

# **Cookbook for Akron School**

**Created by HPS Menu Planner**

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# Whole Grain Cereal Variety

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL	1 Each		388190
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CORN FROSTIES BWLPK	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	704280
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143
CEREAL GLDN GRAHAMS BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL FRSTD CINN FLKS R/S WGRAIN	1 Each		498190

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe on Bun-(Commodity Hamburger)

<b>Servings:</b>	78.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9254
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	USDA Brown Box Commodity	100158
KETCHUP CAN NAT LO SOD	1 Quart	N/A	200621
SAUCE BBQ	1 Quart 1 Cup (5 Cup)	N/A	655937
MUSTARD PKT	1 Fluid Ounce	6 packets	109908
SUGAR BROWN LT	1 Cup		860311
SUGAR CANE GRANUL	1 Cup		108642
ONION DEHY SUPER TOPPER	1/2 Cup		223255
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	78 Each		266546

## Preparation Instructions

Updated 12.12.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 78.00

Serving Size: 3.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	335.71
<b>Fat</b>	11.19g
<b>SaturatedFat</b>	3.56g
<b>Trans Fat</b>	1.53g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	468.93mg
<b>Carbohydrates</b>	40.69g
<b>Fiber</b>	3.04g
<b>Sugar</b>	18.08g
<b>Protein</b>	15.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.48mg	<b>Iron</b> 2.01mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Salad Bar-See Other Production

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK STIX BF HNY PEPRD 216CT	40 Each		402053
CHEESE COTTAGE SML 1	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	1 Cup 1 Fluid Ounce (18 Tablespoon)		192198
YOGURT DANIMAL STRAWB N/F	22 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ IW	17 Each	READY_TO_EAT Ready to eat.	786580
LETTUCE ROMAINE CHOP	5 Gallon 1 Quart (84 Cup)		735787
1x10 LB TOMATO GRAPE	7/8 Cup		749041
CARROT STIX STRAIGHT CUT	30 Each		576646
CUCUMBER 1-24CT MARKON	1 Pint 1 3/4 Cup (3 3/4 Cup)		238653
PEPPERS GREEN STRP 3/4IN	1 1/4 Ounce		849995
CELERY STIX	0 Cup		781592
BEAN GARBANZO	1 Cup		118753
PEAS FRZN 30	0 Cup	BAKE	100350
BANANA TURNING	18 Each		200999
ORANGES NAVEL/VALENCIA FCY	5 Each		198013



Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS	2 Quart 1 Pint 1 1/2 Cup (11 1/2 Cup)		197831
APPLE FRSH SLCD	21 Package	BAKE	473171
CRACKER GLDFSH CHED WGRAIN	34 Package		736280
PRETZEL HEARTZELS	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	17 Each		266515
Zee Zees Sunflower Kernels, Roasted	18 Each		B87860

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.298
<b>Grain</b>	0.798
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.250
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	419.00
<b>Fat</b>	23.19g
<b>SaturatedFat</b>	7.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.24mg
<b>Sodium</b>	694.86mg
<b>Carbohydrates</b>	38.71g
<b>Fiber</b>	3.83g
<b>Sugar</b>	18.24g
<b>Protein</b>	15.76g
<b>Vitamin A</b> 1021.84IU	<b>Vitamin C</b> 11.44mg
<b>Calcium</b> 241.56mg	<b>Iron</b> 1.20mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe on Bun-(Beef Crumbles)

<b>Servings:</b>	90.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33850
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	10 Pound	<p><b>MICROWAVE</b></p> <p>To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.</p>	674312
KETCHUP CAN NAT LO SOD	1 Quart	<p><b>HEAT_AND_SERVE</b></p> <p>Ready to Eat</p> <p><b>MIX</b></p> <p>Ready to Eat</p> <p><b>READY_TO_DRINK</b></p> <p>Ready to Eat</p> <p><b>READY_TO_EAT</b></p> <p>Ready to Eat</p> <p><b>UNPREPARED</b></p> <p>Ready to Eat</p> <p><b>UNSPECIFIED</b></p> <p>Ready to Eat</p>	200621
SAUCE BBQ	1 Quart 1 Cup (5 Cup)	<p><b>READY_TO_EAT</b></p> <p>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).</p>	655937
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Fluid Ounce		860221
SUGAR BROWN LT	1 Cup		860311
SUGAR CANE GRANUL	1 Cup		108642
ONION DEHY SUPER TOPPER	1/2 Cup		223255

