

Cookbook for East Porter County School Corporation-Middle/High School

Created by HPS Menu Planner

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Assorted Variety of Flavored Bread

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

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:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43190
School:	East Porter County School Corporation- Middle/High School		

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

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

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

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

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:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43196
School:	East Porter County School Corporation- Middle/High School		

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

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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- Middle/High School		

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Yogurt Cups

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43194
School:	East Porter County School Corporation- Middle/High School		

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

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Nutrition - Per 100g

No 100g Conversion Available

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

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- Middle/High School		

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

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

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- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	3 0 Ounce	Weight	202150
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

Updated 9.20.23

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	339.70
Fat	14.18g
SaturatedFat	7.62g
Trans Fat	0.00g
Cholesterol	70.60mg
Sodium	727.47mg
Carbohydrates	31.02g
Fiber	4.17g
Sugar	2.33g
Protein	22.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

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- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint		206504
TURKEY BRST DCD 2-5	2 Ounce	Weight	451300
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	READY_TO_EAT Ready to use.	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 9.20.23

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	458.35
Fat	17.09g
SaturatedFat	7.27g
Trans Fat	0.00g
Cholesterol	50.41mg
Sodium	1018.64mg
Carbohydrates	51.20g
Fiber	8.98g
Sugar	10.53g
Protein	28.58g
Vitamin A 209.12IU	Vitamin C 3.59mg
Calcium 412.93mg	Iron 3.01mg

*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- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint		206504
TURKEY HAM DCD 2-5 JENNO	1 3/4 Ounce	Weight	202150
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	N/A	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 9.20.23

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	476.38
Fat	19.48g
SaturatedFat	7.89g
Trans Fat	0.00g
Cholesterol	61.98mg
Sodium	996.69mg
Carbohydrates	49.67g
Fiber	8.98g
Sugar	10.53g
Protein	28.04g
Vitamin A 209.12IU	Vitamin C 3.59mg
Calcium 412.93mg	Iron 3.24mg

*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

*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

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- Middle/High School		

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 BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
TURKEY HAM UNCURED 6-2 JENNO	2 Slice		690041

Preparation Instructions

Thaw meat out ahead of time.

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

Updated 9.20.23

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	308.27		
Fat	9.14g		
SaturatedFat	3.29g		
Trans Fat	0.00g		
Cholesterol	56.45mg		
Sodium	746.41mg		
Carbohydrates	31.56g		
Fiber	2.00g		
Sugar	5.54g		
Protein	23.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

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- Middle/High School		

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

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

Hot Ham & Cheese on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43285
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box or Use GFS#722360	100036
ROLL PRTZL WGRAIN 120-2.2Z JJ	1 Each		500162

Preparation Instructions

Thaw meat out ahead of time.

Layer ham and cheese slice on pretzel bun and place in oven until cheese melts and ham is warm. Hold in warmer until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	354.88
Fat	12.76g
SaturatedFat	4.58g
Trans Fat	0.00g
Cholesterol	64.56mg
Sodium	538.52mg
Carbohydrates	37.11g
Fiber	3.00g
Sugar	6.58g
Protein	21.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 3.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42211
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831

Preparation Instructions

Cook pancakes according to directions on case.

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	210.00		
Fat	6.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	270.00mg		
Carbohydrates	36.00g		
Fiber	3.67g		
Sugar	11.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.68mg

*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- Middle/High School		

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

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32981
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Pound 12 Ounce (28 Ounce)		613738
Tap Water for Recipes	4 Liter	1 gallon plus 1 cup	000001WTR

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.

