

Cookbook for Woodview Elementary School

Created by HPS Menu Planner

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Broccoli (Woodview)

Servings:	47.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15202
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	8 Pound	BAKE	285590
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Pound		191205
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

Put in 1-4B pan and heat in Steamer

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: 47.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	47.66		
Fat	3.74g		
SaturatedFat	2.38g		
Trans Fat	0.00g		
Cholesterol	10.21mg		
Sodium	38.81mg		
Carbohydrates	2.98g		
Fiber	1.63g		
Sugar	0.54g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.06mg	Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22901
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BX WHT GRP 100 40CT 125ML	1 Each		733260
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	67.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.57mg		
Carbohydrates	16.29g		
Fiber	0.00g		
Sugar	14.14g		
Protein	0.00g		
Vitamin A	285.71IU	Vitamin C	34.29mg
Calcium	15.71mg	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

Chicken & Noodles (Woodview)

Servings:	233.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15210
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	30 Pound		100101
Tap Water for Recipes	8 1/2 Gallon		000001WTR
BASE CHIX LO SOD NO MSG 6-1 MINR	1 Pint		580589
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Pound		191205
PASTA NOODL KLUSKI 1/8 2-5 GCHC	14 Pound		270385

Preparation Instructions

Heat water, chix base & salt in floor kettle. Bring to boil, add heated chicken then noodles. Cook until noodles are slightly tender BUT NOT completely done.

Scoop into 1/2-10B pans and put in pass-through until served.

approx.44QT.

ALL- 6 oz. scoop

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 233.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	186.91		
Fat	4.02g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	66.95mg		
Sodium	190.55mg		
Carbohydrates	19.24g		
Fiber	0.96g		
Sugar	0.96g		
Protein	16.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.71mg	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

Mashed Potatoes

Servings:	320.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14800
School:	Nappanee Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS CNTRY STYL 12-30.7Z BAMER	8 Package		325406
Tap Water for Recipes	8 Gallon		000001WTR

Preparation Instructions

Use 6-4B PANS:

In each 4-B pan put: 2 gallons heated water and 2 bags Potato Pearls (stir into water)

Serve with #8 dipper for all

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.59		
Fat	0.81g		
SaturatedFat	0.40g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	322.35mg		
Carbohydrates	16.12g		
Fiber	1.61g		
Sugar	0.81g		
Protein	1.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.06mg	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

Cooked Carrots (Woodview)

Servings:	47.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15203
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	10 Pound	Commodity Brown Box or Use GFS#175706	100352
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Pound		191205
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

Put in 1-4B pan and heat in Steamer

Updated 9.14.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.42		
Fat	4.80g		
SaturatedFat	2.38g		
Trans Fat	0.00g		
Cholesterol	35.44mg		
Sodium	75.83mg		
Carbohydrates	6.56g		
Fiber	2.10g		
Sugar	3.15g		
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

Taco Meat

Servings:	82.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19355
School:	Northwood Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
Salsa, Low-Sodium, Canned	1 Pint 1 1/2 Cup (3 1/2 Cup)	READY_TO_EAT	100330
BEAN REFRD 6-10 ROSARITA	2 Quart 1 Pint 1/4 Cup (10 1/4 Cup)		293962
SEASONING TACO SLT FR 19.5Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		605062

Preparation Instructions

Pull out taco meat 2 days ahead of time.

Combine ingredients and put in steamer with lid for 30 minutes

Portion: 1/3 cup (2, #24 scoops)

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 82.00

Serving Size: 0.33 Cup

Amount Per Serving

Calories	109.13
Fat	3.45g
SaturatedFat	1.23g
Trans Fat	0.18g
Cholesterol	20.93mg
Sodium	327.56mg
Carbohydrates	9.73g
Fiber	3.13g
Sugar	1.82g
Protein	9.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.03mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans (Woodview)

Servings:	219.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15220
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	8 #10 CAN		100364
ONION DEHY CHPD 15 P/L	1 Quart		263036
SUGAR BROWN LT 12-2 GFS	1 Quart		314641
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Quart		100129
SPICE MUSTARD GRND 14Z TRDE	1/2 Cup		224928
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Fluid Ounce 3/7 Tablespoon (2 3/7 Tablespoon)		109843
MOLASSES 4-1GAL P/L	1 Pint 1 Cup (3 Cup)		234303

