

Cookbook for Knox Middle School

Created by HPS Menu Planner

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Assorted Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22758
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	265811
CEREAL GLDN GRAHAMS BWL	1 Each	509434
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL FROOT LOOPS R/S BWL	1 Each	283620
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	108.53
Fat	1.33g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	163.20mg
Carbohydrates	23.67g
Fiber	1.97g
Sugar	7.83g
Protein	1.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.53mg	Iron 2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bar

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34778
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
BAR CEREAL COCOPUFF WGRAIN	1 Each	265901
BAR CEREAL TRIX WGRAIN	1 Each	268690
BAR CEREAL CHEERIO WGRAIN IW	1 Each	265931
BAR CEREAL CINN TST WGRAIN	1 Each	265891
BAR CEREAL GLDN GRHM WGRAIN	1 Each	265921

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	158.00
Fat	3.50g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	108.00mg
Carbohydrates	29.80g
Fiber	3.00g
Sugar	8.80g
Protein	2.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 2.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry or Chocolate Muffin

Servings:	2.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31501
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEBERRY IW	1 Each	273442
MUFFIN DBL CHOC WGRAIN IW	1 Each	262343

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: 2.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	170.00
Fat	5.25g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	110.00mg
Carbohydrates	26.50g
Fiber	1.50g
Sugar	13.50g
Protein	3.00g
Vitamin A 7.21IU	Vitamin C 0.03mg
Calcium 19.88mg	Iron 1.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30220
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece	695880
PASTRY POP-TART WGRAIN STRAWB	1 Piece	695890
PASTRY POP-TART WGRAIN FUDG	1 Each	452062

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	176.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31349
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH	1 Each	118940
JUICE ORNG 100 FRSH	1 Each	118930
JUICE APPLE 100 FRSH	1 Each	118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	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

Variety of Yogurt

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32475
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Each	885750
YOGURT RASPB RNBW L/F	1 Each	551770
YOGURT STRAWB BAN BASH L/F	1 Each	551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	76.67
Fat	0.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	61.67mg
Carbohydrates	14.67g
Fiber	0.00g
Sugar	9.33g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.67mg	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

Uncrustable, String Cheese, & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22761
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	527462
CHEESE STRING MOZZ IW	1 Each	786580
CRACKER GLDFSH CHED WGRAIN	1 Package	736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	48.00g
Fiber	4.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar Entree- See Salad Production

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-38325
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30189
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD	6 Slice	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	100018
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	315.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	805.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30188
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
BUN SUB SLCD WGRAIN 5IN	1 Each	276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Each	100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	310.00		
Fat	9.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	700.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad with Goldfish & Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40903
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ROMAINE MXD	1 Pint	755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
Ham, Cubed Frozen	1 1/2 Ounce	100188-H
CRACKER GLDFSH CHED WGRAIN	1 Package	736280
Assorted Variety of Muffin	1 Serving	R-43640

Preparation Instructions

Assemble all items together in salad container.

Updated 10.5.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories	429.49		
Fat	18.66g		
SaturatedFat	7.33g		
Trans Fat	0.02g		
Cholesterol	64.13mg		
Sodium	809.57mg		
Carbohydrates	49.46g		
Fiber	3.84g		
Sugar	18.07g		
Protein	20.59g		
Vitamin A	2.88IU	Vitamin C	0.01mg
Calcium	62.39mg	Iron	1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31440
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

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.

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 Sandwich

Amount Per Serving

Calories	380.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	590.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggo Bites® Mini Pancakes

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31436
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841
PANCAKE MINI MAPL IW	1 Package	284831

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	206.67		
Fat	6.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	240.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31522
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR	3/4 Cup	811500
BERRIES THREE BLEND	1/2 Cup	221020
GRANOLA BAG IW	1 Package	649742

Preparation Instructions

Use 12 oz cup. Put 3/4 cup yogurt and 1/2 cup frozen mixed berries and serve a bag of the granola on the side.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	322.91
Fat	4.87g
SaturatedFat	0.56g
Trans Fat	0.00g
Cholesterol	5.60mg
Sodium	164.55mg
Carbohydrates	63.20g
Fiber	5.00g
Sugar	35.13g
Protein	9.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 215.49mg	Iron 1.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31439
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

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.

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 Sandwich

Amount Per Serving

Calories	390.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	680.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage & Cheese on Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38324
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	631902
SAUSAGE PTY TKY CKD 1Z	1 Each	184970
CHEESE AMER 160CT SLCD R/F	1 Slice	722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	315.00		
Fat	16.00g		
SaturatedFat	9.25g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	710.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	2.50g		
Protein	13.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	266.00mg	Iron	1.86mg

*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:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31350
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL	1 Pound 12 Ounce (28 Ounce)	613738
Tap Water for Recipes	1 Gallon 1 Cup (17 Cup)	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.027

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	4.90		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.13mg		
Carbohydrates	0.92g		
Fiber	0.05g		
Sugar	0.00g		
Protein	0.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.54mg	Iron	0.02mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30186
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX	1 Package	290025
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER, BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.

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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	19.45		
Fat	0.28g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	133.40mg		
Carbohydrates	3.89g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32489
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
WAFFLE MINI MAPL IW	1 Package	284811
WAFFLE MINI BLUEB WGRAIN IW	1 Package	269240
WAFFLE MINI MAPL WGRAIN IW	1 Package	269260

Preparation Instructions

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	5.67g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	183.33mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	11.33g
Protein	3.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 2.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38820
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN REFRD VEGTAR	1 Pound 11 1/11 Ounce (27 1/11 Ounce)	703753
Tap Water for Recipes	1/2 Gallon	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	173.78		
Fat	1.86g		
SaturatedFat	0.62g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	682.71mg		
Carbohydrates	28.55g		
Fiber	11.17g		
Sugar	0.00g		
Protein	11.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.06mg	Iron	2.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44865
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	281622
CHEESE MOZZ SHRD	1 Fluid Ounce	645170
SAUCE SPAGHETTI FCY	1/4 Cup	852759

Preparation Instructions

Cook chicken according to package directions.
Top with sauce and cheese, cover and put in warmer.
Hold at 135 degrees

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	299.00
Fat	17.00g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	658.00mg
Carbohydrates	19.50g
Fiber	4.00g
Sugar	3.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.50mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32478
School:	Knox Elementary		

Ingredients

Description	Measurement	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	288252
CRACKER GRHM BUG BITES	1 Package	859560
CRACKER GLDFSH GRHM VAN	1 Each	198472
CRACKER GLDFSH CINN	1 Package	194510
CRACKER GRHM TIGER BITE CHOC	1 Package	123171
CRACKER GRHM HNY MAID LIL SQ	1 Package	503370
CRACKER GRHM GRIPZ	1 Package	805640

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	121.00		
Fat	3.75g		
SaturatedFat	0.85g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.50mg		
Carbohydrates	20.60g		
Fiber	1.30g		
Sugar	7.10g		
Protein	1.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	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

Salisbury Steak

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39659
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each	451400
GRAVY MIX BROWN	2 Quart	242450
Tap Water for Recipes	2 Quart	000001WTR

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	256.67		
Fat	17.53g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	743.33mg		
Carbohydrates	4.27g		
Fiber	0.00g		
Sugar	1.07g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