Updated 8.15.23

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	0.870

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.34		
Fat	0.87g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	348.18mg		
Carbohydrates	14.80g		
Fiber	0.87g		
Sugar	0.00g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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

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- Middle/High School		

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

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43209
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK 100-2.25Z BRIDG	1 Each	**Non-Whole Grain**	451740
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941

Preparation Instructions

Cook items according to directions on case and then serve sausage patty between biscuit.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.00		
Fat	13.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	810.00mg		
Carbohydrates	29.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	69.00mg	Iron	3.00mg

*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- Middle/High School		

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

Ice Cream Cup

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43283
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN LT 4FLZ 3-24CT DEANS	1 Each		400783
ICE CRM CUP CHOC LT 4FLZ 3-24CT	1 Each		400713

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	2.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	42.50mg		
Carbohydrates	19.00g		
Fiber	0.50g		
Sugar	14.00g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sherbet Cup

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43284
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP ORNG 48-4FLZ BLBNY	1 Each		519920
SHERBET CUP RASPB 48-4FLZ BLBNY	1 Each		528910

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	25.50g		
Fiber	0.00g		
Sugar	20.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.60mg
Calcium	40.00mg	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

Ground Beef Taco Meat

Servings:	591.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32973
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	99 Pound	Commodity/Brown Box	100158
SEASONING TACO MIX 6-9Z LAWR	3 Quart		159204
Tap Water for Recipes	2 1/2 Gallon		000001WTR

Preparation Instructions

Cook beef, drain, and add seasoning.
Heat beef and seasoning until temperature.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 591.00
Serving Size: 2.00 ounce weight

Amount Per Serving			
Calories	173.76		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	2.00g		
Cholesterol	52.00mg		
Sodium	274.20mg		
Carbohydrates	1.95g		
Fiber	0.97g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43224
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	1 Pound 12 1/10 Ounce (28 1/10 Ounce)	1 Package	183910
Tap Water for Recipes	2 Quart	Boiling	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: Stir and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	189.30		
Fat	1.58g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	683.57mg		
Carbohydrates	32.60g		
Fiber	10.52g		
Sugar	0.00g		
Protein	10.52g		
Vitamin A	0.74IU	Vitamin C	1.04mg
Calcium	58.84mg	Iron	2.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43210
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260

Preparation Instructions

Heat according to directions on case.

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	200.00
Fat	5.67g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	183.33mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	11.33g
Protein	3.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.00mg	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

BeneFIT Bar

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43211
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721

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	280.00		
Fat	8.33g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	216.67mg		
Carbohydrates	47.00g		
Fiber	3.33g		
Sugar	21.67g		
Protein	4.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43280
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	17 Pound	Thaw	100158
ONION VIDALIA SWT 10 P/L	1 Pound		558133
SPICE GARLIC POWDER 6 TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		513857
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon		225037
TOMATO PUREE 1.06 6-10 GCHC	1 1/16 Gallon	1 gallon 2 quarts About 2-#10 Cans	270091
Tap Water for Recipes	12 Gallon 1 Quart (49 Quart)	1 quart for sauce and 12 Gallon to cook pasta in.	000001WTR
SPICE PARSLEY FLAKES 2Z TRDE	1/2 Cup		259195
SPICE BASIL LEAF 26Z TRDE	1/4 Cup		518341
SPICE OREGANO LEAF 5Z TRDE	1/4 Cup		513733
SPICE MARJORAM LEAF 3.5Z TRDE	1 Fluid Ounce		513709
SPICE THYME LEAF 6Z TRDE	1 Tablespoon		513814
SALT SEA 36Z TRDE	1/4 Cup		748590
PASTA SPAGHETTI 10 2-10 KE	9 1/2 Pound	Break into thirds **Non-whole Grain**	654560

Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.

Add granulated garlic, pepper, tomato puree, 1 quart water, parsley, basil, oregano, marjoram, thyme. Simmer about 1 hour.

CCP: Heat to 155° F or higher for at least 15 seconds.

Heat water to rolling boil. Add salt.

Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.

Stir into meat sauce

Divide equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 100 servings, use 6 pans.

CCP: Hold for hot service at 135° F or higher.

