

Cookbook for Certification High School

Created by HPS Menu Planner

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Orange Glazed Sweet Potatoes



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11729
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1 Pint		733061
GINGER CHPD IN OIL 12-4.25Z	1 Cup		464310
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1 Quart		119997
SUGAR BROWN LT 12-2 P/L	1 Quart 1 Pint (6 Cup)		860311
SPICE CINNAMON GRND 15Z TRDE	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)		224723
SPICE NUTMEG GRND 16Z TRDE	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)		224944
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
FLAVORING VANILLA IMIT 1-QT KE	1 Ounce		110736
POTATO SWT DCD 3/4 2-5 P/L	16 1/2 Pound		869351
STARCH CORN 24-1 ARGO	1/4 Cup		108413
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart		350882

Preparation Instructions

Directions:

In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2-3 minutes. Remove from heat and set aside for step 2.

Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommended to cook in batches of 25. Set remaining ginger mixture aside for step 6.

Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.

Critical Control Point: Heat to 135 °F or higher.

While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium-high heat. Bring to a boil.

Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.

Add cranberries. Simmer uncovered for 1 minute. Stir well. Set aside for step 9.

After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 12 scoop (1/3 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup red/orange vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup vegetable and 1/8 cup fruit.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	146.70
Fat	3.76g
SaturatedFat	1.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	143.27mg
Carbohydrates	28.65g
Fiber	1.71g
Sugar	19.83g
Protein	0.82g
Vitamin A 7374.75IU	Vitamin C 10.40mg
Calcium 14.34mg	Iron 0.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tuna and Noodles



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11756
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL EGG 1/4 MED 2-5 KE	4 1/2 Pound		654541
MARGARINE SLD 30-1 GCHC	1 Pint		733061
CELERY JUMBO 16-24CT 40 MARKON	1 1/2 Quart		198536
ONION YELLOW JUMBO 50 MRKN	1 3/4 Pound		200778
PEPPERS GREEN XL 40-50CT 20 MRKN	1 1/8 Quart		147192
WHOLE WHEAT FLOUR STONE GROUND 50	1 Quart		330094
MILK WHT FF 4-1GAL RGNLBRND	1 Gallon		557862
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon		225037
PARSLEY CALIF CLND 4-1 RSS	1 Ounce		272396
TUNA CHNK WHT ALBA 6-66.5Z GCHC	16 Pound 10 Ounce (266 Ounce)	4 cans	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart		222011
LEMON JUICE 100 12-32FLZ GCHC	1 1/3 Cup		311227

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX 12-5 COLLEGE INN	1 Gallon		264865

Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	16.369
Grain	1.000
Fruit	0.000
GreenVeg	0.045
RedVeg	0.000
OtherVeg	0.340
Legumes	0.000
Starch	0.050

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	645.32
Fat	5.77g
SaturatedFat	1.84g
Trans Fat	0.00g
Cholesterol	207.69mg
Sodium	709.30mg
Carbohydrates	37.03g
Fiber	2.42g
Sugar	4.80g
Protein	114.59g
Vitamin A 378.23IU	Vitamin C 6.19mg
Calcium 103.76mg	Iron 1.66mg

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Nutrition - Per 100g

No 100g Conversion Available

Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12051
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon		518551
JUICE LIME 4-1GAL REALIME	1 Cup		199028
SPICE PARSLEY FLAKES 2Z TRDE	1 Cup		259195
SPICE CUMIN GRND 5 TRDE	1 Fluid Ounce		777072
GARLIC WHL FRSH 5	7/8 Cup		907673
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1/2 Cup		524948
HONEY SQZ BTL 16Z 4-3CT GCHC	1 Pint		217523
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
CORN CUT IQF 30 GCHC	1 Pint 1 1/4 Cup (3 1/4 Cup)	BAKE	285620
PEPPERS GREEN DCD 1/4 2-3 RSS	1 1/2 Pound		198331
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330
ONION RED DCD 1/4 2-5 RSS	1 Pint		429201
PEPPERS JALAP SLCD 128CT 4-1GAL P/L	4 Ounce		466240
CHEESE CHED SHRD 6-5 COMM	2 Pound		199720

Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Meal Components (SLE)

Amount Per Serving

Meat	0.320
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.138
Legumes	0.256
Starch	0.007

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	134.05
Fat	4.02g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	9.60mg
Sodium	205.66mg
Carbohydrates	18.57g
Fiber	4.93g
Sugar	6.64g
Protein	5.74g
Vitamin A 240.12IU	Vitamin C 14.37mg
Calcium 9.50mg	Iron 0.21mg

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Nutrition - Per 100g

No 100g Conversion Available

Sauteed Spinach and Tomatoes



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12056
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	3/4 Cup		733061
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992
GARLIC MINCED IN WTR 12-32Z	1/2 Cup		907713
GINGER FRSH 5 P/L	1/2 Cup		552321
SPICE PEPR RED CRUSHED 12Z TRDE	1 1/3 Tablespoon		430196
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Gallon 2 1/2 Quart (6 1/2 Quart)		329401
TOMATO PASTE 26 6-10 GCHC	1 Pint 1 1/2 Cup (3 1/2 Cup)		100196
SALT IODIZED 25 CARG	1 Fluid Ounce		108286
ONION DCD IQF 6-4 GCHC	3 Quart		261521

Preparation Instructions

Directions:

Heat margarine over medium heat in a large stock pot.

Add onions, bell peppers, garlic, ginger, and red pepper flakes. Saute uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.

Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.

Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 16 scoop (1/3 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 16 scoop) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other

5: vegetable

6: CACFP Crediting Information: 1/3 cup (No. 16 scoop) provides 3/8 cup vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.200
OtherVeg	0.178
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	29.96
Fat	1.34g
SaturatedFat	0.54g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	168.15mg
Carbohydrates	3.93g
Fiber	0.84g
Sugar	2.02g
Protein	0.67g
Vitamin A 330.05IU	Vitamin C 14.21mg
Calcium 9.97mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich With Yogurt



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12480
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Peanut Butter, Smooth	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)		51540
Jellies	100 serving 1 tbsp		19300
Yogurt, High-Protein, Strawberry, Cups	3 Gallon 1 Pint (50 Cup)		51545

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	517.13
Fat	18.24g
SaturatedFat	3.46g
Trans Fat	0.01g**
Cholesterol	5.99mg
Sodium	502.50mg
Carbohydrates	66.01g
Fiber	6.05g
Sugar	29.53g
Protein	23.99g
Vitamin A 2.97IU	Vitamin C 4.98mg
Calcium 204.50mg	Iron 2.34mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich W/Yogurt

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12504
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650
JELLY APPLE-GRAPE 6-10 GCHC	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)		100927
PEANUT BUTTER SMOOTH 35 GFS	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)		279013
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	100 Each	READY_TO_EAT READY_TO_EAT	885750

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	490.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	400.00mg
Carbohydrates	72.00g
Fiber	6.00g
Sugar	38.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 2.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Muffin Squares



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17623
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND 50	2 Quart		330094
FLOUR BRD BLCHD SEAL OF 50 ARDENT	1 5/8 Quart		284351
BAKING POWDER 6-5 CLABBER GIRL	1 Fluid Ounce		361032
BAKING SODA 36Z GCHC	1 1/3 Tablespoon		513849
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE CINNAMON GRND 15Z TRDE	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)		224723
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon		224944
SPICE GINGER GRND 16Z TRDE	2 Teaspoon		513695
SUGAR BROWN MED 50 GCHC	1 2/3 Quart		580449
OIL CANOLA 9-48FLZ P/L	1 Pint 1 Cup (3 Cup)		330252
EGG WHL LIQ W/CITRIC 15-2 GCHC	2/3 Cup		874302

Description	Measurement	Prep Instructions	DistPart #
EGG LIQ SUB FF CHOLEST FR 15-2 GCHC	1 3/10 Cup		762841
EXTRACT VANILLA PURE 1-PT GCHC	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)		513873
PUMPKIN FCY 6-10 GCHC	2 1/3 Quart		186244
RAISINS DRD GOLDEN 1-5	10 Ounce		559970

Preparation Instructions

Directions:

Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine sugar and oil in a large bowl.