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	90 Each		266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.556
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	299.94		
<b>Fat</b>	8.22g		
<b>SaturatedFat</b>	3.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.22mg		
<b>Sodium</b>	513.24mg		
<b>Carbohydrates</b>	38.60g		
<b>Fiber</b>	3.03g		
<b>Sugar</b>	16.20g		
<b>Protein</b>	13.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.42mg	<b>Iron</b>	2.97mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	69.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9220
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK NAVY	3 #10 CAN		118826
SUGAR BROWN LT	1/4 Cup		860311
SUGAR CANE GRANUL	1/4 Cup		108642
KETCHUP CAN NAT LO SOD	1 Pint 1 Cup (3 Cup)	N/A	200621
SAUCE BBQ	1 Pint 1 Cup (3 Cup)	N/A	655937
SPICE ONION POWDER	1/2 Cup		126993
MUSTARD PKT	1 Fluid Ounce		109908
MOLASSES	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

Updated 12.11.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 69.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	187.83		
<b>Fat</b>	1.04g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	535.09mg		
<b>Carbohydrates</b>	40.93g		
<b>Fiber</b>	5.22g		
<b>Sugar</b>	19.71g		
<b>Protein</b>	7.30g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.45mg	<b>Iron</b>	2.34mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti with Meat Sauce

<b>Servings:</b>	49.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9270
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	N/A	000001WTR
SALT IODIZED	1 Fluid Ounce		125557
PASTA SPAGHETTI 10IN	4 Pound	**Non-Whole Grain**	413370
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	7 1/2 Pound	1 1/2 bags	573201
Diced Tomatoes cnd	1 #10 CAN	USDA Brown Box Commodity	100329
BEEF CRMBL CKD 6-5	1 Pound	Or, USDA cooked ground beef.	674312
SPICE GARLIC POWDER	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		224839
ONION DEHY SUPER TOPPER	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		223255
SEASONING ITAL HRB	1 Tablespoon		428574

## Preparation Instructions

1. In large kettle bring water and salt to boil.
2. Cook noodles until tender; drain
3. Add noodles to 4 inch pan.
4. Add all other ingredients to pan and mix well.
5. Cover with foil and bake until reaches 165 degrees.

Updated 12.8.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.375
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	234.91		
<b>Fat</b>	4.86g		
<b>SaturatedFat</b>	1.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	28.13mg		
<b>Sodium</b>	443.19mg		
<b>Carbohydrates</b>	34.06g		
<b>Fiber</b>	2.71g		
<b>Sugar</b>	5.89g		
<b>Protein</b>	13.29g		
<b>Vitamin A</b>	282.94IU	<b>Vitamin C</b>	8.31mg
<b>Calcium</b>	19.53mg	<b>Iron</b>	2.23mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Potato Soup

<b>Servings:</b>	672.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44525
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
2% Milk	16 Gallon		
SPICE ONION SALT	1/2 Cup		224979
BUTTER PRINT SLTD GRD AA	4 1/2 Pound		191205
SALT IODIZED	3/4 Cup		125557
SPICE CELERY SALT	3/4 Cup		231517
SPICE PEPR BLK REG FINE GRIND	3/4 Cup		225037
HASHBROWN SHRD IQF	18 Package	N/A	316334
BACON TOPPING 1IN DCD	20 Pound		827002
STARCH CORN	3 Pound		108413
CHEESE AMER 160CT SLCD	15 Pound	or use USDA Brown Box Commodity	150260

## Preparation Instructions

Heat 15-gallon Milk and Butter, add seasonings, potatoes and bacon. Heat to 190°.

Mix cornstarch with 1 gallon milk and add to milk. Bring to boil. Turn heat off and add cheese slices stirring frequently.

Only use kettle on a low heat.

