

Cookbook for Westview Jr.-Sr. High School

Created by HPS Menu Planner

Table of Contents

Mini Waffles or Pancakes

Assorted Variety of Breakfast Bar

Assorted Variety of Cereal

Variety Pop-Tart

Variety of Applesauce Cups

Hot Dog on Bun

Hamburger on Bun

Chef Salad with Cheez-It and Croutons

Bacon, Egg, & Cheese Burrito

Sausage, Egg, & Cheese Burrito

Caesar Salad

Spaghetti w/ Sauce

Bacon Egg Cheese Croissant

Sausage Egg Cheese Croissant

Baked Beans

Orange Chicken

Turkey Wrap

Ham Wrap

Variety of Chips

Ranch Rodeo Wrap HS

Refried Beans

Mini Waffles or Pancakes

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

Servings:	6.00	Category:	Entree
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

*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 Cereal

Servings:	6.00	Category:	Entree
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

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

Nutrition - Per 100g

No 100g Conversion Available

Variety Pop-Tart

Servings:	3.00	Category:	Entree
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

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Applesauce Cups

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

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

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 in preheated 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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg, & Cheese Burrito

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

*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 Burrito

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

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

Servings:	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

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Sauce

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg Cheese Croissant

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

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)	<p>BAKE Use as an ingredient in baking.</p> <p>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.</p>	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
KETCHUP CAN NAT LO SOD 6-10 REDG	2 Quart	<p>HEAT_AND_SERVE Ready to Eat</p> <p>MIX Ready to Eat</p> <p>READY_TO_DRINK Ready to Eat</p> <p>READY_TO_EAT Ready to Eat</p> <p>UNPREPARED Ready to Eat</p> <p>UNSPECIFIED Ready to Eat</p>	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap

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

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

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

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

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
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

Description	Measurement	Prep Instructions	DistPart #
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

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

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	00001WTR
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

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

Nutrition - Per 100g

No 100g Conversion Available