

Cookbook for Culver Elementary

Created by HPS Menu Planner

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Assorted Variety of Muffin

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28667
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991

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	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Variety of 4 oz. Yogurt

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36718
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760

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	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

Variety of Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18856
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL RICE CHEX BLUEB BOWL 96-1Z	1 Each	261737
CEREAL CHEERIOS HNY BOWL 96-1Z	1 Each	261557

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.917
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.39		
Fat	1.45g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	131.06mg		
Carbohydrates	21.17g		
Fiber	1.93g		
Sugar	6.33g		
Protein	1.83g		
Vitamin A	225.17IU	Vitamin C	3.92mg
Calcium	93.22mg	Iron	5.83mg

*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

Graham

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37494
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package	288252
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package	859550
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	194510

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	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	131.67mg
Carbohydrates	20.33g
Fiber	1.33g
Sugar	7.67g
Protein	1.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18889
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

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	338.00		
Fat	14.50g		
SaturatedFat	5.60g		
Trans Fat	0.60g		
Cholesterol	46.50mg		
Sodium	649.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	4.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Pancakes

Servings:	64.00	Category:	Entree
Serving Size:	1.00 Pancake	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43185

Ingredients

Description	Measurement	DistPart #
PANCAKE MIX SWT CRM 6-5 KRUST	5 Pound	113451
Tap Water for Recipes	2 Quart 1 Pint (10 Cup)	000001WTR

Preparation Instructions

1. Blend mix and water together using a wire whisk until well-blended.
2. Pour batter onto greased, preheated 365°F-375F griddle. Use 3 oz ladle.
3. Cook pancakes 1 1/4 to 1 1/2 minutes per side. Turn only once

Note: If Pancakes weighs 2 ounce will equal 1.5 oz Grain equivalents.

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: 64.00

Serving Size: 1.00 Pancake

Amount Per Serving	
Calories	124.01
Fat	1.77g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	442.89mg
Carbohydrates	24.80g
Fiber	0.59g
Sugar	6.50g
Protein	2.36g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 59.05mg	Iron 1.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18862
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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	410.00
Fat	19.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31352
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice	204822
MARGARINE SLD 30-1 GCHC	1 Teaspoon	733061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	123.33		
Fat	4.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	141.67mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18857
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	265039
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each	266536

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	17.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	670.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.89mg	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

Sloppy Joe on Bun

Servings:	29.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31681

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	5 Pound	100158
ONION DCD 1/4 2-5 RSS	1 Cup	198307
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	350732
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon	225061
SUGAR BROWN LT 12-2 P/L	1 Cup	860311
MUSTARD YELLOW PLAS JUG 6-104Z HNZ	1/2 Cup	433371
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup	629640
KETCHUP CAN 6-10 HNZ	1 Quart	100188
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	29 Each	266546

Preparation Instructions

Brown hamburger with onion and salt and pepper

Drain grease

Add brown sugar, mustard, vinegar, ketchup

Marinate (turn off and let cool down, then warm back up and serve or cool down, refrigerate overnight and reheat, or freeze and enjoy another time. . .)

Serve with a bun

SCHOOL NOTE: ground beef will shrink when cooked, each 10 lb tube will lose an estimate of 1 lb.

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: 29.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	390.57		
Fat	14.35g		
SaturatedFat	4.62g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	933.76mg		
Carbohydrates	43.27g		
Fiber	3.00g		
Sugar	19.65g		
Protein	19.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.45mg	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

Sloppy Joe

Servings:	29.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36720
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	5 Pound	100158
ONION DCD 1/4 2-5 RSS	1 Cup	198307
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	350732
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon	225061
SUGAR BROWN LT 12-2 P/L	1 Cup	860311
MUSTARD YELLOW PLAS JUG 6-104Z HNZ	1/2 Cup	433371
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup	629640
KETCHUP CAN 6-10 HNZ	1 Quart	100188

Preparation Instructions

Brown hamburger with onion and salt and pepper

Drain grease

Add brown sugar, mustard, vinegar, ketchup

Marinate (turn off and let cool down, then warm back up and serve or cool down, refrigerate overnight and reheat, or freeze and enjoy another time. . .)

Serve with a bun

SCHOOL NOTE: ground beef will shrink when cooked, each 10 lb tube will lose an estimate of 1 lb.

