

Cookbook for MIDDLE SCHOOL - IMLAY CITY

Created by HPS Menu Planner

Table of Contents

Yogurt Parfait Lunchable

Pretzel Lunchable

Ham & Cheese Lunchable

Yogurt Lunchable

Chips & Salsa Lunchable

Yogurt Parfait

WG Bosco Sticks w/ Marinara

Sausage and cheese lunchable

Strawberry Yogurt Lunchable

Totchos

Yogurt Parfait Lunchable

| | | | |
|----------------------|-----------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-4481 |
| School: | BORLAND RD - IMLAY CITY SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 1 Each | READY_TO_EAT Use one cheese stick per serving. | 786801 |
| YOGURT VAN L/F PARFPR 6-4 YOPL | 4 1/2 Ounce | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| STRAWBERRY 8 MRKN | 1/4 Cup | | 212768 |
| GRAPES RED LUNCH BUNCH 21AVG MRKN | 1/4 Cup | Leave on stems, wash, let sit to drain excess water, place in lunchable container. | 280895 |
| CARROTS, CHL, BABY, WHL PEEL 100/3 OZ PG | 1 Serving | | 812540 |
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 Serving | READY_TO_EAT cereal bars. Use one bar per serving. | 265891 |
| CRACKER GLDFSH HNY OAT WGRAIN 300-2CT | 1 Serving | READY_TO_EAT graham snack cracker. Use one pkg. per serving. | 770960 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.049 |
| Grain | 2.000 |
| Fruit | 0.361 |
| 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

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 518.30 |
| Fat | 11.53g |
| SaturatedFat | 3.42g |
| Trans Fat | 0.00g |
| Cholesterol | 14.20mg |
| Sodium | 537.55mg |
| Carbohydrates | 89.25g |
| Fiber | 6.13g |
| Sugar | 41.80g |
| Protein | 14.95g |
| Vitamin A 6208.96IU | Vitamin C 17.84mg |
| Calcium 821.81mg | Iron 6.87mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel Lunchable

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 Box | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39516 |
| School: | MIDDLE SCHOOL - IMLAY CITY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| PRETZEL SFT PREBKD WGRAIN 200-1Z JJ | 1 Each | | 607122 |
| SAUCE CHS JALAP 6-10 THNKU | 1 Cup | HEAT_AND_SERVE Ready to eat. Serve at a minimum temperature of 140 °F. READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F. | 521485 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | READY_TO_EAT Ready to eat. | 786580 |

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 1 Box

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 390.00 |
| Fat | 22.50g |
| SaturatedFat | 8.00g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 2580.00mg |
| Carbohydrates | 36.00g |
| Fiber | 1.00g |
| Sugar | 9.00g |
| Protein | 12.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 358.00mg | Iron 0.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Lunchable

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 Box | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39518 |
| School: | MIDDLE SCHOOL - IMLAY CITY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| HAM SMKD 5 W/A SLCNG 2PC GCHC | 3 Ounce | | 222569 |
| BUN HAMB HWN SLCD 4.5 6-12CT GCHC | 1 3/7 Each | | 633831 |
| CHIP TORTL RND R/F 64- 1.45Z TOSTIT | 2/5 Each | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED | 662512 |

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 1 Box

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 501.20 |
| Fat | 10.24g |
| SaturatedFat | 3.54g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 1440.10mg |
| Carbohydrates | 62.36g |
| Fiber | 4.03g |
| Sugar | 17.16g |
| Protein | 26.18g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 72.80mg | Iron 5.22mg |

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt Lunchable

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 Box | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39519 |
| School: | MIDDLE SCHOOL - IMLAY CITY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|----------------|-------------------------------|------------|
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 4 Ounce | READY_TO_EAT READY_TO_EAT | 885750 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | READY_TO_EAT Ready to eat. | 786580 |
| SNACK MIX STRAWB YOG WGRAIN 60-1.03Z | 1 0.03 Package | READY_TO_EAT Ready To Eat | 266020 |
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 5/12 Each | READY_TO_EAT Ready to Eat | 265891 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.700 |
| 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 1 Box

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 511.10 |
| Fat | 14.06g |
| SaturatedFat | 5.03g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 482.05mg |
| Carbohydrates | 82.29g |
| Fiber | 6.32g |
| Sugar | 28.54g |
| Protein | 14.90g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 624.60mg | Iron 3.14mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chips & Salsa Lunchable

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 Box | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39520 |
| School: | MIDDLE SCHOOL - IMLAY CITY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| CHIP TORTL RND R/F 64-1.45Z TOSTIT | 1 Each | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED | 662512 |
| SALSA CUP 84-3Z REDG | 1 Each | HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat | 677802 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 2 Each | READY_TO_EAT Ready to eat. | 786580 |

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 | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 Box