Add eggs and vanilla extract. Stir well.

Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.

Fold in pumpkin and raisins. Stir well.

Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until golden brown:

Conventional oven: 350 °F for 40-45 minutes. Convection oven: 325 °F for 35-40 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	134.01
Fat	0.97g
SaturatedFat	0.14g
Trans Fat	0.00g
Cholesterol	5.98mg
Sodium	218.85mg
Carbohydrates	29.51g
Fiber	1.86g
Sugar	15.55g
Protein	3.21g
Vitamin A 0.00IU	Vitamin C 0.09mg
Calcium 28.70mg	Iron 0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toasted Cheese Sandwich D-07

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18865
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1 1/2 Cup		733061
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650
CHEESE AMER 160CT SLCD R/F 6-5 LOL	200 Slice		722360

Preparation Instructions

Directions:

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

Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

Top each slice of bread with 2 slices (2 oz) of cheese.

Cover with remaining bread slices.

Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

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.

Notes:

1: Comments:

2: *See Marketing Guide.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	234.00
Fat	8.64g
SaturatedFat	3.58g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	646.40mg
Carbohydrates	26.00g
Fiber	4.00g
Sugar	3.00g
Protein	13.00g
Vitamin A 180.00IU	Vitamin C 0.00mg
Calcium 272.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

ARL Buttered Green Beans

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22012
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	1 Cup	BAKE	100307
Milk, fluid, 1% fat, without added vitamin A and vitamin D	1 Cup	bake with beans	1175

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 Cup

Amount Per Serving

Calories	134.48
Fat	2.37g
SaturatedFat	1.54g
Trans Fat	0.00g**
Cholesterol	12.20mg
Sodium	387.36mg
Carbohydrates	18.18g
Fiber	4.00g
Sugar	14.69g
Protein	10.22g
Vitamin A 114.68IU	Vitamin C 0.00mg
Calcium 305.00mg	Iron 0.07mg

*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

Strawberries and Whipped Cream

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27240
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	6 Gallon 1 Quart (100 Cup)		212768
CREAM WHIP 40 HVY ESL 12-1QT GCHC	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)	Whipped Cream - Yield 2X volume after whipped	428801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.600
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	168.60
Fat	12.48g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1.55mg
Carbohydrates	11.91g
Fiber	3.10g
Sugar	7.15g
Protein	1.07g
Vitamin A 18.24IU	Vitamin C 89.34mg
Calcium 24.31mg	Iron 0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Celery Sticks w/ Peanut Butter



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30561
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED 10 RSS	14 Pound		478318
USDA Commodity Smooth Peanut Butter	3 Quart 1/2 Cup (12 1/2 Cup)		100396

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).
Wash and cut celery into 1/2 inch by 4 inch sticks. Portion 6 celery sticks into 5.5 ounce souffle. Portion 2 tablespoons of peanut butter into 2 ounce souffle, serve together.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.512
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	208.91		
Fat	16.10g		
SaturatedFat	3.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.80mg		
Carbohydrates	10.05g		
Fiber	3.02g		
Sugar	4.02g		
Protein	7.46g		
Vitamin A	285.10IU	Vitamin C	1.97mg
Calcium	25.40mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak - 29002

NO IMAGE

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31549
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	1 Pound 11 Ounce (27 Ounce)	(38.4 oz turkey, raw, ground; no more than 15% fat)	5669
Cereals, oats, regular and quick, not fortified, dry	7 Ounce		8120
Soup, beef broth, less/reduced sodium, ready to serve	1/2 Cup		6188
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1 1/2 Ounce		1154
Onions, cooked, boiled, drained, without salt	4 2/3 Ounce		11283
Spices, parsley, dried	1/8 Cup		2029
Spices, pepper, black	1 1/4 tsp, ground		2030
Salt, table	2 1/2 Teaspoon		2047
Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	1 Pound 3 Ounce (19 Ounce)	(25.6 oz beef, ground, raw, no more than 15% fat)	23570
Egg, white, raw, fresh	1/2 Cup		1124
Soup, chicken broth, low sodium, canned	1 Quart 1/4 Cup (4 1/4 Cup)		6970
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	2 1/2 Ounce		20080