Updated 12.12.23



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.125

## Nutrition Facts

Servings Per Recipe: 672.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	207.88
<b>Fat</b>	11.88g
<b>SaturatedFat</b>	6.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.27mg
<b>Sodium</b>	799.91mg
<b>Carbohydrates</b>	14.20g
<b>Fiber</b>	0.86g
<b>Sugar</b>	5.64g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 6.07IU	<b>Vitamin C</b> 1.62mg
<b>Calcium</b> 75.16mg	<b>Iron</b> 0.32mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Steamed Broccoli

<b>Servings:</b>	186.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9248
<b>School:</b>	Akron School		

## Ingredients

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

## Preparation Instructions

Updated 12.8.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 186.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	24.49
<b>Fat</b>	0.62g
<b>SaturatedFat</b>	0.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.70mg
<b>Sodium</b>	11.29mg
<b>Carbohydrates</b>	3.76g
<b>Fiber</b>	2.26g
<b>Sugar</b>	0.75g
<b>Protein</b>	2.26g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.51mg	<b>Iron</b> 0.75mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Green Beans

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	8 #10 CAN	USDA Brown Box Commodity	100307
BUTTER PRINT UNSLTD GRD AA	1/2 Pound		299405

## Preparation Instructions

Updated 12.8.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	31.94
<b>Fat</b>	0.92g
<b>SaturatedFat</b>	0.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	132.19mg
<b>Carbohydrates</b>	3.78g
<b>Fiber</b>	1.89g
<b>Sugar</b>	1.89g
<b>Protein</b>	0.94g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.25mg	<b>Iron</b> 0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	41.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36620
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GOLD EXCEL	1 Package		872140

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

<b>Servings:</b>	71.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44590
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD	1 Pound 6 5/8 Ounce (22 5/8 Ounce)	1 Package	552061
Tap Water for Recipes	1 Gallon		000001WTR

## Preparation Instructions

In saucepan heat 1 gallon of water. Remove saucepan from heat. Gradually add package of gravy mix, stirring briskly with wire whisk. Return to Med-High heat, stir until gravy is thickened and smooth. Serve or hold on steamtable.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	40.26		
<b>Fat</b>	1.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.03mg		
<b>Sodium</b>	115.75mg		
<b>Carbohydrates</b>	6.04g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.01g		
<b>Protein</b>	1.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.07mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pizza Lunchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44594
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each	N/A	959048
Cheese, Mozzarella, Part Skim, Shredded	1/2 Cup	USDA Commodity Brown Box or Use GFS#645170	100021
SAUCE MARINARA DIPN CUP	1 Each	N/A	677721
PEPPERONI SLCD 16/Z	8 Each		100240

## Preparation Instructions

Place flatbread and other ingredients into container together. Serve Cold.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	460.59
<b>Fat</b>	25.59g
<b>SaturatedFat</b>	12.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.12mg
<b>Sodium</b>	1143.53mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	22.35g
<b>Vitamin A</b> 0.20IU	<b>Vitamin C</b> 0.06mg
<b>Calcium</b> 22.18mg	<b>Iron</b> 2.23mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Goulash

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9255
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR	4 Pound	**Non-Whole Grain**	654550
SAUCE SPAGHETTI FCY	1 1/2 #10 CAN	N/A	852759
TOMATO DCD I/JCE	1/2 #10 CAN		246131
SPICE ONION POWDER	1 Fluid Ounce		126993
SPICE GARLIC POWDER	1 Fluid Ounce		224839
SUGAR BROWN LT	1/4 Cup		860311
BEEF CRMBL CKD 6-5	3 Pound	Or, cooked USDA ground beef.	674312
SEASONING ITAL HRB	1 Tablespoon		428574

## Preparation Instructions

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## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.750
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	237.48
<b>Fat</b>	4.17g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	494.31mg
<b>Carbohydrates</b>	39.40g
<b>Fiber</b>	4.09g
<b>Sugar</b>	8.93g
<b>Protein</b>	12.70g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 21.22mg	<b>Iron</b> 2.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Corn

<b>Servings:</b>	186.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9250
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	30 Pound		285620
BUTTER PRINT UNSLTD GRD AA	1/3 Pound		299405

