

Cookbook for Oregon Davis Jr. / Sr. High School

Created by HPS Menu Planner

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Assorted Variety of Cereal

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40189
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	N/A	509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL FRSTD FLKS BWL 96CT KELL	1 Each		233021
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	107.28		
Fat	1.26g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.21mg		
Carbohydrates	23.54g		
Fiber	2.01g		
Sugar	7.92g		
Protein	1.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.20mg	Iron	3.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety Kellogg's® Pop-Tarts (1 count)

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40190
School:	Oregon Davis Elementary School		

Ingredients

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

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	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

Smuckers® Uncrustables® with Goldfish and String Cheese

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42309

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580

Preparation Instructions

Package Uncrustable, string cheese, and goldfish cracker together.

Updated 9.11.23

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00		
Fat	25.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	48.50g		
Fiber	4.00g		
Sugar	16.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	261.50mg	Iron	1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

4th-12th Grade: Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42315
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Meat/Meat Alternative: All students should be allowed to take two Meat/Meat Alternative Equivalents with Chef Salad

Commodity Brown Box Diced Chicken: 1 ounce weight = 1 Meat/Meat Alternative

Brown Box Commodity or GFS#150250-Shredded Cheese 1/4 cup = 1 Meat/Meat Alternative

GFS#853800-Hard Boiled Egg = 1.50 Meat/Meat Alternative

GFS#202150-Diced Turkey Ham: 1.51 ounce weight = 1 Meat/Meat Alternative

Commodity Brown Box-Diced Ham: 1.22 ounce weight = 1 Meat/Meat Alternative

GFS# 794301 Jif Peanut Butter Cup: 1 package = 1 Meat/Meat Alternative

Commodity Brown Box Peanut Butter: 2 Tablespoons = 1 Meat/Meat Alternative

Grain: All students should be allowed to take two Grain Equivalents with Chef Salad

GFS#661022--Croutons: 2 packages = 1 Grain Equivalents

GFS#110431-Goldfish Crackers: 1 package= 1 Grain Equivalents

GFS#282422 Cheez-it Crackers: 1 package = 1 Grain Equivalents

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	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40217
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Or Use GFS# 150260 or USDA Brown Box Commodity	722360
TURKEY HAM SLCD 12-1 JENNO	6 Slice	Or Use USDA Brown Box Commodity and use 2.44 ounce weight to equal 2 Meat/Meat Alternative	556121
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Place ham slices and cheese on bottom half of bun. Then place top of bun on top of ham and cheese. Wrap or place in pan and hold in cooler until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	285.00
Fat	9.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	930.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40231
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	4 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Summer in covered pan for approximately 40 m inutes at 180-200 degrees F.	135071
SAUCE MARINARA 6-10 REDPK	1/4 Cup		502181
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
BUN STEAK WHT WHE 12-6CT ALPH	1 Each		614660

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. Heat meat balls and marinara sauce to 140° F.
4. Place 4 meatballs and 1/4 cup of marinara sauce on bun, top with 1 ounce weight (2 oz spoodle or 1/4 cup) of shredded cheese. Place in 2# boat. Place in warmer as soon as possible to hold for service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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	399.60
Fat	16.75g
SaturatedFat	6.54g
Trans Fat	0.48g
Cholesterol	45.40mg
Sodium	684.70mg
Carbohydrates	37.00g
Fiber	4.80g
Sugar	7.80g
Protein	24.40g
Vitamin A 5.60IU	Vitamin C 0.80mg
Calcium 310.90mg	Iron 3.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffins

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40197
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	N/A	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	N/A	262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343

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 muffin

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco Meat

Servings:	205.00	Category:	Entree
Serving Size:	2.50 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-42679
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound	Thaw Commodity Brown Box	100158
Water	1 Gallon 3 Quart 1 Pint (30 Cup)		Water
SEASONING TACO SLT FR 19.5Z TRDE	2 Quart 1 Cup (9 Cup)		605062

Preparation Instructions

1. Brown meat and drain excess fat,
2. Add water and Taco Seasoning.
3. Simmer 10-15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 205.00

Serving Size: 2.50 ounce weight

Amount Per Serving

Calories	212.12		
Fat	13.98g		
SaturatedFat	4.66g		
Trans Fat	2.33g		
Cholesterol	60.58mg		
Sodium	79.32mg		
Carbohydrates	4.22g		
Fiber	1.05g		
Sugar	0.00g		
Protein	16.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Refried Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42673
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	1 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	1 Pint	Commodity Brown Box or Use GFS#861950	100012