Description	Measurement	Prep Instructions	DistPart #
Margarine-like spread, SMART BEAT Smart Squeeze	2 Ounce		4676
Mushrooms, white, cooked, boiled, drained, without salt	2 Ounce		11261
Spices, onion powder	1 Teaspoon		2026
Mustard, prepared, yellow	1 Tablespoon		2046
Tomato products, canned, puree, without salt added	4 Ounce		11547

Preparation Instructions

Preparation Instructions: Combine all ingredients and bake at 350 F.

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 Serving

Amount Per Serving	
Calories	194.33
Fat	9.60g
SaturatedFat	2.85g
Trans Fat	0.20g**
Cholesterol	51.94mg
Sodium	336.85mg
Carbohydrates	10.36g
Fiber	1.46g
Sugar	1.65g
Protein	16.87g
Vitamin A 231.32IU	Vitamin C 1.22mg**
Calcium 53.04mg**	Iron 1.99mg**

*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

Calories	157.99
Fat	7.81g
SaturatedFat	2.32g
Trans Fat	0.16g**
Cholesterol	42.23mg
Sodium	273.86mg
Carbohydrates	8.42g
Fiber	1.18g
Sugar	1.34g
Protein	13.72g
Vitamin A 188.06IU	Vitamin C 0.99mg**
Calcium 43.12mg**	Iron 1.62mg**

*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.

ARL unflavored skim milk

NO IMAGE

Servings:	100.00	Category:	Milk
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32115
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk, fluid, 1% fat, without added vitamin A and vitamin D	6 Gallon 1 Quart (50 Pint)		1175
Cream, fluid, heavy whipping	2 cup, fluid (yields 2 cups whipped)		1053

Preparation Instructions

100 cups of milk for service.

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	106.59
Fat	2.80g
SaturatedFat	1.82g
Trans Fat	0.01g**
Cholesterol	13.57mg
Sodium	107.69mg
Carbohydrates	12.21g
Fiber	0.00g
Sugar	12.72g
Protein	8.26g
Vitamin A 132.47IU	Vitamin C 0.01mg
Calcium 305.80mg	Iron 0.07mg

*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

Salisbury Steak - arl



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32578
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	1 Pound 11 Ounce (27 Ounce)	(38.4 oz turkey, raw, ground; no more than 15% fat)	5669
Oats, rolled, unenriched, quick cooking, dry, no salt added [100466]	7 Ounce		50456
Soup, beef broth, less/reduced sodium, ready to serve	1/2 Cup		6188
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1 1/2 Ounce		1154
Onions, cooked, boiled, drained, without salt	4 2/3 Ounce		11283
Spices, parsley, dried	1/8 Cup		2029
Spices, pepper, black	1 1/4 tsp, ground		2030
Salt, table	2 1/2 Teaspoon		2047
Beef, fine ground, crumbles, pan-browned, 15% fat [100158]	1 Pound 3 Ounce (19 Ounce)	(25.6 oz beef, ground, raw, no more than 15% fat)	50512
Soup, chicken broth, low sodium, canned	1 Quart 1/4 Cup (4 1/4 Cup)		6970
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	2 1/2 Ounce		20080
Margarine-like spread, SMART BEAT Smart Squeeze	2 Ounce		4676

Description	Measurement	Prep Instructions	DistPart #
Mushrooms, white, cooked, boiled, drained, without salt	2 Ounce		11261
Spices, onion powder	1 Teaspoon		2026
Mustard, prepared, yellow	1 Tablespoon		2046
Tomatoes, Diced, No Salt Added, Canned	4 Ounce		51504

Preparation Instructions

Preparation Instructions: Combine all ingredients and bake at 350 F.

