

Cookbook for East Porter County School Corporation

Created by HPS Menu Planner

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Uncrustable with Cheese Stick and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each	Or use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

Note: Kit consist of 1 Uncrustable, a Cheese Stick, and 1 package of goldfish crackers

Updated 9.18.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Kit

Amount Per Serving			
Calories	460.00		
Fat	22.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	650.00mg		
Carbohydrates	47.50g		
Fiber	4.00g		
Sugar	16.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	261.50mg	Iron	1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

High School: Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup		881161
Strawberries IQF sliced	1/2 Cup	Commodity Brown Box	110860
GRANOLA OATHNY BULK 4-50Z NATVLLY	1/2 Cup	**Non-Whole Grain**	226671

Preparation Instructions

Updated 9.18.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PARFAIT

Amount Per Serving	
Calories	405.60
Fat	4.85g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	365.67mg
Carbohydrates	81.63g
Fiber	3.24g
Sugar	42.54g
Protein	12.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.81mg	Iron 1.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice	Or use 2.90 ounce weight of brown box commodity Sliced Deli Breast Turkey	689541
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

Updated 9.18.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories	311.36		
Fat	10.20g		
SaturatedFat	6.63g		
Trans Fat	0.00g		
Cholesterol	56.43mg		
Sodium	706.78mg		
Carbohydrates	31.02g		
Fiber	4.17g		
Sugar	2.33g		
Protein	26.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.98mg	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

Assorted Variety of Flavored Bread

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43188
School:	East Porter County School Corporation		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Assorted Pop-Tarts®

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
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	355.75		
Fat	5.63g		
SaturatedFat	1.83g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	305.00mg		
Carbohydrates	74.50g		
Fiber	5.90g		
Sugar	29.75g		
Protein	4.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	230.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini WG Donuts

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43190
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	282.50		
Fat	12.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	265.00mg		
Carbohydrates	41.00g		
Fiber	2.25g		
Sugar	19.25g		
Protein	4.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.25mg	Iron	1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43192
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	N/A	268711
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS HNY BOWL 96-1Z	1 Each	N/A	261557

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	111.54		
Fat	1.44g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	159.14mg		
Carbohydrates	23.33g		
Fiber	1.69g		
Sugar	7.33g		
Protein	1.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	85.11mg	Iron	3.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43193
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.71
Fat	6.29g
SaturatedFat	1.57g
Trans Fat	0.03g
Cholesterol	22.14mg
Sodium	118.57mg
Carbohydrates	29.86g
Fiber	1.57g
Sugar	15.57g
Protein	2.71g
Vitamin A 2.06IU	Vitamin C 0.01mg
Calcium 16.57mg	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

Assorted Variety of Cereal Bar (2 Grain)

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43196
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each		368248
BAR CEREAL CHEERIOS PCH 48-2.5Z	1 Each		368353
BAR CEREAL CINN TST 48-2.5Z GENM	1 Each		811411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	273.33
Fat	5.67g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	51.33g
Fiber	5.00g
Sugar	15.00g
Protein	4.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 423.33mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Goldfish® Grahams

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43195
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	123.33
Fat	4.17g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	125.00mg
Carbohydrates	19.67g
Fiber	1.33g
Sugar	7.00g
Protein	1.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	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

Assorted Variety of Yogurt Cups

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43194
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
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	3.33mg
Sodium	61.67mg
Carbohydrates	14.67g
Fiber	0.00g
Sugar	9.33g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.67mg	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

Sub Sandwich (Ham and Turkey)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43199
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box or Use GFS#722360	100036
TURKEY, DELI BREAST, SLICED	1 3/7 Ounce	Weight USDA Brown Box	110554
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	Weight USDA Brown Box	100187

Preparation Instructions

Thaw meat out ahead of time.

