

Cookbook for Culver Middle/High School

Created by HPS Menu Planner

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2 oz. Cereal

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37512
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each	105357
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	105850
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each	105307
CEREAL RICE CHEX BLUEB CUP 60-2Z GENM	1 Each	806114
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container	105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	105931
CEREAL TRIX R/S CUP 2Z 60CT	1 Each	383189
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	261799

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	216.25
Fat	3.44g
SaturatedFat	0.31g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	308.75mg
Carbohydrates	44.00g
Fiber	3.38g
Sugar	13.63g
Protein	3.63g
Vitamin A 62.50IU	Vitamin C 0.75mg
Calcium 133.75mg	Iron 6.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Waffle Snaps

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43415
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Chocolate Chip Waffle Snaps	1 Each	74200
Maple Waffle Snaps	1 Each	74100

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	230.00		
Fat	7.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	40.00g		
Fiber	3.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.50mg	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

2 oz. Cereal Bars

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43416
School:	Culver Middle/High School		

Ingredients

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

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

Yogurt

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37509
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	551741
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	60.00mg
Carbohydrates	18.00g
Fiber	0.00g
Sugar	11.50g
Protein	3.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Combo Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37529

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	1 1/2 Ounce	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Layer turkey, ham, and cheese on sub bun.

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	298.32		
Fat	9.35g		
SaturatedFat	4.17g		
Trans Fat	0.00g		
Cholesterol	56.05mg		
Sodium	869.02mg		
Carbohydrates	33.40g		
Fiber	2.00g		
Sugar	5.73g		
Protein	22.64g		
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

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37528

Ingredients

Description	Measurement	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce	199721
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	726567
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Layer ham, salami, pepperoni, and cheese on sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	356.70
Fat	14.50g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	78.00mg
Sodium	883.30mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 203.67mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26872
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 Ounce	100121
EGG HARD CKD PLD BIB 4-2.5 GCHC	1/2 Each	229431
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint	735787

Preparation Instructions

Assemble ingredients in container.

Offer with additional fresh vegetables, choose 2 grains (cheez-its, goldfish, pretzels), hot menued vegetable, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	187.64
Fat	9.70g
SaturatedFat	5.13g
Trans Fat	0.00g
Cholesterol	143.32mg
Sodium	467.16mg
Carbohydrates	6.28g
Fiber	2.00g
Sugar	2.50g
Protein	19.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 147.98mg	Iron 1.22mg

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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-37480
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
Shredded Mozzarella Cheese, Part Skim	1/2 Cup	100021

Preparation Instructions

Package all ingredients together. Reimbursable meal by itself. Must also offer fruit, menued vegetables, and milk.

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	4.00	Category:	Grain
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

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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 PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

BAKE chicken patties:

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Place chicken patty on bun.

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	390.00
Fat	16.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	680.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

Seasoned Green Beans

Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37611
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Green Beans, Low Sodium Canned	1 #10 CAN	100307
BASE HAM NO ADDED MSG 12-1 GCHC	1 Tablespoon	686691

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	25.81		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.04mg		
Carbohydrates	4.12g		
Fiber	2.06g		
Sugar	2.06g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donuts

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31355
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	738181
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each	371065
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each	371058
DONUT HOLE GLZD PULL APART IW 80-2.5Z	1 Each	371398

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	274.00		
Fat	12.20g		
SaturatedFat	5.30g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	272.00mg		
Carbohydrates	39.00g		
Fiber	2.20g		
Sugar	17.00g		
Protein	4.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.20mg

*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 Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43489
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	138941
EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z	1 Ounce	635671
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	687131

Preparation Instructions

Sausage:

Conventional Oven- Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.

Convection Oven- Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.

Egg Patty: Cook from frozen.

Top English muffin with sausage, egg, and cheese slice. Place in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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	320.00
Fat	15.33g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	730.00mg
Carbohydrates	23.67g
Fiber	1.00g
Sugar	1.50g
Protein	23.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 112.67mg	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

Marinara Meatball Sub

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43491
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Pound	785860
SAUCE SPAGHETTI 6-10 P/L	1 Pint 1 Cup (3 Cup)	744520
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	30 Each	276142

Preparation Instructions

Bake meatballs in sauce.

