

# **Cookbook for Oregon Davis Elementary School**

**Created by HPS Menu Planner**

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# Assorted Variety of Cereal

<b>Servings:</b>	13.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40189
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	107.28		
<b>Fat</b>	1.26g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	140.21mg		
<b>Carbohydrates</b>	23.54g		
<b>Fiber</b>	2.01g		
<b>Sugar</b>	7.92g		
<b>Protein</b>	1.76g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.20mg	<b>Iron</b>	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)

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40190
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	176.67		
<b>Fat</b>	2.83g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	145.00mg		
<b>Carbohydrates</b>	36.67g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	166.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Smuckers® Uncrustables® with Goldfish and String Cheese

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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 4th-12th Grade: Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42315
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Seasoned Green Beans

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42556
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Green - canned	3 #10 CAN		100307
MARGARINE WHPD 6-3.5 GCHC	1/2 Cup	N/A	772381
SEASONING VEGETABLE NO SALT 21Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		647230

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	33.61		
<b>Fat</b>	0.78g		
<b>SaturatedFat</b>	0.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	158.67mg		
<b>Carbohydrates</b>	4.81g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	555.56IU	<b>Vitamin C</b>	0.67mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Eggo Bites® Mini Pancakes

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40193
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	N/A	395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831

## Preparation Instructions

Heat according to directions on each products case.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	210.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	255.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.50g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Variety of Muffins

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40197
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 muffin

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buttered Corn

<b>Servings:</b>	221.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42557
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	40 Pound	N/A	100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 221.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	74.31		
<b>Fat</b>	1.80g		
<b>SaturatedFat</b>	0.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.17mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	16.02g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.22mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Appleway Soft Oatmeal Bars

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40191
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Betty Crocker® Oatmeal Bar

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40192
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Kellogg's® Nutri-Grain® Cereal Bars

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40196
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	150.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 140.00mg	<b>Iron</b> 1.90mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage, Egg & Cheese on English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42319
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Or Use GFS# 150260 or USDA Brown Box Commodity	722360
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each		687131

## Preparation Instructions

Cook items according to direction on package.

For service: Place 1 egg patty, 1 slice of cheese, 1 sausage patty between english muffin halves.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	122.50mg		
<b>Sodium</b>	820.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	23.50g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	211.00mg	<b>Iron</b>	2.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	39.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40198
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Pound 12 Ounce (28 Ounce)		613738

## Preparation Instructions

### RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	76.33		
<b>Fat</b>	0.85g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	339.24mg		
<b>Carbohydrates</b>	14.42g		
<b>Fiber</b>	0.85g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.48mg	<b>Iron</b>	0.25mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Baked Beans

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42561
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	6 #10 CAN	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098
SUGAR BROWN LT 12-2 P/L	1 Pound		860311
KETCHUP LO SOD 2-1.5GAL REDG	1 Pint 1 Cup (3 Cup)	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	645922
MUSTARD YELLOW SQZ BTL 16-9Z HNZ	1/8 Cup		312290
ONION DEHY CHPD 15 P/L	1/2 Cup		263036

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	170.65
<b>Fat</b>	0.54g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	612.26mg
<b>Carbohydrates</b>	34.28g
<b>Fiber</b>	5.41g
<b>Sugar</b>	14.72g
<b>Protein</b>	7.56g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 54.15mg	<b>Iron</b> 2.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Graham Snack

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40255
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40199
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	N/A	737611
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	N/A	541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	N/A	456090
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	N/A	788670

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	130.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	0.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	195.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.75g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.50mg	<b>Iron</b>	0.30mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Broccoli and Cheese

<b>Servings:</b>	197.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42555
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	40 Pound		110473
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	2 Package		310668

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 197.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	75.21
<b>Fat</b>	4.92g
<b>SaturatedFat</b>	2.95g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.75mg
<b>Sodium</b>	292.49mg
<b>Carbohydrates</b>	7.46g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	6.45g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 141.13mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Meatball Sub

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	4 Each	<b>BAKE</b> <b>KEEP FROZENCONVECTION OVEN:</b> Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. <b>STOVE TOP:</b> 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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	399.60
<b>Fat</b>	16.75g
<b>SaturatedFat</b>	6.54g
<b>Trans Fat</b>	0.48g
<b>Cholesterol</b>	45.40mg
<b>Sodium</b>	684.70mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	4.80g
<b>Sugar</b>	7.80g
<b>Protein</b>	24.40g
<b>Vitamin A</b> 5.60IU	<b>Vitamin C</b> 0.80mg
<b>Calcium</b> 310.90mg	<b>Iron</b> 3.70mg

\*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

<b>Servings:</b>	205.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.50 ounce weight	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42679
<b>School:</b>	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

<b>Meat</b>	2.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 205.00

Serving Size: 2.50 ounce weight

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Refried Beans

<b>Servings:</b>	23.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42560
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	1 Pound 12 Ounce (28 Ounce)	1 Package	183910
Tap Water for Recipes	1/2 Gallon		000001WTR