Preparation Instructions

IN EACH OF 4 - 4B PANS:

2-#10 cans Veg. beans

2 cups ketchup

1 cup dcd onions

2 TBSP mustard

1 cup brown sugar

3/4 cup molasses

Bake @300 for 1 hour uncovered until 180 degrees & thickened

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: 219.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	137.87
Fat	0.88g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	221.15mg
Carbohydrates	28.13g
Fiber	4.49g
Sugar	13.59g
Protein	6.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.14mg	Iron 0.26mg

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Nutrition - Per 100g

No 100g Conversion Available

Cereal Cup (2 ounce)

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38028
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL RICE CHEX BLUEB CUP 60-2Z GENM	1 Each		806114

Preparation Instructions

Updated 9.14.23

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	214.00
Fat	3.80g
SaturatedFat	0.30g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	318.00mg
Carbohydrates	42.80g
Fiber	3.20g
Sugar	14.00g
Protein	3.40g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 102.00mg	Iron 7.38mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo (using cooked pasta)

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA FETTUCINI CKD 4-5 PG	2 Gallon 1 Pint 1 Cup (35 Cup)	Approx. 4 1/2 packages	835890

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Drop bag of cooked pasta in boiling water for 30 seconds and then remove. Combine cooked pasta with chicken and sauce.

Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	462.51
Fat	15.59g
SaturatedFat	4.00g
Trans Fat	0.04g
Cholesterol	56.08mg
Sodium	579.68mg
Carbohydrates	53.00g
Fiber	2.00g
Sugar	6.75g
Protein	25.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 257.31mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll Ups

Servings:	340.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22869
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	340 Each		234041
SAUCE SPAGHETTI TRAD 6-10 RAGU	9 #10 CAN		437972
Cheese, Mozzarella, Part Skim, Shredded	17 Pound		100021

Preparation Instructions

1. Spray 17 4B pans well
2. Pour 2 Cups of sauce in bottom of pan
3. Lay 20 roll ups on top of sauce
4. Pour 4 Cups of sauce on top of roll ups
5. Sprinkle with 2 1/2 Cups of cheese
5. Cover with lid and bake 350 degrees for 45 minutes. or steam uncovered 2 pans 20-25 min.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 340.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	359.93
Fat	13.31g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	847.81mg
Carbohydrates	37.33g
Fiber	2.00g
Sugar	11.28g
Protein	21.17g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 315.06mg	Iron 1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans (Woodview)

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15217
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	3 #10 CAN		118737
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Pound		191205
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

Put in 1-4B pan and heat in Steamer

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	43.78
Fat	2.44g
SaturatedFat	1.56g
Trans Fat	0.00g
Cholesterol	6.67mg
Sodium	170.89mg
Carbohydrates	4.48g
Fiber	2.16g
Sugar	2.16g
Protein	1.08g
Vitamin A 0.00IU	Vitamin C 3.23mg
Calcium 32.33mg	Iron 0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin Choice

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22902
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	177.50
Fat	5.88g
SaturatedFat	1.25g
Trans Fat	0.03g
Cholesterol	21.25mg
Sodium	111.25mg
Carbohydrates	29.50g
Fiber	1.25g
Sugar	15.00g
Protein	2.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.07mg	Iron 0.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Yogurt

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14811
School:	Nappanee Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK STRAWB/VAN CRMY 48-4Z	1 Each		552931
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	76.67
Fat	0.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	64.17mg
Carbohydrates	14.67g
Fiber	0.00g
Sugar	9.33g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.33mg	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

Frozen Fruit Slushy

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22070
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each		667911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.67mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.67g
Protein	0.00g
Vitamin A 1250.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Soup (Woodview)

Servings:	245.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15215
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5	20 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
BASE BEEF LO SOD 12-1 LEGO	1/4 Cup		130885
ONION DEHY CHPD 15 P/L	1 Quart 1 Pint 1 Cup (7 Cup)		263036
CELERY DCD IQF 6-4 GCHC	1 Quart 1 Pint 1 Cup (7 Cup)		261513
BEAN RED 6-10 GCHC	2 #10 CAN		190209
SAUCE TOMATO 6-10 GCHC	5 #10 CAN		306347
SPICE CHILI POWDER MILD 16Z TRDE	1 Pint		331473
SUGAR BROWN LT 12-2 GFS	1 1/2 Cup		314641
TOMATO DCD I/JCE 6-10 GCHC	2 #10 CAN		246131
Salsa, Low-Sodium, Canned	1 #10 CAN		IN100330

Preparation Instructions

Makes Approx. 46QT=245-6oz servings

Put all ingredients into floor soup pot and heat-TASTE to check seasoning. Stir & simmer till 160 degrees, put into 2 -10B pans.