Layer ham, turkey, and cheese slice on sub bun and hold for cold service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	43.50mg		
Sodium	776.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	5.50g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	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

Nacho Fun Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43198
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
SALSA CUP 84-3Z REDG	1 Each		677802
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512

Preparation Instructions

Package all items together for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	419.30
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	920.50mg
Carbohydrates	43.00g
Fiber	3.00g
Sugar	13.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 373.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Elementary: Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43197
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	3/4 Cup		881161
Strawberries IQF sliced	1/2 Cup	Commodity Brown Box	110860
GRANOLA OATHNY BULK 4-50Z NATVLLY	1/2 Cup	**Non-Whole Grain**	226671

Preparation Instructions

Updated 9.18.23

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	353.36
Fat	4.10g
SaturatedFat	1.49g
Trans Fat	0.00g
Cholesterol	11.19mg
Sodium	330.22mg
Carbohydrates	72.30g
Fiber	3.24g
Sugar	35.82g
Protein	10.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.57mg	Iron 1.34mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43200
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721
Shredded Mozzarella Cheese, Part Skim	1/2 Cup	USDA Brown Box	100021
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart.	959048

Preparation Instructions

Package all ingredients together and hold in cold storage for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	19.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	880.00mg		
Carbohydrates	38.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	20.00g		
Vitamin A	0.20IU	Vitamin C	0.06mg
Calcium	22.18mg	Iron	2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Fun Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43201
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	Or use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
Assorted Cereal	1 Serving		R-43192
Assorted Variety of Yogurt Cups	1 Serving		R-43194

Preparation Instructions

Package 1 of each item together and hold in cold storage until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving			
Calories	348.21		
Fat	8.28g		
SaturatedFat	2.53g		
Trans Fat	0.00g		
Cholesterol	13.33mg		
Sodium	590.81mg		
Carbohydrates	53.00g		
Fiber	1.69g		
Sugar	17.67g		
Protein	14.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	429.78mg	Iron	3.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jell-O Fruit Cup

Servings:	110.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33336

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	3 #10 CAN	Can use any canned fruit	100220
Diced Pears 6-10	3 #10 CAN	Can use any canned fruit	100225
Tap Water for Recipes	1 Gallon	Follow gelatin directions for specific amounts of water. (Usually 2 quarts hot water and 2 quarts cold water.)	000001WTR
GELATIN MIX STRAWB 12-24Z GCHC	1 1/2 Pound	1 package of gelatin Can also use GFS#524638, GFS#524654, and GFS#554901	524581

Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add enough water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add remaining cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	85.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.45mg		
Carbohydrates	21.12g		
Fiber	1.52g		
Sugar	18.57g		
Protein	0.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.36mg	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

Diced Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43206
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce	Weight Commodity Brown Box	100101
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	301.70		
Fat	11.18g		
SaturatedFat	6.12g		
Trans Fat	0.00g		
Cholesterol	57.60mg		
Sodium	303.47mg		
Carbohydrates	31.02g		
Fiber	4.17g		
Sugar	2.33g		
Protein	20.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.98mg	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

Diced Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43205
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	Weight Commodity Brown Box	100188-H
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	305.52
Fat	13.28g
SaturatedFat	8.17g
Trans Fat	0.00g
Cholesterol	52.49mg
Sodium	722.88mg
Carbohydrates	35.12g
Fiber	4.17g
Sugar	4.38g
Protein	18.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	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

Salad with Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43202
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint		206504
Turkey, Deli Breast, Sliced	1 1/2 Ounce	weight Commodity/Brown Box	110554
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT 24CT MRKN	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

Place lettuce in bottom of container and layer turkey (that has been diced up), shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 9.18.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	457.54
Fat	17.63g
SaturatedFat	7.01g
Trans Fat	0.00g
Cholesterol	48.88mg
Sodium	717.62mg
Carbohydrates	50.72g
Fiber	8.98g
Sugar	10.53g
Protein	28.30g
Vitamin A 209.12IU	Vitamin C 3.59mg
Calcium 412.93mg	Iron 2.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad with Diced Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43203
School:	East Porter County School Corporation		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint		206504
Ham, Cubed Frozen	1 1/2 Ounce	Weight Commodity Brown Box	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT 24CT MRKN	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

Place lettuce in bottom of container and layer diced ham, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 9.18.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	457.92
Fat	19.04g
SaturatedFat	8.24g
Trans Fat	0.00g
Cholesterol	52.13mg
Sodium	1002.87mg
Carbohydrates	52.13g
Fiber	8.98g
Sugar	11.76g
Protein	26.05g
Vitamin A 209.12IU	Vitamin C 3.59mg
Calcium 412.93mg	Iron 2.82mg

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

Nutrition - Per 100g

No 100g Conversion Available