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: 25.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	192.29
Fat	9.51g
SaturatedFat	2.83g
Trans Fat	0.08g**
Cholesterol	51.78mg
Sodium	335.88mg
Carbohydrates	9.30g
Fiber	1.36g
Sugar	1.47g**
Protein	16.93g
Vitamin A	226.25IU
Vitamin C	1.22mg**
Calcium	52.64mg**
Iron	1.91mg**

*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

Apples + Cheese arl



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32590
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	100 Serving	READY_TO_EAT Rinse under cool water and let dry	310
Cheddar Cheese Stick	6 Pound 4 Ounce (100 Ounce)		
Bananas, raw	100 cup, mashed		9040
Crackers; Cheez-It Crackers Pepper Jack, 36/3 oz	1		119235

Preparation Instructions

Added 119235 to recipe on 07/28/22

Changed the amount to 100 ounce and a conversion is showing 1.000 0 = 1.000 ounce. It has not change the nutrition for this recipe.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	1.000
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 Serving

Amount Per Serving

Calories	408.25		
Fat	9.74g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	194.25mg		
Carbohydrates	75.92g		
Fiber	9.85g		
Sugar	45.36g		
Protein	8.88g		
Vitamin A	144.00IU	Vitamin C	19.58mg
Calcium	38.25mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

ARL - Tornado Bfast

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Tornado	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33904
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
A breakfast Tornado with a blend of scrambled eggs, crumbled turkey sausage, tomatoes, cheddar and Monterey Jack Cheeses, jalapeno and picante sauce wrapped in a freshly baked whole grain tortilla that is partially fried to a golden crisp.	1 Each		122530
PANCAKE & PORK SAUSAGE ON A STICK, FULLY COOKED, FROZEN, INDIVIDUAL OVEN-SAFE WRAPPERS, WHOLE GRAIN PANCAKE BATTER AROUND A MAPLE FLAVOR PORK SAUSAGE, PROVIDES 1.0 oz EQUIVALENT MEAT FOR CN + 1.25 oz EQUIVALENT GRAINS, CONTAINS WHEAT,SOY, EGG, MILK	1		120106

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: 100.00

Serving Size: 1.00 Tornado

Amount Per Serving

Calories	3.56
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.57mg
Sodium	7.43mg
Carbohydrates	0.44g
Fiber	0.04g
Sugar	0.09g
Protein	0.16g
Vitamin A 0.06IU**	Vitamin C 0.00mg**
Calcium 0.17mg**	Iron 0.01mg**

*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

Spaghetti and Meat Sauce ARL



NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36430
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, fine ground, crumbles, pan-browned,15% fat [100158]	6 Pound	6 lbs and 6 oz	50512
Onions, cooked, boiled, drained, without salt	3 9/10 Ounce		11283
Peppers, sweet, green, cooked, boiled, drained, without salt	3 2/3 Ounce		11334
Spices, garlic powder	1 Tablespoon		2020
Spices, pepper, black	1 1/2 tsp, ground		2030
Tomato products, canned, puree, without salt added	5 Pound		11547
Salt, table	1 Tablespoon	1 T + 1 tsp	2047
Soup, beef broth, less/reduced sodium, ready to serve	1 Quart		6188
Soup, chicken broth, low sodium, canned	1 Quart 2 Fluid Ounce (34 Fluid Ounce)		6970
Spices, parsley, dried	1/4 Cup		2029
Spices, basil, dried	2 tbsp, ground		2003
Spices, oregano, dried	1 Fluid Ounce		2027

Description	Measurement	Prep Instructions	DistPart #
Spices, marjoram, dried	1 Tablespoon		2023
Spices, thyme, dried	1 1/2 tsp, ground		2042
Carrots, cooked, boiled, drained, without salt	1 Pound	1 lb + 2.4 oz	11125
Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	25 1/2 cup spaghetti not packed		20125

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: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	99.99		
Fat	1.22g		
SaturatedFat	0.20g		
Trans Fat	0.00g**		
Cholesterol	0.19mg		
Sodium	30.47mg		
Carbohydrates	19.90g		
Fiber	2.69g		
Sugar	1.32g**		
Protein	4.35g		
Vitamin A	85.34IU	Vitamin C	3.13mg
Calcium	13.36mg	Iron	1.39mg