Meal Components (SLE)

Amount Per Serving

Meat	1.467
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.660
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 245.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	125.64		
Fat	3.72g		
SaturatedFat	1.59g		
Trans Fat	0.00g		
Cholesterol	15.67mg		
Sodium	678.46mg		
Carbohydrates	13.39g		
Fiber	2.52g		
Sugar	4.75g		
Protein	9.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.34mg	Iron	2.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans (Woodview)

Servings:	90.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15208
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	2 #10 CAN		100362
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	2 Package		183910
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Pound 6 1/2 Ounce (22 1/2 Ounce)		100012

Preparation Instructions

Prepare 2 BAGS of Refried beans per instructions on bag and heat, heat 2 CANS of refried beans in steamer. Combine all beans together and scoop into foam 4 oz. cups on cookie sheets and top with 1/4 ounce of cheese-cover and put in warmer.

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: 90.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	153.03
Fat	2.06g
SaturatedFat	1.19g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	323.50mg
Carbohydrates	23.34g
Fiber	6.61g
Sugar	0.57g
Protein	9.51g
Vitamin A 0.26IU	Vitamin C 0.37mg
Calcium 20.92mg	Iron 0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich (Woodview)

Servings:	320.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15219
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	640 Each		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	640 Slice		100036
BUTTER BLND SLD EURO ZT 36-1 SUNGLW	16 Pound		648560

Preparation Instructions

Melt 6# butter in microwave, line cookie sheet pans with baking paper, spread 1/3 cup melted butter on paper, lay 20 slices on cookie sheet, put 2 slices of cheese on each slice of bread then dip a slice of bread in melted butter and put on top of cheese.

Bake @ 400 till bread is toasted.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 320.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	245.00		
Fat	7.60g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	554.25mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	200.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10987
School:	Nappanee Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO LO SOD RTS 12-5 CAMP	6 #10 CAN 1 1/4 #5 CAN (12 #5 CAN)		514829
SOUP TOMATO 12-5 CAMP	3 #10 CAN 7/13 #5 CAN (6 #5 CAN)		101427
MILK WHT 2 4-1GAL RGNLBRND	2 1/2 Gallon		504602
SEASONING GARDEN NO SALT 19Z TRDE	1/3 Cup	1/3 cup	565148
SALT SEA 36Z TRDE	1/8 Cup	1/8 cup (2 Tbsp.)	748590
SUGAR BEET GRANUL 25 GCHC	2/3 Cup	2/3 cup	108588

Preparation Instructions

57 QTS-per 304 - 6 oz servings

Put COLD milk in floor soup pot then add 12 cans of tomato soup (NOT concentrate)-then add the 6 cans of tomato soup (Concentrate)blend with wire whisk to make smooth then add rest of ingredients and TASTE to see what is needed. Slowly heat to 160 degrees, put in 1/2-10B pans and keep hot in pass through. THIS COUNTS AS A VEGETABLE SO IT IS A CHOICE (AFTER KINDERGARTEN).

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.162
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	121.11		
Fat	2.64g		
SaturatedFat	1.43g		
Trans Fat	0.00g		
Cholesterol	8.26mg		
Sodium	324.21mg		
Carbohydrates	20.39g		
Fiber	1.70g		
Sugar	11.29g		
Protein	3.83g		
Vitamin A	99.96IU	Vitamin C	0.49mg
Calcium	84.02mg	Iron	0.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn (Woodview)

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15218
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GCHC	10 Pound		358991
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Pound		191205
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

Put in 1-4B pan and heat in Steamer

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	103.72		
Fat	3.95g		
SaturatedFat	2.04g		
Trans Fat	0.00g		
Cholesterol	8.73mg		
Sodium	26.18mg		
Carbohydrates	15.89g		
Fiber	0.75g		
Sugar	3.73g		
Protein	2.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Oatmeal (Woodview)