## Preparation Instructions

### RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	131.22		
<b>Fat</b>	1.09g		
<b>SaturatedFat</b>	0.36g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	473.83mg		
<b>Carbohydrates</b>	22.60g		
<b>Fiber</b>	7.29g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.29g		
<b>Vitamin A</b>	0.51IU	<b>Vitamin C</b>	0.72mg
<b>Calcium</b>	40.79mg	<b>Iron</b>	1.76mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buttered Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42682
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Triple Chocolate Fudge Filled Or Vanilla Frosting Confetti Filled Cookie

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42722
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spaghetti Meat Sauce

<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

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

<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42684
<b>School:</b>	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

<b>Meat</b>	2.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Steamed Broccoli

<b>Servings:</b>	49.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42719
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 0.50 Cup

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Penne Pasta

<b>Servings:</b>	8.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42720
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	199.96		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	41.99g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Garlic Flatbread

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Flavored Ice Cream Cup

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42721
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buttered Carrots

<b>Servings:</b>	151.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42559
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 6-10 GCHC	40 Pound		118907
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 151.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	30.62		
<b>Fat</b>	1.17g		
<b>SaturatedFat</b>	0.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.18mg		
<b>Sodium</b>	120.16mg		
<b>Carbohydrates</b>	4.01g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.36mg	<b>Iron</b>	0.40mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buttered Green Peas

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42723
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV 6-10 KE	1 #10 CAN		256935
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	92.11		
<b>Fat</b>	2.37g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	150.89mg		
<b>Carbohydrates</b>	12.93g		
<b>Fiber</b>	3.23g		
<b>Sugar</b>	6.47g		
<b>Protein</b>	4.31g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.44mg	<b>Iron</b>	1.51mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham, Egg & Cheese on English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42683
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Or Use GFS# 150260 or USDA Brown Box Commodity	722360
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each		687131

## Preparation Instructions

Cook items according to direction on package. Warm ham

For service: Place 1 egg patty, 1 slice of cheese, 2 slices of ham between english muffin halves.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	233.33
<b>Fat</b>	8.67g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	102.50mg
<b>Sodium</b>	730.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	17.17g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 201.00mg	<b>Iron</b> 1.84mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tater Tot Casserole

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42695

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5	25 Pound		581950
POTATO TATER TOT ROUNDS 6-5 GCHC	45 Pound		324167
GRAVY CHIX RSTD 12-49Z HRTHSTN	3 #10 CAN 7/13 #5 CAN (6 #5 CAN)		516309
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	3 Pound	Commodity Brown Box or use GFS#722360	100036
Cheese, Cheddar Reduced fat, Shredded	2 Pound	Commodity Brown Box or use GFS#150250	100012

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	349.83		
<b>Fat</b>	19.06g		
<b>SaturatedFat</b>	6.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.80mg		
<b>Sodium</b>	1128.93mg		
<b>Carbohydrates</b>	28.85g		
<b>Fiber</b>	2.40g		
<b>Sugar</b>	0.24g		
<b>Protein</b>	16.21g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.76mg	<b>Iron</b>	2.30mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tater Tot Casserole\*

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42677
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	30 Pound	Thaw Commodity Brown Box	100158
POTATO TATER TOT ROUNDS 6-5 GCHC	45 Pound		324167
GRAVY CHIX RSTD 12-49Z HRTHTSTN	3 #10 CAN 7/13 #5 CAN (6 #5 CAN)		516309
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	3 Pound	Commodity Brown Box or use GFS#722360	100036
Cheese, Cheddar Reduced fat, Shredded	2 Pound	Commodity Brown Box or use GFS#150250	100012

## Preparation Instructions

Updated 8.28.23

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	400.69
<b>Fat</b>	24.21g
<b>SaturatedFat</b>	7.77g
<b>Trans Fat</b>	1.79g
<b>Cholesterol</b>	53.37mg
<b>Sodium</b>	829.71mg
<b>Carbohydrates</b>	28.05g
<b>Fiber</b>	2.40g
<b>Sugar</b>	0.24g
<b>Protein</b>	18.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 15.76mg	<b>Iron</b> 0.86mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Potato

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42763
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD 6-2.25	2 Pound 4 Ounce (36 Ounce)		118567
Tap Water for Recipes	1 Gallon 1 Quart (5 Quart)	Boiling	000001WTR
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Cup		299405

## Preparation Instructions

- 1: Add 5 quarts boiling water (212°F) for convection oven (4 1/2 quarts for conventional) and 4 ounces unsalted butter to a 2 1/2" deep full-size steamtable pan.
- 2: Stir in sauce mix until dissolved.
- 3: Add potato slices. Stir.
- 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	137.50
<b>Fat</b>	3.77g
<b>SaturatedFat</b>	1.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	204.55mg
<b>Carbohydrates</b>	22.50g
<b>Fiber</b>	1.02g
<b>Sugar</b>	4.09g
<b>Protein</b>	2.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 31.43mg	<b>Iron</b> 0.31mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buttered Mixed Vegetables