Top each bun with 4 meatballs.

Serve.

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: 30.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	329.97
Fat	11.93g
SaturatedFat	4.09g
Trans Fat	0.62g
Cholesterol	36.93mg
Sodium	460.08mg
Carbohydrates	37.55g
Fiber	3.43g
Sugar	7.65g
Protein	17.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.12mg	Iron 3.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Sandwich Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43490
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

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 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39208
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
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	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	380.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

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

Ranch Potato Wedges

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37563
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
Potatoes, Wedges, Low-sodium Frozen	2 Pound	100355
SEASONING MIX RNCH 6-16Z HVALL	2 Teaspoon	618684

Preparation Instructions

Spray potato wedges with butter spray. Sprinkle ranch powder on top. Bake.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	112.53
Fat	3.19g
SaturatedFat	1.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	154.40mg
Carbohydrates	17.82g
Fiber	2.13g
Sugar	0.00g
Protein	2.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29293
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330
POTATO BAKER IDAHO 80CT MRKN	3 Ounce	322385
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/4 Cup	310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	191.10
Fat	6.15g
SaturatedFat	2.55g
Trans Fat	0.29g
Cholesterol	37.75mg
Sodium	369.55mg
Carbohydrates	20.63g
Fiber	3.90g
Sugar	3.00g
Protein	15.38g
Vitamin A 1.70IU	Vitamin C 16.75mg
Calcium 96.08mg	Iron 2.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43418
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

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 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

California Blend

Servings:	86.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37612
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF PREM 30 GCHC	15 Pound	285740
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 86.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	12.92		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.34mg		
Carbohydrates	2.62g		
Fiber	1.50g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.04mg	Iron	0.50mg

*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 WHT 16-22Z GCHC	1 Each	266547
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	113.33		
Fat	4.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	171.67mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

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

Buttered Peas & Carrots

Servings:	70.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37621
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
PEAS & CARROT 12-2.5 GCHC	15 Pound	119458
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

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: 70.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.45		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.24mg		
Carbohydrates	7.73g		
Fiber	2.28g		
Sugar	3.04g		
Protein	1.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smoothie/Parfait

Servings:	6.00	Category:	Entree
Serving Size:	12.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20899
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Package	811500
1 % White Milk	1 1 cup	1% White
BANANA TURNING SNGL 150CT 40 P/L	3 Each	197769
STRAWBERRIES, DICED, CUPS, FROZEN	3 Each	100256
GRANOLA BAG IW 144-1Z FLDSTN	6 Package	649742
CHIP HARV CHED 104-SSV SUNCHIP	6 Package	105260

Preparation Instructions

No Preparation Instructions available.

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: 6.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	634.08
Fat	11.88g
SaturatedFat	1.43g
Trans Fat	0.00g
Cholesterol	10.50mg
Sodium	407.39mg
Carbohydrates	119.83g
Fiber	6.55g
Sugar	63.94g
Protein	16.31g
Vitamin A 37.76IU	Vitamin C 5.14mg
Calcium 330.85mg	Iron 1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37613
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound	100348
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

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	0.500

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	67.81		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.46mg		
Carbohydrates	16.21g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Turkey & Cheese Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43026

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	394123
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice	722360

Preparation Instructions

Add all items in container together to be served.

Updated 5.19.23

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	315.50
Fat	11.46g
SaturatedFat	4.80g
Trans Fat	0.06g
Cholesterol	37.70mg
Sodium	1102.44mg
Carbohydrates	31.00g
Fiber	2.70g
Sugar	3.50g
Protein	22.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.31mg	Iron 1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Peas

Servings:	70.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37614
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	15 Pound	100350
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

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	0.500

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.58		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	63.09mg		
Carbohydrates	11.33g		
Fiber	4.07g		
Sugar	4.07g		
Protein	4.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37565
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	25 Each	110921
SAUCE BBQ 6-80FLZ SWTBRAY	1 1/2 Cup	212071

Preparation Instructions

Cook Chicken as directed. Coat chicken in bbq sauce and hold in warmer until ready to serve.