Portion with 8 oz ladle (1 cup) per serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	340.25		
Fat	12.94g		
SaturatedFat	4.06g		
Trans Fat	2.03g		
Cholesterol	52.78mg		
Sodium	328.72mg		
Carbohydrates	37.03g		
Fiber	2.24g		
Sugar	3.78g		
Protein	20.24g		
Vitamin A	0.05IU	Vitamin C	0.22mg
Calcium	11.09mg	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

Mini French Toast

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43212
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CINN IW 72-2.64Z	1 Package		150291
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package		498492

Preparation Instructions

Heat according to directions on package.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	205.00
Fat	6.00g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	205.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	10.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 2.65mg

*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

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32972
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	200 Slice	USDA Brown Box or Use GFS#722360	100036
BREAD WGRAIN WHT 16-22Z GCHC	100 Each		266547
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	6 Fluid Ounce	Melted	299405

Preparation Instructions

1. Brush approximately 1 Tablespoon butter on each sheet pan. Will use 3 sheet pans.
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. (1 pan will only have 10 slices)
3. Top each slice of bread with 4 slices of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining butter, approximately 3 Tablespoon per pan.
6. Bake until lightly browned. Conventional oven: 400 degrees for 15-20 minutes Convection oven: 350 degrees for 10-15 minutes

DO NOT OVERBAKE

7. If desired, cut each sandwich diagonally in half

Updated 9.21.23

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	344.00
Fat	14.64g
SaturatedFat	7.68g
Trans Fat	0.00g
Cholesterol	37.20mg
Sodium	830.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	6.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.72mg	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

Turkey and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43249
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box or Use GFS#722360	100036

Preparation Instructions

Thaw meat out ahead of time.

Layer 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	281.66		
Fat	6.02g		
SaturatedFat	2.51g		
Trans Fat	0.00g		
Cholesterol	48.33mg		
Sodium	789.31mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	26.37g		
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

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43250
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
1% Low Fat White Milk*	7 Carton	7 Cups	13871

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	141.30
Fat	1.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	546.94mg
Carbohydrates	25.79g
Fiber	1.01g
Sugar	17.67g
Protein	6.03g
Vitamin A 70.00IU	Vitamin C 0.00mg
Calcium 165.29mg	Iron 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA TRAD PARBK 16 12CT GCHC	1 Each	**Non-Whole Grain**	717315
SAUCE PIZZA W/BASL 6-10 REDPK	1 1/2 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	1 Quart		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	382.50
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	687.50mg
Carbohydrates	39.50g
Fiber	2.50g
Sugar	5.25g
Protein	20.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 440.00mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA TRAD PARBK 16 12CT GCHC	1 Each	**Non-Whole Grain**	717315
SAUCE PIZZA W/BASL 6-10 REDPK	1 1/2 Cup	N/A	256013
CHEESE MOZZ SHRD 4-5 LOL	1 Quart		645170
PEPPERONI SLCD 18-20/Z 2-5 FAMOSO	32 Slice		730025

Preparation Instructions

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	419.83
Fat	18.47g
SaturatedFat	8.07g
Trans Fat	0.00g
Cholesterol	38.00mg
Sodium	810.17mg
Carbohydrates	39.50g
Fiber	2.50g
Sugar	5.25g
Protein	22.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 440.00mg	Iron 3.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked LAY'S®

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43251
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT REG CRISP BKD 60-.875Z LAYS	1 Package		714230
CHIP POT BBQ BKD LAYS KC MP 60-.875Z	1 Package		575570
CHIP POT SOUR CRM BKD LAYS 60-.875Z	1 Package		192331

Preparation Instructions

Note: These are an extra and do not count as a component

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	3.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	138.33mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	2.33g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	213.00	Category:	Entree
Serving Size:	0.75 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32979
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	30 Pound	Weight Commodity/Brown Box	100101
PASTA MOSTACC RIG W/LINES 4-5 GCHC	15 Pound		413350
SAUCE ALFREDO FZ 6-5 JTM	30 Pound		155661
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
SPICE GARLIC POWDER 6 TRDE	2 Fluid Ounce		513857
CHEESE PARM GRTD 12-1 PG	2 1/2 Pound		164259