## Preparation Instructions

Updated 12.8.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 186.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	91.70		
<b>Fat</b>	1.48g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.70mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	18.06g		
<b>Fiber</b>	0.86g		
<b>Sugar</b>	4.30g		
<b>Protein</b>	2.58g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.17mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cooked Carrots

<b>Servings:</b>	186.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9265
<b>School:</b>	Akron School		

## Ingredients

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

## Preparation Instructions

Updated 12.8.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 186.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	27.34
<b>Fat</b>	0.62g
<b>SaturatedFat</b>	0.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.70mg
<b>Sodium</b>	32.50mg
<b>Carbohydrates</b>	5.06g
<b>Fiber</b>	2.17g
<b>Sugar</b>	2.89g
<b>Protein</b>	0.72g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29.06mg	<b>Iron</b> 0.26mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Beef Stew

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44042
<b>School:</b>	Tippecanoe Valley High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	41 Pound	Thaw 10 lbs 4 ounce Weight	100158
ONION DCD IQF	4 Pound		261521
FLOUR HR A/P	3 Pound	Weight	227528
GARLIC CHPD IN WTR	3 Fluid Ounce		321565
SPICE PAPRIKA	2 Fluid Ounce		518331
SPICE PEPR BLK COARSE GRND	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		518322
SALT IODIZED	1 Tablespoon 1 Teaspoon (4 Teaspoon)		125557
SPICE THYME LEAF	1 Tablespoon 1 Teaspoon (4 Teaspoon)		513814
Tap Water for Recipes	6 Gallon	N/A	000001WTR
BASE BEEF NO MSG LO SOD	1 Pound	1 container	580562
CARROT SLCD C/C MED/LRG	17 1/2 Pound		285680
POTATO WHL SMALL 100-120CT	14 Pound	Drain Approx. 2 1/4 #10 cans	169501
PEAS GREEN	12 3/4 Pound	N/A	610802

## Preparation Instructions

1. Brown thawed ground beef and drain.
2. Add onion, flour, garlic, paprika, pepper, salt, and thyme. Cook 5 minutes.
3. Add hot water to beef base and mix well.
4. Add broth to beef spice mixture and bring to a boil. Reduce heat and cover. Simer for approximately 1 1/2 hours.
5. Add carrots, drained potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.

6. Pour into medium half-steam table pans. Approximately 12 pans.

7. Portion with 8 oz ladle (1 cup)

CCP: Heat to 165°F or higher at least 15 seconds

CCP: Hold for hot service at 135°F or higher

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	270.31		
<b>Fat</b>	14.74g		
<b>SaturatedFat</b>	4.90g		
<b>Trans Fat</b>	2.45g		
<b>Cholesterol</b>	63.64mg		
<b>Sodium</b>	157.33mg		
<b>Carbohydrates</b>	15.07g		
<b>Fiber</b>	3.28g		
<b>Sugar</b>	3.24g		
<b>Protein</b>	19.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.27mg	<b>Iron</b>	0.92mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Graham Snack

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43257
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW	1 Package		282441
CRACKER GLDFSH GRHM FREN TST	1 Ounce	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package		194510
CRACKER GRHM TIGER BITE CHOC	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ	1 Package		503370

## Preparation Instructions

Note: When served at lunch these products count towards the dessert grain amount for the week.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	122.22
<b>Fat</b>	3.78g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	118.33mg
<b>Carbohydrates</b>	20.78g
<b>Fiber</b>	1.33g
<b>Sugar</b>	7.33g
<b>Protein</b>	1.89g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 14.44mg	<b>Iron</b> 0.91mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Turkey Manhattan

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44522
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce	Thaw and slice into 3.25 ounce weight slices beforehand.	100121
MIX GRAVY POULTRY LO SOD	1 Tablespoon	1/4 cup prepared	552061
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547

## Preparation Instructions

Prepare Gravy, and heat Turkey as directed by manufactures packaging for each product.

