

Cookbook for Akron School

Created by HPS Menu Planner

Table of Contents

Whole Grain Cereal Variety

Salad Bar

Broccoli

Chicken Patty on Bun

Cooked Carrots

Hot Dog on Bun

Baked Beans

Sloppy Joe -(Commodity Hamburger)

Mashed Potatoes

Chicken & Noodles (Akron)

Peas

Corn

Idaho Nachos

Broccoli & Cheese Soup

Toasted Cheese Sandwich

Tomato Soup

Ham & Turkey Wrap

Black Bean Salad

Chili

Green Bean Casserole

Chicken Gravy

Mac-N-Cheese

Tater Tot Casserole

Green Beans

Whole Grain Cereal Variety

Servings:	15.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9210
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	704280
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190

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: 15.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	106.72		
Fat	1.01g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	154.83mg		
Carbohydrates	23.87g		
Fiber	2.09g		
Sugar	6.67g		
Protein	1.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.67mg	Iron	4.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar

Servings:	84.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9202
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK STIX BF HNY PEPRD 216CT	40 Each		402053
CHEESE COTTAGE SML 1 4-5 GCHC	1 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart 3/4 Cup (12 3/4 Cup)		150250
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Pound 11 7/9 Ounce (59 7/9 Ounce)		100187
EGG HRD CKD DCD IQF 4-5 GCHC	1 Cup 1 Fluid Ounce (18 Tablespoon)		192198
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	22 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ IW 168-1Z LOL	17 Each		786580
LETTUCE ROMAINE CHOP 6-2 RSS	5 Gallon 1 Quart (84 Cup)		735787
Grape Tomatoes	7/8 Cup		749041
CARROT STIX STRAIGHT CUT 2-5 RSS	30 Each		576646
CUCUMBER 1-24CT MARKON	1 Pint 1 3/4 Cup (3 3/4 Cup)		238653
PEPPERS GREEN STRP 3/4 2-3 RSS	1 1/4 Ounce		849995
CELERY STIX 4-3 RSS	0 Cup		781592
BEAN GARBANZO 6-10 GCHC	1 Cup		118753
PEAS FRZN 30	0 Cup	BAKE	100350
BANANA TURNING 40 P/L	18 Each		200999
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	5 Each		198013

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	2 Quart 1 Pint 1 1/2 Cup (11 1/2 Cup)		197831
APPLE FRSH SLCD 100-2Z P/L	21 Package	BAKE	473171
CRACKER GLDFSH CHED WGRAIN 300-.75Z	34 Package		736280
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	9 Package	READY_TO_EAT Ready to Eat	893711
Savory Bites Wheat Crackers	12 Each		74131
DRESSING RNCH CLSC CUP 120-1FLZ LTHSE	38 Each	READY_TO_EAT Open, pour and enjoy!	750851
DRESSING FREN HNY PKT 120-1.5Z MARZ	17 Each		266515
Zee Zees Sunflower Kernels, Roasted	18 Each		B87860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.298
Grain	0.798
Fruit	0.384
GreenVeg	0.500
RedVeg	0.056
OtherVeg	0.046
Legumes	0.012
Starch	0.000

Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	419.00
Fat	23.19g
SaturatedFat	7.30g
Trans Fat	0.00g
Cholesterol	53.24mg
Sodium	694.86mg
Carbohydrates	38.71g
Fiber	3.83g
Sugar	18.24g
Protein	15.76g
Vitamin A 1021.84IU	Vitamin C 11.44mg
Calcium 241.56mg	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

Broccoli

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9248
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	30 Pound		610902
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.847
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	36.74
Fat	0.94g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	16.94mg
Carbohydrates	5.65g
Fiber	3.39g
Sugar	1.13g
Protein	3.39g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.77mg	Iron 1.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9245
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE 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.	558061
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	390.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	700.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	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

Cooked Carrots

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9265
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405
CARROT SLCD C/C MED/LRG 30 GCHC	30 Pound		285680

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	41.02
Fat	0.94g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	48.75mg
Carbohydrates	7.58g
Fiber	3.25g
Sugar	4.33g
Protein	1.08g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 43.59mg **Iron** 0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9253
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	17.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	750.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	4.00g
Protein	10.00g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 60.11mg	Iron 1.76mg

*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:	46.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9220
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK NAVY 6-10 GCHC	3 #10 CAN		118826
SUGAR BROWN LT 12-2 GFS	1/4 Cup		314641
SUGAR CANE GRANUL 25 GCHC	1/4 Cup		108642
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Pint 1 Cup (3 Cup)	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	200621
SAUCE BBQ 4-1GAL SWTBRAY	1 Pint 1 Cup (3 Cup)	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	655937
SPICE ONION POWDER 19Z TRDE	1/2 Cup		126993
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Fluid Ounce		860221
MOLASSES 4-1GAL P/L	1 Cup		234303