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: 29.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	240.57		
Fat	12.35g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	693.76mg		
Carbohydrates	18.27g		
Fiber	0.00g		
Sugar	15.65g		
Protein	14.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.45mg	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 Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18871
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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	360.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	38.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	11.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho w/ Meat & Cheese

Servings:	275.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18869
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	45 Pound	722330
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	6 Package	310668
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	275 Package	696871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.850
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.107
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 275.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	216.63
Fat	7.79g
SaturatedFat	2.28g
Trans Fat	0.24g
Cholesterol	32.05mg
Sodium	441.93mg
Carbohydrates	23.79g
Fiber	2.65g
Sugar	1.65g
Protein	13.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 109.23mg	Iron 1.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Chicken

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13601
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BNLS SKNLS TRAY 48-4Z GCHC	300 Each	268127
DRESSING RNCH 4-1GAL HVALL	1 Gallon	759082
CEREAL CORN FLKS 4-35Z HOSP	12 Package	705454

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 300.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	314.72
Fat	8.34g
SaturatedFat	1.45g
Trans Fat	0.00g
Cholesterol	78.26mg
Sodium	445.27mg
Carbohydrates	30.61g
Fiber	0.99g
Sugar	4.39g
Protein	25.78g
Vitamin A 0.00IU	Vitamin C 2.27mg
Calcium 3.70mg	Iron 13.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	320.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10669

Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 2-10 KE	20 Pound	654550
CHEESE VELVTA LOAF 6-5# KRAFT	10 Pound	791561
1 % White Milk	3 Gallon 1 Pint (50 Cup)	
MARGARINE SLD 30-1 GCHC	1 1/2 Pound	733061
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 Gallon 2 Quart (40 Cup)	712131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 320.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	220.63
Fat	9.04g
SaturatedFat	4.41g
Trans Fat	0.00g
Cholesterol	19.84mg
Sodium	325.25mg
Carbohydrates	24.72g
Fiber	1.00g
Sugar	3.72g
Protein	10.25g
Vitamin A 114.06IU	Vitamin C 0.31mg
Calcium 205.69mg	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

Breakfast Bar

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37474
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each	879671
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each	240721
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each	875860
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each	129001

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	286.65		
Fat	8.63g		
SaturatedFat	3.05g		
Trans Fat	0.03g		
Cholesterol	13.00mg		
Sodium	214.33mg		
Carbohydrates	47.75g		
Fiber	3.85g		
Sugar	21.50g		
Protein	4.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.25mg	Iron	1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Nutrigrain Bars

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37495
School:	Culver Elementary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18875
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	310.00
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	310.00mg
Carbohydrates	19.00g
Fiber	2.00g
Sugar	3.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti

Servings:	320.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18879
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package	573201
PASTA SPAGHETTI 10 2-10 KE	20 Pound	654560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	189.46
Fat	4.25g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	29.46mg
Sodium	155.36mg
Carbohydrates	25.82g
Fiber	2.07g
Sugar	4.75g
Protein	11.54g
Vitamin A 346.61IU	Vitamin C 10.18mg
Calcium 23.57mg	Iron 1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Granola

Servings:	30.00	Category:	Grain
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-37151

Ingredients

Description	Measurement	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	1 Quart 1 Pint (6 Cup)	240869
SUGAR BROWN LT 12-2 P/L	1 1/2 Cup	860311
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon	110744
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Cup	191205
SALT IODIZED 18-2.25 GCHC	1 Teaspoon	350732

Preparation Instructions

Mix melted butter, sugar, salt and vanilla. Pour over oats. Toss really well.

Pour onto baking sheet.

Bake 350 in preheated oven for 30 min or until you can smell granola *tossing 1/2 way through the bake

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: 30.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	122.69		
Fat	3.93g		
SaturatedFat	2.07g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	102.77mg		
Carbohydrates	20.40g		
Fiber	1.60g		
Sugar	9.60g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	45.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37608
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BEAN BAKED 6-10 BUSH	1 #10 CAN	520098
Beans, Vegetarian, Low-sodium, Canned	1 #10 CAN	100364

Preparation Instructions

Mix beans together. Heat.

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	135.77
Fat	0.78g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	360.32mg
Carbohydrates	26.11g
Fiber	5.22g
Sugar	8.88g
Protein	7.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.11mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	280.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10627

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	20 Pound	100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	25 Pound	270385
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	6 Pound	110601

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 280.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	198.61
Fat	2.94g
SaturatedFat	0.36g
Trans Fat	0.00g
Cholesterol	56.14mg
Sodium	53.93mg
Carbohydrates	28.61g
Fiber	1.43g
Sugar	1.45g
Protein	12.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.29mg	Iron 1.36mg

*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:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21029
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
MARGARINE BTR BLEND SPRD 1-30	1 1/2 Cup	840840
BREAD WGRAIN HNY WHT 16-24Z GCHC	200 Slice	204822
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	400 Slice	100036

Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
 3. Top each slice of bread with 4 slices (2 oz) of cheese.
 4. Cover with remaining bread slices.
 5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
 6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- CCP: Heat to 140° F or higher.
- CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	361.60
Fat	14.40g
SaturatedFat	6.96g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	796.40mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.56mg	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:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21028
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	6 #10 CAN 1/14 #5 CAN (11 #5 CAN)	101427
MILK WHT 2 4-1GAL RGNLBRND	2 Gallon	504602

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	120.40
Fat	1.00g
SaturatedFat	0.62g
Trans Fat	0.00g
Cholesterol	4.27mg
Sodium	527.11mg
Carbohydrates	23.39g
Fiber	1.04g
Sugar	12.50g
Protein	3.90g
Vitamin A 106.62IU	Vitamin C 0.52mg
Calcium 87.73mg	Iron 0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available