To serve: Layer one slice of bread, then one 3 oz slice of turkey, then ¼ cup of gravy to top it off.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	224.54
<b>Fat</b>	5.84g
<b>SaturatedFat</b>	2.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.99mg
<b>Sodium</b>	771.31mg
<b>Carbohydrates</b>	22.56g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.75g
<b>Protein</b>	22.15g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 37.52mg	<b>Iron</b> 1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Black Bean Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD	3 Quart 1 Pint 1 Cup (15 Cup)	Drain well	231981
CORN WHL KERNEL FCY GRADE	1 Pint 1 Cup (3 Cup)	N/A	118966
PEPPERS JALAP SLCD	1 Ounce	Weight	499943
ONION RED JUMBO	1/2 Cup		596973
PEPPERS GREEN MED	1 1/4 Cup		206059
PEPPERS RED	1 1/4 Cup		597082
OIL SALAD CANOLA NT	1/2 Cup		393843
SALT IODIZED	1 Teaspoon		125557
SPICE GARLIC POWDER	2 Teaspoon		224839
SPICE PEPR BLK REST GRIND	1/2 Teaspoon		225061
SUGAR BEET GRANUL	1 Cup		108588
VINEGAR APPLE CIDER 5	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.130
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.66 Cup

### Amount Per Serving

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

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9263
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	N/A	203260
CHEESE AMER 160CT SLCD R/F	1 Slice	N/A	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	385.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	7.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	26.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# White Chicken Chili

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44595
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	20 Pound	USDA Brown Box Commodity	100101
ONION DEHY SUPER TOPPER	1 Quart		223255
SPICE GARLIC POWDER	3 Fluid Ounce		224839
Great Northern Beans	6 #10 CAN	USDA Brown Box Commodity or Use GFS#119075	100373
CHILIES GREEN DCD	2 Quart		131460
SPICE CUMIN GRND	1 Cup		273945
SPICE PEPR RED CAYENNE GRND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225088
SALT IODIZED	2 Teaspoon		125557
BASE CHIX LO SOD NO MSG	1 Quart	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 2 cups base + 6 gallons water	580589
Tap Water for Recipes	4 Gallon		000001WTR

## Preparation Instructions

Combine chicken base with water to make broth. Put broth and spices into large soup kettle. Heat. Add chilies, chicken and beans. Heat to 160 degrees. Dip into soup pans, Keep hot to serve. Serve with 1 cup or 8 oz spoon/ladle.

Note: Serve with choice of toppings mozzarella cheese, crushed tortilla chips, and sour cream.

Updated 12.12.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	240.80		
<b>Fat</b>	3.18g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.80mg		
<b>Sodium</b>	293.57mg		
<b>Carbohydrates</b>	31.17g		
<b>Fiber</b>	6.37g		
<b>Sugar</b>	2.60g		
<b>Protein</b>	23.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.28mg	<b>Iron</b>	0.67mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Peas

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9267
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peas - frozen	30 Pound	USDA Brown Box Commodity	100350
BUTTER PRINT UNSLTD GRD AA	1/3 Pound		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	80.58		
<b>Fat</b>	0.81g		
<b>SaturatedFat</b>	0.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.20mg		
<b>Sodium</b>	68.52mg		
<b>Carbohydrates</b>	12.99g		
<b>Fiber</b>	4.73g		
<b>Sugar</b>	4.73g		
<b>Protein</b>	4.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.22mg	<b>Iron</b>	0.00mg

\*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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN	BAKE	100307
SOUP CRM OF MUSHRM	1 #5 CAN		101346
ONION FREN FRIED	1/2 Package		403592

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.75 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Akron Taco Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33962
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
Shredded Cheddar	1/4 Cup		
LETTUCE SHRD TACO 1/8CUT	1 Cup		242489
CHIP TORTL RND YEL	6 Piece		163020

## Preparation Instructions

Cook taco meat according to directions on case.