Preparation Instructions

1. Drain 3 can of beans and place in pan.
2. Add all other ingredients to pan and make sure combined together.

3. Bake at 350 degrees for 45 minutes

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	0.750
Starch	0.000

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	284.36
Fat	1.57g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	805.24mg
Carbohydrates	62.09g
Fiber	7.83g
Sugar	30.26g
Protein	10.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 92.18mg	Iron 3.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe -(Commodity Hamburger)

Servings:	78.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33851
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound		100158
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Quart		200621
SAUCE BBQ 4-1GAL SWTBRAY	1 Quart 1 Cup (5 Cup)		655937
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Fluid Ounce		860221
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SUGAR CANE GRANUL 25 GCHC	1 Cup		108642
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup		223255

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 78.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	185.71		
Fat	9.19g		
SaturatedFat	3.06g		
Trans Fat	1.53g		
Cholesterol	0.00mg		
Sodium	230.47mg		
Carbohydrates	15.69g		
Fiber	0.04g		
Sugar	14.08g		
Protein	10.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.48mg	Iron	0.01mg

*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-36620
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GOLD EXCEL 8-31Z BAMER	1 Package		872140

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: 41.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.44		
Fat	1.65g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	362.74mg		
Carbohydrates	15.66g		
Fiber	1.65g		
Sugar	0.82g		
Protein	1.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.24mg	Iron	0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles (Akron)

Servings:	29.00	Category:	Condiments or Other
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19942
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 Pound		570533
BROTH CHIX NO MSG 12-5 HRTHSTN	1 #10 CAN 1 2/11 #5 CAN (3 #5 CAN)		261564
BASE CHIX 12-1 KE	1 Fluid Ounce		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061
PASTA NOODL EGG FZ 4-3 REAMES	1 1/4 Package		245046

Preparation Instructions

Add all ingredients in a 4 inch pan. Cover pan with paper and foil and bake at 350 degrees for 45 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.839
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 29.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	264.91		
Fat	5.75g		
SaturatedFat	1.62g		
Trans Fat	0.00g		
Cholesterol	102.54mg		
Sodium	527.89mg		
Carbohydrates	32.52g		
Fiber	0.00g		
Sugar	0.00g		
Protein	18.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas

Servings:	402.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9267
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/4 Pound		299405
PEAS FZ 30 COMM	12 Gallon 2 Quart 1 Cup (201 Cup)		110510

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: 402.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.95
Fat	1.09g
SaturatedFat	0.70g
Trans Fat	0.00g
Cholesterol	2.99mg
Sodium	58.00mg
Carbohydrates	11.00g
Fiber	4.00g
Sugar	4.00g
Protein	4.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.30mg **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

Corn

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9250
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound		299405
CORN, KERNEL YELLOW IQF FROZEN	30 Pound		4328233

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	0.750

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	94.74		
Fat	2.24g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	2.55mg		
Sodium	0.00mg		
Carbohydrates	18.29g		
Fiber	0.00g		
Sugar	7.84g		
Protein	2.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.26mg	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

Idaho Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44369
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1/2 Cup	USDA Brown Box Commodity or Use GFS#174251-2.89 ounce weight	100355
TACO FILLING BEEF REDC FAT 6-5 COMM	3/8 Cup		722330
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/4 Cup		310668

Preparation Instructions

1. Cook 5 pounds of wedges on a sheet pan at 400 for 8-10 minutes or until temped at 135 degrees.
2. Heat taco filling and cheese sauce in a 4" steamtable pan in steamer until temperature reaches 165°. Hold in warmer until served.
3. For service: Place 1/2 cup of potato wedges in a 1# boat, add 3 fl. oz spoodle of taco meat and 2 fl. oz spoodle of cheese sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	325.96
Fat	15.52g
SaturatedFat	7.74g
Trans Fat	0.29g
Cholesterol	56.32mg
Sodium	716.75mg
Carbohydrates	24.35g
Fiber	4.03g
Sugar	2.03g
Protein	20.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 227.82mg	Iron 2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese Soup

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44415
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 KE	1 Quart		359010
SPICE GARLIC POWDER 6 TRDE	1/2 Teaspoon		513857
BASE CHIX 12-1 KE	1 Tablespoon 1/2 Teaspoon (3 1/2 Teaspoon)	N/A	160790
Tap Water for Recipes	1 Pint 1 1/2 Cup (3 1/2 Cup)		000001WTR
CREAM WHIP 36 HVY ESL 12-1QT GCHC	1 Cup	N/A	457341
Cheese, Cheddar Reduced fat, Shredded	1 Pint 1 Cup (3 Cup)	USDA Brown Box	100012

Preparation Instructions

1. In a large pot over medium heat add the garlic powder, chicken broth, heavy cream and chopped broccoli. Heat to a boil, then reduce heat and simmer for 10-20 minutes until broccoli is tender.