<b>Servings:</b>	199.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42558
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	40 Pound		111230
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 199.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	67.16		
<b>Fat</b>	0.88g		
<b>SaturatedFat</b>	0.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.41mg		
<b>Sodium</b>	32.06mg		
<b>Carbohydrates</b>	12.02g		
<b>Fiber</b>	4.01g		
<b>Sugar</b>	3.01g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.24mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Baked Cookie

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42765
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CANDY WGRAIN R/F 192-1.85Z	1 Each		170031
DOUGH CKY SGR WGRAIN R/F 192-1.85Z	1 Each		170041
DOUGH CKY CHOC CHP WGRAIN 192-1.85Z	1 Each		169992
DOUGH CKY DBL CHOC WGRAIN 192-1.85Z	1 Each		170071

## Preparation Instructions

Cook each cookie according to directions on case.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	192.15
<b>Fat</b>	5.95g
<b>SaturatedFat</b>	2.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	182.13mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	17.00g
<b>Protein</b>	3.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.35mg	<b>Iron</b> 1.25mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham & Cheese on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40217
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buttered Corn

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42670
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, No Salt Added, Canned	1 #10 CAN		100313
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	102.89		
<b>Fat</b>	3.99g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	16.17mg		
<b>Carbohydrates</b>	18.32g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	7.54g		
<b>Protein</b>	2.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.50mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Salisbury Steak

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42978
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
GRAVY BF RSTD 12-50Z HRTHTSN	1/4 Cup	2 ounce spoodle or ladle or #16 Disher	232424

## Preparation Instructions

Beef Steak Burger:

Prepare from frozen state. Preheat oven to 425° and cook for 7-8 minutes or until internal temperature reaches 165°

Gravy Heating:

Convection: Place covered prepared product into 300°F oven for 30-40 minutes until center reaches 165°F.

Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F.

Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F.

Stove Top: Place uncovered prepared product over medium heat for 10-15 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.

For Service: Serve 1 steak burger and place 1/4 cup of gravy on top.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	490.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Flavored Bread Slices

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42979
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each	PREPARED	319413
BREAD LEM IW 75-3.45Z SUPBAK	1 Each		320907
BREAD BLUEB IW 75-3.45Z SUPBAK	1 Each		319418

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	253.33
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	246.67mg
<b>Carbohydrates</b>	44.67g
<b>Fiber</b>	2.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 117.67mg	<b>Iron</b> 1.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Beans

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42671
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

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

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**No 100g Conversion Available**

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# Deli Trio Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43007
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Or Use GFS# 150260 or USDA Brown Box Commodity	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

## Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	334.02
<b>Fat</b>	13.65g
<b>SaturatedFat</b>	4.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.55mg
<b>Sodium</b>	1071.19mg
<b>Carbohydrates</b>	31.02g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	20.70g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 206.23mg	<b>Iron</b> 3.10mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sunchips®

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40200
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	N/A	696900
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	N/A	105260

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	155.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Alfredo

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42844
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	5 Package		155661
CHIX CKD SHRD WHT IQF 2-5 GCHC	25 Pound	Or Use Brown Box Commodity Diced Chicken	617760
PASTA NOODL EGG 1/2 XTRA WD 2-5	25 Pound	**Non-Whole Grain**	292346

## Preparation Instructions

Heat alfredo sauce and chicken.

Cook noodles according to package until al dente.

For service: 1 cup of pasta with 1/2 cup of alfredo/chicken mixture served on top.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	398.75		
<b>Fat</b>	9.35g		
<b>SaturatedFat</b>	4.06g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	100.01mg		
<b>Sodium</b>	447.65mg		
<b>Carbohydrates</b>	44.37g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.28g		
<b>Protein</b>	32.23g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	229.98mg	<b>Iron</b>	2.14mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bobcat Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43027
<b>School:</b>	Oregon Davis Jr. / Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tomato Soup

<b>Servings:</b>	14.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40225
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
1 % White Milk	1 Quart 1 Pint 1 Cup (7 Cup)		

## Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING CONTAINER. GRADUALLY STIR IN 1 CAN MILK. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170°.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	141.30
<b>Fat</b>	1.25g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	546.94mg
<b>Carbohydrates</b>	25.79g
<b>Fiber</b>	1.01g
<b>Sugar</b>	17.67g
<b>Protein</b>	6.03g
<b>Vitamin A</b> 5.00IU	<b>Vitamin C</b> 1.00mg
<b>Calcium</b> 35.29mg	<b>Iron</b> 0.61mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grilled Cheese Sandwich

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43082
<b>School:</b>	Oregon Davis Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	60 Slice	Commodity Brown Box	100036
BREAD WGRAIN WHT 16-22Z GCHC	40 Each		266547
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	6 Fluid Ounce 1 Tablespoon 1 0 Teaspoon (40 Teaspoon)		299405

## Preparation Instructions

1. Melt the butter and spread it on sheet pans with a brush.
2. Layout 20 pieces of bread per pan.
3. Put 4 slices of cheese on each piece of bread.
4. Then dip the top bread in butter and put it butter side up on the cheese.
5. Cook in a 350 degree oven for 8 minutes.
6. Hold in hot boxes until service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	346.67
<b>Fat</b>	16.83g
<b>SaturatedFat</b>	9.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 62.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available