To serve taco salad layer ingredients in following order: lettuce, taco meat, cheese, and then chips.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	236.81		
<b>Fat</b>	11.48g		
<b>SaturatedFat</b>	4.91g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	41.45mg		
<b>Sodium</b>	414.14mg		
<b>Carbohydrates</b>	17.06g		
<b>Fiber</b>	3.02g		
<b>Sugar</b>	2.60g		
<b>Protein</b>	17.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.55mg	<b>Iron</b>	1.79mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Idaho Nachos

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

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

\*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

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tomato Soup

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.317
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 0.75 Cup

Amount Per Serving	
<b>Calories</b>	90.88
<b>Fat</b>	0.39g
<b>SaturatedFat</b>	0.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.35mg
<b>Sodium</b>	419.84mg
<b>Carbohydrates</b>	18.43g
<b>Fiber</b>	0.84g
<b>Sugar</b>	11.75g
<b>Protein</b>	2.93g
<b>Vitamin A</b> 1.57IU	<b>Vitamin C</b> 0.31mg
<b>Calcium</b> 21.41mg	<b>Iron</b> 0.50mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken & Noodles (Akron)

<b>Servings:</b>	29.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19942
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 Pound	N/A	570533
BROTH CHIX NO MSG	1 #10 CAN 1 2/11 #5 CAN (3 #5 CAN)	N/A	261564
BASE CHIX LO SOD NO MSG	1 Fluid Ounce	N	580589
SPICE PEPR BLK REST GRIND	1 Teaspoon		225061
PASTA NOODL EGG FZ	1 1/4 Package	**Non-Whole Grain**	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.  
Updated 12.7.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 29.00

Serving Size: 8.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	268.99		
<b>Fat</b>	5.75g		
<b>SaturatedFat</b>	1.62g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	102.54mg		
<b>Sodium</b>	560.56mg		
<b>Carbohydrates</b>	33.06g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	18.41g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.51mg

\*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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

\*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)

<b>Servings:</b>	78.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33851
<b>School:</b>	Akron School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 78.00

Serving Size: 3.00 Fluid Ounce

### Amount Per Serving

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

\*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

<b>Servings:</b>	21.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	7.00 tot section	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9266
<b>School:</b>	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	1/2 #5 CAN	UNPREPARED Slowly Mix Soup + 1 Can Water Stove: Heat, Stirring Occasionally.	488259
SPICE ONION POWDER	1 Tablespoon		126993
SPICE PEPR BLK REG FINE GRIND	1/2 Tablespoon		225037
POTATO TATER TOTS	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

<b>Meat</b>	4.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.375

## Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 7.00 tot section

### Amount Per Serving

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

\*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

<b>Servings:</b>	315.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44040
<b>School:</b>	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	5 1/4 Pound		191205
SOUR CREAM	20 Pound	N/A	285218
SALT IODIZED	3 Fluid Ounce 1 Tablespoon (7 Tablespoon)		125557
PASTA ELBOW MACAR	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

<b>Meat</b>	1.250
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chili

<b>Servings:</b>	379.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15143
<b>School:</b>	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	4 #10 CAN	Drain	118761
Diced Tomatoes cnd	4 #10 CAN	USDA Brown Box Commodity	100329
JUICE VEG 100	4 #10 CAN 5/7 #5 CAN (8 #5 CAN)		100889
Cold Water	3 Gallon		0000
ONION DEHY SUPER TOPPER	1 Pint 1 Cup (3 Cup)		223255
SALT IODIZED	2 Fluid Ounce		125557
SEASONING CHILI MIX	3 Package		521183
SPICE PEPR BLK REG FINE GRIND	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

<b>Meat</b>	1.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 379.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	154.36
<b>Fat</b>	7.56g
<b>SaturatedFat</b>	2.52g
<b>Trans Fat</b>	1.26g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	299.35mg
<b>Carbohydrates</b>	10.01g
<b>Fiber</b>	2.93g
<b>Sugar</b>	2.45g
<b>Protein</b>	11.62g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 19.84mg	<b>Iron</b> 0.90mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Meatballs with Brown Gravy

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Meatball	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44603
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	120 Each	Approx. 5 lb package	785860
MIX GRAVY BRN LO SOD	1 Pound	1 Package	552050
Tap Water	1 Gallon		

## Preparation Instructions

MEATBALLS: Heat according to direction on case.

GRAVY: In saucepan heat 1 gallon of water. Remove from heat and gradually add full package of gravy mix, stirring briskly with wire whisk. Return to Medium-High heat. Stir until gravy is thickened and smooth.