Preparation Instructions

1. Heat chicken in steamer to temp.
2. Cook pasta in round kettle until done and drain.
3. Add the rest of the ingredients (sauce, spices, and cheese) to pasta and bring to 135 degrees.
4. Add Chicken and gently mix together.
5. Serve in 4 inch deep pans. 2 1/2 gallons per pan. 6 ounce scoop for portion.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 213.00

Serving Size: 0.75 Serving

Amount Per Serving

Calories	328.36
Fat	11.31g
SaturatedFat	5.00g
Trans Fat	0.04g
Cholesterol	69.49mg
Sodium	632.29mg
Carbohydrates	28.59g
Fiber	1.13g
Sugar	4.82g
Protein	26.61g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.08mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43162

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/APPLSCE 200-2.5Z	100 Each	N/A	644950
CHEESE MOZZ SHRD 4-5 LOL	3 Quart 1/2 Cup (12 1/2 Cup)	N/A	645170
SAUCE MARINARA A/P 6-10 REDPK	3 Quart 1/2 Cup (12 1/2 Cup)	N/A	592714
BUN HAMB WHT WHE 4 10-12CT ALPH	100 Each		248151

Preparation Instructions

Prepare Beef Patty as directed.

Top Beef Patty with 1 fluid ounce (2 Tbsp.) Marinara Sauce and 1 fluid ounce (2 Tbsp.) Mozzarella Cheese. Bake until cheese is slightly melted.

Place Patty on bun and serve.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	317.50		
Fat	11.38g		
SaturatedFat	4.25g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	707.50mg		
Carbohydrates	30.50g		
Fiber	4.50g		
Sugar	4.75g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	139.77mg	Iron	1.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burgers

Servings:	315.00	Category:	Entree
Serving Size:	2.00 halves	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	50 Pound	50 lbs. raw= about 37 lbs. cooked hamburger	100158
SAUCE PIZZA W/BASL 6-10 REDPK	3 #10 CAN		256013
SPICE PEPR WHITE GRND 17Z TRDE	1 Tablespoon		513776
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		224839
SPICE OREGANO GRND 12Z TRDE	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		513725
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Fluid Ounce		413453
SALT SEA 36Z TRDE	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)		748590
ONION DEHY CHPD 15 P/L	1 1/2 Cup		263036
CHEESE MOZZ SHRD 4-5 LOL	18 Pound	N/A	645170
BUN HAMB WHT WHE 4 10-12CT ALPH	315 Each		248151

Preparation Instructions

In each 4B Pan (120 halves per pan):

6.00 lbs. cooked hamburger

1/2 #10 can pizza sauce

1/2 tsp. white pepper

1 tsp. garlic powder

1 tsp oregano

1 Tbsp. italian seasoning

1 tsp. salt

1/4 cup dried onion

Heat in steamer with a lid on the top shelf until 170 degrees. Use hamburger buns, both halves open faced. Use #30 dipper for meat on each half, #40 dipper for shredded mozzarella cheese on top of meat. Use pan liners on cookie sheets. Put in oven for 2-3 minutes at 350 degrees to melt cheese and bring back to temp.

