 153.33 |
| Fat | 5.86g |
| SaturatedFat | 0.76g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 183.81mg |
| Carbohydrates | 23.05g |
| Fiber | 1.76g |
| Sugar | 2.19g |
| Protein | 2.29g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 13.33mg | Iron 0.62mg |

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Nutrition - Per 100g

No 100g Conversion Available

Ranch Rodeo Wrap HS

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 655.00 | Category: | Entree |
| Serving Size: | 3.00 Fluid Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10428 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| DRESSING RNCH BTRMLK 4-1GAL GCHC | 5 Gallon | | 426598 |
| SAUCE BBQ 4-1GAL SWTBRAY | 3 Gallon | 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). | 655937 |
| CHICKEN FAJITA STRIPS, COOKED, FROZEN | 100 Pound | BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS | 100117 |
| Chicken, diced, cooked, frozen | 40 Pound | | 100101 |
| TORTILLA FLOUR LO SOD 9 16-12CT | 655 Each | | 523610 |

Preparation Instructions

No Preparation Instructions available.

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: 655.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 480.25 |
| Fat | 23.97g |
| SaturatedFat | 6.88g |
| Trans Fat | 0.00g |
| Cholesterol | 78.57mg |
| Sodium | 1013.87mg |
| Carbohydrates | 42.96g |
| Fiber | 4.00g |
| Sugar | 14.37g |
| Protein | 23.79g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 45.00mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10431 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|---------------|-------------------|------------|
| BEAN REFRIED SEAS DEHY 6-1.75 SANTG | 3 Package | | 183910 |
| Tap Water for Recipes | 1 1/2 Gallon | Boiling | 000001WTR |
| SALSA 103Z 6-10 REDG | 1 1/2 #10 CAN | | 452841 |
| SOUR CREAM IMIT HY-DERV 4-5 KE | 2 1/2 Pound | | 438529 |

Preparation Instructions

- 1: Pour 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: Mix in salsa and sour cream, 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 | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 257.91 | | |
| Fat | 5.29g | | |
| SaturatedFat | 4.28g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 927.02mg | | |
| Carbohydrates | 39.74g | | |
| Fiber | 10.10g | | |
| Sugar | 2.81g | | |
| Protein | 10.10g | | |
| Vitamin A | 0.71IU | Vitamin C | 1.00mg |
| Calcium | 56.48mg | Iron | 4.49mg |

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Nutrition - Per 100g

No 100g Conversion Available