Combine heated meatballs and prepared gravy together. Check temperature and if needs to be brought back up place in oven for heating and then hold in warmer for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 4.00 Meatball

Amount Per Serving	
<b>Calories</b>	208.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	516.80mg
<b>Carbohydrates</b>	16.80g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.16g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 59.00mg	<b>Iron</b> 1.22mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Apple Chunk Cake

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44513
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BEET GRANUL	1 Quart 1 Cup (5 Cup)		108588
OIL SALAD VEG SOY CLR NT	1 Cup		292702
EGG WHL LIQ	1 5/8 Cup	1 1/2 cups plus 2 Tablespoons	284122
FLOUR HR GOLD MEDAL 14317	2 Quart	**Non-Whole Grain**	426253
SALT IODIZED	1 Tablespoon 1 Teaspoon (4 Teaspoon)		125557
SPICE CINNAMON GRND	1 Tablespoon 1 Teaspoon (4 Teaspoon)		224723
BAKING SODA	1 Tablespoon 1 Teaspoon (4 Teaspoon)		513849
APPLE DCD W/P	1 Gallon	Drained	247335
APPLESAUCE UNSWT	1 Cup		271497

## Preparation Instructions

1. Preheat oven to 350°F.
2. In a separate bowl, combine flour, salt, cinnamon, and baking soda and set aside.
3. In a large bowl, mix sugar, oil and eggs together. Beat well.
4. Add flour mixture to egg batter and mix well.
5. Add 8 cups drained apple chunks and applesauce to the batter. Stir to combine.
6. Grease a full sheet pan with spray and pour batter into pan.
7. Bake until done, about 1 hour.
8. Place remaining 8 cups of drained apples on top of cake.
9. Cut into 50 (5 x 10) and serve.

Note: For 300 servings will need to make 6 pans or 6 times

.This counts as a Non-Whole Grain Dessert Grain

Updated 11.30.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Piece

### Amount Per Serving

<b>Calories</b>	230.18		
<b>Fat</b>	5.58g		
<b>SaturatedFat</b>	0.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	29.56mg		
<b>Sodium</b>	374.90mg		
<b>Carbohydrates</b>	42.12g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	26.60g		
<b>Protein</b>	2.96g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.56mg	<b>Iron</b>	1.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Brown Gravy

<b>Servings:</b>	68.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44604
<b>School:</b>	Akron School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD	1 Pound	1 Package	552050
Tap Water	1 Gallon		

## Preparation Instructions

In saucepan heat 1 gallon of water. Remove from heat and gradually add full package of gravy mix, stirring briskly with wire whisk. Return to Medium-High heat. Stir until gravy is thickened and smooth.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	23.82		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	123.88mg		
<b>Carbohydrates</b>	4.76g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.95g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.10mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44416
<b>School:</b>	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 ULTRGR 9IN	1 Each		523610

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	263.91
<b>Fat</b>	8.55g
<b>SaturatedFat</b>	5.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.44mg
<b>Sodium</b>	653.70mg
<b>Carbohydrates</b>	33.05g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.02g
<b>Protein</b>	19.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 2.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Patty on Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	4.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Broccoli Cheese with Diced Ham Soup

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	1 Quart		359010
Ham, Cubed Frozen	5 7/10 Ounce	weight	100188-H
SPICE GARLIC POWDER	1/2 Teaspoon		513857
BASE CHIX LO SOD NO MSG	1 Tablespoon 1/2 Teaspoon (3 1/2 Teaspoon)	N/A	580589
Tap Water for Recipes	1 Pint 1 1/2 Cup (3 1/2 Cup)	UNPREPARED	000001WTR
CREAM WHIP 36 HVY ESL	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, chopped broccoli and ham. 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.

Updated 12.7.23



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	267.03
<b>Fat</b>	20.17g
<b>SaturatedFat</b>	13.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.51mg
<b>Sodium</b>	531.33mg
<b>Carbohydrates</b>	9.17g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.25g
<b>Protein</b>	15.42g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23.33mg	<b>Iron</b> 0.67mg

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

## Nutrition - Per 100g

No 100g Conversion Available