Updated 9.20.23

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: 315.00

Serving Size: 2.00 halves

Amount Per Serving

Calories	403.66
Fat	18.86g
SaturatedFat	6.99g
Trans Fat	1.90g
Cholesterol	62.99mg
Sodium	576.41mg
Carbohydrates	30.16g
Fiber	4.04g
Sugar	5.44g
Protein	26.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 219.81mg	Iron 1.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43252
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK 100-2.25Z BRIDG	1 Each	**Non-Whole Grain**	451740
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	N/A	722360
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	N/A	138941

Preparation Instructions

Cook items according to directions on case and then serve sausage patty, egg patty, and cheese slice between biscuit.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00
Fat	18.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	1110.00mg
Carbohydrates	31.00g
Fiber	1.00g
Sugar	3.50g
Protein	21.50g
Vitamin A 32.73IU	Vitamin C 0.01mg
Calcium 180.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Totchos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43226
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	8 Each		141510
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/8 Cup		310668
Ground Beef Taco Meat	1 Serving	Cook beef, drain, and add seasoning. Heat beef and seasoning until temperature.	R-32973

Preparation Instructions

Make Taco Meat according to directions of recipe and heat tots and cheese sauce according to case directions.

1 serving equals: 8 tots, 2 ounce weight of taco meat, and 1 fluid ounce (1/8 cup) of cheese sauce.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.62
Fat	23.69g
SaturatedFat	8.41g
Trans Fat	2.00g
Cholesterol	69.06mg
Sodium	896.95mg
Carbohydrates	20.79g
Fiber	2.97g
Sugar	0.00g
Protein	19.98g
Vitamin A 0.00IU	Vitamin C 3.60mg
Calcium 163.20mg	Iron 0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available



Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43227
School:	East Porter County School Corporation- Middle/High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
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	130.00		
Fat	5.00g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.75g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.50mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Beef Sub

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43235
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 6-5 ADV	5 Pound		598762
CHEESE MOZZ SHRD 4-5 LOL	2 Quart		645170
PEPPERS & ONIO RSTD BLND 6-2.5	1 Quart		266751
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	32 Each		276142

Preparation Instructions

Heat beef and peppers and onions according to directions on package.

To assemble sandwich place 2.5-ounce weight of beef, 1/8 cup of pepper and onion mixture, and 1/4 cup of mozzarella on bun, Place in warmer to melt cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 32.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	398.33
Fat	17.58g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	653.33mg
Carbohydrates	35.67g
Fiber	2.33g
Sugar	8.17g
Protein	24.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 284.67mg	Iron 3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan with Marinara Sauce

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42233
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 #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
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	24 Each		281622

Preparation Instructions

Prepare chicken according to package.

CCP: Heat to 150 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 135 degrees F or higher.

For service: Serve with 1/2 cup pasta, 1 chicken patty and 1/2 cup of spaghetti sauce.

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	291.55		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	911.31mg		
Carbohydrates	27.05g		
Fiber	6.68g		
Sugar	8.36g		
Protein	17.68g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.77mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisp

Servings:	80.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33446

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen Apple Slices	10 Pound		100258
FLOUR A/P PASTRY 2-25 KING	1 Quart 1/2 Cup (4 1/2 Cup)		260231
OATS QUICK HOT CEREAL 50 P/L	1 Quart 1/2 Cup (4 1/2 Cup)		284386
SUGAR BROWN LT 12-2 P/L	1 Quart 1/2 Cup (4 1/2 Cup)	packed	860311
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pint 1 Cup (3 Cup)		299405
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	134.13		
Fat	6.94g		
SaturatedFat	4.27g		
Trans Fat	0.00g		
Cholesterol	18.00mg		
Sodium	2.08mg		
Carbohydrates	16.84g		
Fiber	1.28g		
Sugar	7.67g		
Protein	0.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.75mg	Iron	0.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Penne Pasta

Servings:	16.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43236
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES 4-5 GCHC	1 Pound	**Non-Whole Grain**	413350
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

Boil water. When water has reached a boil, add 1 Tablespoon of salt. Add pasta. Stir pasta occasionally to prevent sticking and keep water at a rolling boil. Use suggested cook times on package.

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.90mg

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Nutrition - Per 100g

No 100g Conversion Available

SideKicks Frozen Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43238
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	N/A	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	N/A	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	N/A	667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	N/A	863890

Preparation Instructions

Note: These count as juice and students should only be allowed one.

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: 4.00

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	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	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