Servings:	72.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15222
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 1/2 Pound		191205
EGG SHL MED A GRD 6-30CT GCHC	12 Each		206547
SUGAR BROWN LT 12-2 GFS	1 Quart 1 Pint (6 Cup)		314641
OATS QUICK HOT CEREAL 12-42Z GCHC	1 Gallon 1 Pint (18 Cup)		240869
BAKING POWDER 6-5 CLABBER GIRL	2 Fluid Ounce		361032
SALT IODIZED 24-26Z GFS	1 Fluid Ounce		108308
Prairie Farms 1% Low Fat White Milk	1 Quart 1 Pint (6 Cup)		
SPICE CINNAMON GRND 15Z TRDE	1 Fluid Ounce		224723
APPLE DCD W/P 6-10 GFS	1 #10 CAN		117803

Preparation Instructions

Cream together: Butter, eggs & brown sugar. Add oats, baking powder, salt & cinnamon- mix- then stir in milk and diced apples.

Spray pans then pour into 2 -2B pans. Bake @325 for 30-35 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	0.450
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	245.97
Fat	9.99g
SaturatedFat	5.49g
Trans Fat	0.00g
Cholesterol	70.75mg
Sodium	366.70mg
Carbohydrates	35.45g
Fiber	2.36g
Sugar	20.87g
Protein	4.97g
Vitamin A 0.83IU	Vitamin C 0.17mg
Calcium 35.79mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	300.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10985
School:	Nappanee Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	10 Package		573201
BEEF CRUMBLES 8-5	25 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
SALT SEA 36Z TRDE	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		748590
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce 1 1/2 Teaspoon (7 1/2 Teaspoon)		224839
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		225037
SEASONING SPAGHETTI ITAL 12Z TRDE	1 Cup 2 Fluid Ounce (20 Tablespoon)		413453
PASTA SPAGHETTI FZ 40- 8Z MARZ	20 Pound		677871

Preparation Instructions

IN EACH OF 5-4B PANS:

2-5# Spaghetti Sauce W/Beef

1-5# Beef Crumbles

1 tsp. Salt

1 ½ tsp. Garlic Powder

1 tsp. Black Pepper

4 T. Italian Pizza Seasoning

**Stir this together and put in steamer uncovered for 10-15 minutes. Stir. Must temp at 160*. Add 4# Spaghetti Noodles and return to steamer for another 10 minutes.

#6 Scoop for all 300 servings

60 servings per pan

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	184.52		
Fat	7.27g		
SaturatedFat	2.93g		
Trans Fat	0.00g		
Cholesterol	42.19mg		
Sodium	469.76mg		
Carbohydrates	14.09g		
Fiber	1.45g		
Sugar	3.70g		
Protein	15.54g		
Vitamin A	308.10IU	Vitamin C	9.05mg
Calcium	31.62mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Peas (Woodview)

Servings:	45.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28792
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	10 Pound	BAKE	100350
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Pound		191205
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

Put in 1-4B pan and heat in Steamer

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	112.24		
Fat	3.75g		
SaturatedFat	2.39g		
Trans Fat	0.00g		
Cholesterol	10.24mg		
Sodium	103.79mg		
Carbohydrates	14.11g		
Fiber	5.04g		
Sugar	5.04g		
Protein	5.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Traveling Taco

Servings:	378.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28904
School:	Woodview Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	13 Package	13, 5 lb. bags	722330
CHIP CORN 104-1Z SSV FRITOS	378 Package	N/A	105040

Preparation Instructions

Per 4-4B PANS:

3- 5 lbs. bags taco meat

Divide extra bag between pans

Bake at 350 degrees to 160 degrees.

Open each bag of corn chips and slightly crust. Set upright in 4B pans- double stack if possible.

Serving Size= #12 disher (weighs 2.75 ounce) into 1 bag of corn chips.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 378.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	258.16		
Fat	14.17g		
SaturatedFat	3.06g		
Trans Fat	0.25g		
Cholesterol	29.51mg		
Sodium	426.65mg		
Carbohydrates	20.34g		
Fiber	2.74g		
Sugar	1.74g		
Protein	13.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.40mg	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