2. Add the shredded cheddar cheese gradually, stirring constantly, and continue to stir until melted. (Add 1/2 cup, simmer and stir until it melts fully, then repeat 1/2 cup at a time until all cheese is used up.)

Make sure to keep it at a very low simmer and avoid high heat, to prevent seizing. Remove from heat immediately once all the cheese melts.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 8.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	236.80
Fat	19.01g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	326.74mg
Carbohydrates	6.85g
Fiber	2.00g
Sugar	0.67g
Protein	12.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.33mg	Iron 0.67mg

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9232
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Slice		266547
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Teaspoon		299405
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	2 Slice		100018

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	336.67
Fat	18.33g
SaturatedFat	9.67g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	540.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	5.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 62.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	51.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9233
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #10 CAN 1 2/11 #5 CAN (3 #5 CAN)		101427
1% LOW FAT MILK	8 HALF-PINT	8 cartons or 2 quarts	4752
Tap Water for Recipes	2 Quart		000001WTR

Preparation Instructions

Put all ingredients into a pan and heat until at temperature.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.317
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	90.88
Fat	0.39g
SaturatedFat	0.24g
Trans Fat	0.00g
Cholesterol	2.35mg
Sodium	419.84mg
Carbohydrates	18.43g
Fiber	0.84g
Sugar	11.75g
Protein	2.93g
Vitamin A 1.57IU	Vitamin C 0.31mg
Calcium 21.41mg	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

Ham & Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44416
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	Ounce Weight USDA Brown Box	100187
Turkey Breast Deli	1 3/5 Ounce	Ounce Weight USDA Brown Box	100121
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	263.91		
Fat	8.55g		
SaturatedFat	5.02g		
Trans Fat	0.00g		
Cholesterol	46.44mg		
Sodium	653.70mg		
Carbohydrates	33.05g		
Fiber	4.00g		
Sugar	3.02g		
Protein	19.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	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

Black Bean Salad

Servings:	28.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44072

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	3 Quart 1 Pint 1 Cup (15 Cup)	Drain well	231981
CORN WHL KERNEL FCY GRADE 6-10 GCHC	1 Pint 1 Cup (3 Cup)	N/A	118966
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce	Weight	499943
ONION RED JUMBO 10 MRKN	1/2 Cup		596973
PEPPERS GREEN MED 20 MRKN	1 1/4 Cup		206059
PEPPERS RED 5 P/L	1 1/4 Cup		597082
OIL SALAD CANOLA NT 6-1GAL GCHC	1/2 Cup		393843
SALT IODIZED 15-2.25 GCHC	1 Teaspoon		125557
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon		224839
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Teaspoon		225061
SUGAR BEET GRANUL 25 GCHC	1 Cup		108588
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup		430795

Preparation Instructions

1. Drain and rinse beans. Drain corn. Chop peppers, onion, and jalapenos. Combine all ingredients and set aside.
2. Combine sugar, vinegar, oil, garlic, salt and pepper until blended; pour over vegetables. Mix well. Cover and refrigerate.

This salad should marinate for several hours or overnight to allow the flavors to develop.

Serving size 2/3 cup or #6 scoop.

Updated 11.27.23

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.130
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	200.81
Fat	4.24g
SaturatedFat	0.29g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	264.40mg
Carbohydrates	33.15g
Fiber	6.08g
Sugar	9.59g
Protein	8.08g
Vitamin A 203.29IU	Vitamin C 16.06mg
Calcium 88.18mg	Iron 1.89mg

*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

Chili

Servings:	379.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15143
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	USDA Brown Box Commodity	100158
BEAN KIDNEY RED DARK 6-10 GCHC	4 #10 CAN	Drain	118761
Diced Tomatoes cnd	4 #10 CAN	USDA Brown Box Commodity	100329
JUICE VEG 100 12-46FLZ V8	4 #10 CAN 5/7 #5 CAN (8 #5 CAN)		100889
Cold Water	3 Gallon		0000
ONION DEHY SUPER TOPPER 6-2 P/L	1 Pint 1 Cup (3 Cup)		223255
SALT IODIZED 15-2.25 GCHC	2 Fluid Ounce		125557
SEASONING CHILI MIX 6-5.7Z LAWR	3 Package		521183
SPICE PEPR BLK REG FINE GRIND 16Z	3 Teaspoon		225037

Preparation Instructions

1. Brown meat in combi oven
2. Add to 4 pots: 10 lbs cooked beef, 1 can diced tomato, 1 can kidney beans (make sure they are drained), 2 cans of V8, 3-quart water, 1 T salt, 3/4 c. chili seasoning, 3/4 teaspoon pepper, and 3/4 c. onion.
3. Bring ingredients to temperature.