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	177.55
Fat	4.16g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	6.67mg
Sodium	637.89mg
Carbohydrates	25.12g
Fiber	6.47g
Sugar	1.08g
Protein	10.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.50mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42682
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Teaspoon		299405

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	113.33		
Fat	4.67g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	135.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Appleway Soft Oatmeal Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40191
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882

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	140.00		
Fat	4.50g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	80.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.33IU	Vitamin C	0.73mg
Calcium	10.33mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Betty Crocker® Oatmeal Bar

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40192
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	N/A	194031
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	N/A	194041
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	N/A	262103

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	150.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	106.67mg		
Carbohydrates	24.67g		
Fiber	2.33g		
Sugar	8.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Kellogg's® Nutri-Grain® Cereal Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40196
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170

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	150.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Triple Chocolate Fudge Filled Or Vanilla Frosting Confetti Filled Cookie

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42722
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

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

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 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti Meat Sauce

Servings:	120.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-42692

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5	20 Pound	Thaw	581950
SAUCE SPAGHETTI FCY 6-10 REDPK	5 #10 CAN		852759

Preparation Instructions

**Check for yield 8.25.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	179.55		
Fat	7.47g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	32.00mg		
Sodium	929.98mg		
Carbohydrates	12.11g		
Fiber	3.68g		
Sugar	7.36g		
Protein	17.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.11mg	Iron	1.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti Meat Sauce*

Servings:	120.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-42684
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	25 Pound	Thaw Commodity Brown Box	100158
SAUCE SPAGHETTI FCY 6-10 REDPK	5 #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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	255.53
Fat	14.93g
SaturatedFat	4.98g
Trans Fat	2.49g
Cholesterol	64.68mg
Sodium	533.50mg
Carbohydrates	11.05g
Fiber	3.68g
Sugar	7.36g
Protein	21.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.77mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	49.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42719
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	10 Pound		110473
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	34.33		
Fat	0.90g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	2.45mg		
Sodium	22.14mg		
Carbohydrates	5.03g		
Fiber	3.02g		
Sugar	1.01g		
Protein	3.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.24mg	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

Penne Pasta

Servings:	8.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42720
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 2-10 KE	1 Pound	**Non-Whole Grain**	635501
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

1. For each pound off pasta bring 1 gallon of water to a full rolling boil.
2. Gradually add pasta to boiling water, stir gently and return to a full boil.
3. Leave the pot uncovered and keep water at a constant boil.
- 4 Stir occasionally to prevent pasta from sticking. Taste the pasta two minutes before the recommended cook time elapses to check for preferred tenderness. Pasta should be firm to the bite or "al dente". Cook times 9-12 minutes.
5. Drain pasta immediately and serve.

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: 8.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	199.96		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	41.99g		
Fiber	2.00g		
Sugar	2.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40255
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Ounce	N/A	288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	N/A	198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	N/A	194510
CRACKER GRHM TIGER BITE CHOC 150-1Z	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	122.22		
Fat	3.78g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	118.33mg		
Carbohydrates	20.78g		
Fiber	1.33g		
Sugar	7.33g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.44mg	Iron	0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42671
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Green - canned	1 #10 CAN		100307
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	43.61		
Fat	1.83g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	150.89mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Flatbread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182
SAUCE ALFREDO FZ 6-5 JTM	1/4 Cup		155661
SPICE GARLIC POWDER 6 TRDE	1/4 Teaspoon		513857
Cheese, Mozzarella light, Shred FRZ	1/4 Cup		100034

Preparation Instructions

Flatbread Handling Instructions:

1. Keep product frozen at 0°F or below until ready to use
2. Defrost and store thawed flatbread at room temperature

Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss.

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	332.10
Fat	13.60g
SaturatedFat	6.10g
Trans Fat	0.09g
Cholesterol	28.00mg
Sodium	873.71mg
Carbohydrates	33.00g
Fiber	2.70g
Sugar	5.00g
Protein	18.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 215.31mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Flavored Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42721
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each		359700
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each		359730
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each		359720

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	130.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	43.33mg		
Carbohydrates	16.33g		
Fiber	0.00g		
Sugar	11.33g		
Protein	2.00g		
Vitamin A	266.67IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available