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	133.60
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	359.20mg
Carbohydrates	8.16g
Fiber	0.00g
Sugar	7.68g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37615
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	15 Pound	110473
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.32		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	24.70mg		
Carbohydrates	5.09g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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 EGG 1/2 XTRA WD 2-5	25 Pound	292346
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

Mashed Potatoes

Servings:	41.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31849
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS PREM 10-29.3Z NATROWN	1 Package	193610

Preparation Instructions

RECONSTITUTE

1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan. 2: Add all potatoes, stir for 15-20 seconds. 3: Let stand for 5 minutes, 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	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.40		
Fat	0.99g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	258.06mg		
Carbohydrates	13.90g		
Fiber	1.99g		
Sugar	0.00g		
Protein	1.99g		
Vitamin A	1.93IU	Vitamin C	6.33mg
Calcium	8.36mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43496
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
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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: 1.00

Serving Size: 1.00 each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43495
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Strawberries IQF sliced	1/2 Cup	110860
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	811500

Preparation Instructions

Layer yogurt and strawberries (or other fruit) in cup.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	136.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.70mg
Carbohydrates	30.13g
Fiber	1.00g
Sugar	16.42g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	320.00	Category:	Grain
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

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

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20922
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving			
Calories	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37618

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, Low-sodium, Canned	3 #10 CAN	100309
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810
SUGAR BROWN LT 12-2 P/L	1 Cup	860311

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	54.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	146.42mg		
Carbohydrates	13.75g		
Fiber	2.02g		
Sugar	7.53g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29173
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
CROUTON PLAIN CUBE NT 10 FRSHGOURM	1/8 Cup	773590
DRESSING CAESAR 4-1 GAL GFS	1 Tablespoon	818201
CHEESE PARM SHRD FCY 10-2 PG	1/2 Tablespoon	460095

Preparation Instructions

Layer items as listed in container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	97.41		
Fat	7.84g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	210.00mg		
Carbohydrates	6.34g		
Fiber	0.12g		
Sugar	0.52g		
Protein	1.96g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.02mg	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

Gravy

Servings:	60.00	Category:	Condiments or Other
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31848
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	1 Package	242390

Preparation Instructions

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY

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: 60.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	25.30		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	404.78mg		
Carbohydrates	4.05g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.02mg	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

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

Italian Blend

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37616
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
VEG BLND ITAL 30 GCHC	15 Pound	285670
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	209810

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.98		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.70mg		
Carbohydrates	4.09g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	83.33IU	Vitamin C	3.33mg
Calcium	0.00mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Apples

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37568
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	1 #10 CAN	100206
SUGAR CANE GRANUL 50 GCHC	10 1/2 Ounce	425311
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Teaspoon	224723
JUICE LEM 6-.5GAL RSS	1/4 Cup	887320

Preparation Instructions

Drain apples, reserving juice. Add enough water to juice to make 1 ½ cups liquid.

Place apples into steamtable pan.

Sprinkle 10 ½ ounces sugar, 1 ½ teaspoons cinnamon, and ¼ cup lemon juice over apples. Stir to combine.

Pour 1 ½ cups liquid over apples.

Bake until apples are warm and bubbly.

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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	100.07		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.29mg		
Carbohydrates	25.32g		
Fiber	2.06g		
Sugar	22.22g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.02mg	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 Chips

Servings:	7.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37477
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	105260
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	696900
CHIP POT BKD 64-LSSV LAYS	1 Package	712560
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	456090
CHIP POT BKD VAR PK 2-30CT FRITOL	1 Each	903636
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	541502
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	788670

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	115.71
Fat	4.43g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	152.86mg
Carbohydrates	17.43g
Fiber	1.71g
Sugar	1.29g
Protein	1.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 18.57mg	Iron 0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available