Updated 11.27.23

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 379.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	154.36
Fat	7.56g
SaturatedFat	2.52g
Trans Fat	1.26g
Cholesterol	0.00mg
Sodium	299.35mg
Carbohydrates	10.01g
Fiber	2.93g
Sugar	2.45g
Protein	11.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.84mg	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

Green Bean Casserole

Servings:	38.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21956
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN	BAKE	100307
SOUP CRM OF MUSHRM 12-5 CAMP	1 #5 CAN		101346
ONION FREN FRIED 6-24Z GFS	1/2 Package		403592

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: 38.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	49.36		
Fat	1.69g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.93mg		
Sodium	342.96mg		
Carbohydrates	7.03g		
Fiber	3.10g		
Sugar	1.55g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.63mg	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 Gravy

Servings:	576.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15117
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 1/2 Pound		552061
BROTH CHIX NO MSG 12-5 HRTHSTN	4 #10 CAN 5/7 #5 CAN (8 #5 CAN)		261564
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 1/2 #5 CAN		695513
STARCH CORN 24-1 ARGO	1 1/2 Pound		108413
BASE CHIX 12-1 KE	1 1/2 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061

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: 576.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	11.42		
Fat	0.17g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.93mg		
Sodium	84.95mg		
Carbohydrates	2.15g		
Fiber	0.00g		
Sugar	0.17g		
Protein	0.17g		
Vitamin A	9.25IU	Vitamin C	0.00mg
Calcium	1.36mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac-N-Cheese

Servings:	315.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44040
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	10 Pound	USDA Brown Box or Use GFS#150250	100012
BUTTER PRINT SLTD GRD AA 36-1 GCHC	5 1/4 Pound		191205
SOUR CREAM 4-5 GCHC	20 Pound	N/A	285218
SALT IODIZED 15-2.25 GCHC	3 Fluid Ounce 1 Tablespoon (7 Tablespoon)		125557
PASTA ELBOW MACAR 2-10 KE	22 Pound	**Non-Whole Grain**	654550
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	15 Pound	USDA Brown Box	100036
Tap Water for Recipes	5 Gallon 1 Quart (21 Quart)	N/A	000001WTR

Preparation Instructions

1. Spray 7 pans well with Vegalene
2. In each 4-B pan put 3 sticks of melted butter, 40 oz or ½ container Sour Cream, 1 TBSP. Salt, 8 cups dry macaroni, pour 3 Quarts hot water over this and stir well.
3. Add 4 cups of shredded cheese and 40 Slices of American Cheese.
4. Put in Steamer. Steam for 20 minutes.
5. Remove and stir and steam another 20 minutes.
6. Temp and serve.

Note: You could bake it at 325 degrees for 1 hour. Makes 7 pans and each pan makes 35 servings.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	322.48
Fat	17.93g
SaturatedFat	11.31g
Trans Fat	0.00g
Cholesterol	56.19mg
Sodium	566.76mg
Carbohydrates	27.36g
Fiber	1.12g
Sugar	3.74g
Protein	12.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 46.51mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tot Casserole

Servings:	21.00	Category:	Entree
Serving Size:	7.00 tot section	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9266
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	4 Pound	Or, cooked USDA ground beef	674312
CHEESE CHED MLD SHRD 4-5 LOL	2 Pound		150250
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	1/2 #5 CAN	UNPREPARED Slowly Mix Soup + 1 Can Water Stove: Heat, Stirring Occasionally.	488259
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Tablespoon		225037
POTATO TATER TOTS 6-5 LMBSUPR	3 Pound	DEEP_FRY Deep Fry: 345° - 350°F (174°-177°C) for 2 2 1 2 min. Deep fry from frozen state. Fill basket 1 2 full. Conventional Oven: Bake at 400°F (205°C) for 20 - 25 minutes. Arrange product in single layer. Convection Oven: Bake at 400°F (205°C) for 10 - 12 minutes. Arrange product in single layer.	233404

Preparation Instructions

Add onion powder, pepper, beef crumbles, and mushroom soup in a bowl and mix. Put in a 2 inch pan. Cover with cheese and add tots.

Bake at 350 degrees for 35 minutes with humidity at 30%.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.375

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 7.00 tot section

Amount Per Serving

Calories	471.77
Fat	31.55g
SaturatedFat	15.48g
Trans Fat	0.00g
Cholesterol	85.42mg
Sodium	797.96mg
Carbohydrates	18.29g
Fiber	1.69g
Sugar	1.10g
Protein	26.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 333.58mg	Iron 2.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9247
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	8 #10 CAN		100307
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405

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: 192.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	31.94
Fat	0.92g
SaturatedFat	0.58g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	132.19mg
Carbohydrates	3.78g
Fiber	1.89g
Sugar	1.89g
Protein	0.94g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.25mg **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