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 389.30 |
| Fat | 19.00g |
| SaturatedFat | 9.00g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 750.50mg |
| Carbohydrates | 33.00g |
| Fiber | 3.00g |
| Sugar | 5.00g |
| Protein | 15.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 436.00mg | Iron 0.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 Box | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39522 |
| School: | MIDDLE SCHOOL - IMLAY CITY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 1 Cup | READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup | 811500 |
| CRACKER GRHM HNY MAID LIL SQ 72-1.06Z | 1 Package | | 503370 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.866 |
| 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: 1.00

Serving Size: 1.00 1 Box

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 353.88 |
| Fat | 4.49g |
| SaturatedFat | 0.75g |
| Trans Fat | 0.00g |
| Cholesterol | 7.46mg |
| Sodium | 269.40mg |
| Carbohydrates | 70.27g |
| Fiber | 2.00g |
| Sugar | 40.84g |
| Protein | 9.46g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 278.66mg | Iron 0.90mg |

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Nutrition - Per 100g

No 100g Conversion Available

WG Bosco Sticks w/ Marinara

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 2 @ 6" /2.5 oz ea | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39721 |
| School: | MIDDLE SCHOOL - IMLAY CITY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| BREADSTICK CHS STFD WGRAIN 6 144CT | 2 Each | <p>CONVECTION Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> | 235411 |
| SAUCE MARINARA DIPN CUP 84-2.5Z REDG | 1 Each | <p>HEAT_AND_SERVE Heat & Serve</p> <p>MIX Heat & Serve</p> <p>READY_TO_DRINK Heat & Serve</p> <p>READY_TO_EAT Heat & Serve</p> <p>UNPREPARED Heat & Serve</p> <p>UNSPECIFIED Heat & Serve</p> | 677721 |

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 | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 2 @ 6" /2.5 oz ea

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 350.00 |
| Fat | 11.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 680.00mg |
| Carbohydrates | 44.00g |
| Fiber | 4.00g |
| Sugar | 8.00g |
| Protein | 22.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 444.00mg | Iron 2.70mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sausage and cheese lunchable

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 Box | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39722 |
| School: | MIDDLE SCHOOL - IMLAY CITY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| CHIP TORTL RND R/F 64-1.45Z TOSTIT | 1 Each | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED | 662512 |
| CHEESE COLBY JK CUBE IW 200-1Z LOL | 1 Each | BAKE | 680130 |
| SNACK STIX BF SAUSAGE IW 144-0.5Z | 2 Each | | 565850 |
| SNACK MIX CHEX CHED WGRAIN 60-.92Z | 1 Each | READY_TO_EAT Ready to eat | 599282 |

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 1 Box

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 460.00 |
| Fat | 18.50g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 850.00mg |
| Carbohydrates | 50.00g |
| Fiber | 5.00g |
| Sugar | 4.00g |
| Protein | 20.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 234.00mg | Iron 2.02mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Yogurt Lunchable

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 Box | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39724 |
| School: | MIDDLE SCHOOL - IMLAY CITY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHEESE COLBY JK CUBE IW 200-1Z LOL | 1 Ounce | BAKE | 680130 |
| YOGURT STRAWB TUBE 2Z 6-16CT GOGURT | 2 Each | READY_TO_EAT Ready to Eat | 895090 |
| CHIP SPCY SWT REDC 72- 1Z SSV DORIT | 1 Package | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 788670 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | | 557991 |

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 1 Box

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 503.40 |
| Fat | 19.40g |
| SaturatedFat | 7.10g |
| Trans Fat | 0.00g |
| Cholesterol | 65.00mg |
| Sodium | 570.00mg |
| Carbohydrates | 70.00g |
| Fiber | 4.00g |
| Sugar | 28.00g |
| Protein | 16.60g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 497.46mg | Iron 1.80mg |

*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 1 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39798 |
| School: | MIDDLE SCHOOL - IMLAY CITY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|--|------------|
| SAUCE CHS JALAP 6-10 THNKU | 2 Ounce | HEAT_AND_SERVE Ready to eat. Serve at a minimum temperature of 140 °F. READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F. | 521485 |
| POTATO TATER TOTS 6-5 OREI | 3 Ounce | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES. | 141510 |
| TACO FILLING BEEF R/SOD 6-5 JTM | 3 Ounce | BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned. | 175983 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.324 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.595 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 352.03 |
| Fat | 18.89g |
| SaturatedFat | 5.18g |
| Trans Fat | 0.00g |
| Cholesterol | 59.24mg |
| Sodium | 1256.76mg |
| Carbohydrates | 26.26g |
| Fiber | 3.49g |
| Sugar | 2.00g |
| Protein | 18.88g |
| Vitamin A 457.20IU | Vitamin C 4.29mg |
| Calcium 58.82mg | Iron 2.21mg |

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

Nutrition - Per 100g

No 100g Conversion Available