*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

ARL NUP Snack

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36451
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	6 Gallon 1 Quart (100 Cup)		1085
Crackers; Cheez-It Crackers Pepper Jack, 36/3 oz	6 Pound 4 Ounce (100 Ounce)		119235
Angela test missing cheese	6 Pound 4 Ounce (100 Ounce)	PREPARED	901996
Cheese, Cheddar, White, Shredded	6 Pound 4 Ounce (100 Ounce)		51554
Bread, whole-wheat, commercially prepared	100 Slice		18075

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	426.94
Fat	15.32g
SaturatedFat	7.37g
Trans Fat	0.01g**
Cholesterol	34.90mg**
Sodium	428.50mg**
Carbohydrates	30.82g
Fiber	1.92g
Sugar	13.86g
Protein	24.24g
Vitamin A 500.76IU**	Vitamin C 0.00mg**
Calcium 400.42mg	Iron 1.86mg

*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

Chicken Breast Sandwich KC



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38087
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	12 Pound 8 Ounce (200 Ounce)		5747
Rolls, dinner, whole-wheat	100 roll (hamburger, frankfurter roll)		18348

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	184.33		
Fat	3.55g		
SaturatedFat	0.87g		
Trans Fat	0.01g**		
Cholesterol	58.93mg		
Sodium	222.90mg		
Carbohydrates	18.98g		
Fiber	2.78g		
Sugar	3.14g		
Protein	20.54g		
Vitamin A	18.13IU	Vitamin C	0.00mg
Calcium	42.19mg	Iron	1.16mg

*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

Peanut Butter and Jelly Sandwich with Black hummus on side



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38382
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Jellies	100 serving 1 tbsp		19300
Peanut butter, smooth style, without salt	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		16398
Black Bean Hummus USDA Recipe for Schools	1 Gallon 2 Quart 1 Cup (25 Cup)		51673

Preparation Instructions

Black bean hummus is served on the side.

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 Serving

Amount Per Serving

Calories	375.60
Fat	11.84g
SaturatedFat	2.36g
Trans Fat	0.02g**
Cholesterol	0.00mg
Sodium	399.76mg
Carbohydrates	55.15g
Fiber	7.97g
Sugar	16.21g
Protein	14.54g
Vitamin A 58.10IU	Vitamin C 5.62mg
Calcium 144.14mg	Iron 2.53mg

*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

Cheese Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40251
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Cheese, cheddar, sharp, sliced	100 slice (1 oz)		1270

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Serving

Amount Per Serving

Calories	214.14
Fat	6.60g
SaturatedFat	2.96g
Trans Fat	0.16g
Cholesterol	12.76mg
Sodium	374.23mg
Carbohydrates	27.61g
Fiber	3.84g
Sugar	2.81g
Protein	11.09g
Vitamin A 130.07IU	Vitamin C 0.00mg
Calcium 194.71mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni and Pineapple Pizza



Servings:	150.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43993
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	18 3/4 cup, chunks		9354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

Amount Per Serving

Calories	292.98
Fat	11.07g
SaturatedFat	3.56g
Trans Fat	0.00g
Cholesterol	15.24mg
Sodium	539.98mg
Carbohydrates	36.54g
Fiber	4.23g
Sugar	11.23g
Protein	15.10g
Vitamin A 477.40IU	Vitamin C 2.13mg
Calcium 243.65mg	Iron 2.73mg

*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

Broccoli Salad



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44023
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	9 Gallon 1 Quart 1 Pint (150 Cup)		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)		42158

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	42.00		
Fat	2.40g		
SaturatedFat	0.41g		
Trans Fat	0.00g**		
Cholesterol	0.00mg		
Sodium	279.93mg		
Carbohydrates	4.87g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.33g		
Vitamin A	20.10IU	Vitamin C	0.89mg
Calcium	11.27mg	Iron	0.09mg

*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

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