

Cookbook for Griffith Elementary Menu

Created by HPS Menu Planner

Table of Contents

Assorted Variety of Cereal

Assorted Pop-Tarts® (2 count)

Graham Snack

PB&J Pack

Steamed Broccoli

Assorted Pop-Tarts® (1 count)

Sausage Patty & Biscuit

Ham and Cheese Sub

Mini Pancakes

Deli Sandwich

Chef Salad

Yogurt Pack

B.L.T Wrap

Turkey and Cheese Sub

Fresh Baked Blueberry Muffin

Seasoned Corn

Penne Pasta

Cheesy Broccoli

Mashed Potatoes

Refried Beans

Assorted Variety of Cereal

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43564
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	N/A	265811
CEREAL FRSTD FLKS BWL	1 Each		233021
CEREAL FRSTD CINN FLKS R/S WGRAIN	1 Each		498190
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	107.96		
Fat	1.17g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	163.64mg		
Carbohydrates	23.78g		
Fiber	1.80g		
Sugar	7.67g		
Protein	1.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.29mg	Iron	3.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts® (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43589
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.25 oz Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 oz Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB	1 Package	2.25 oz Grain Equivalents	865101
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 oz Grain Equivalents	452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

*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:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43565
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GLDFSH GRHM FREN TST	1 Each	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GRHM TIGER BITE CHOC	1 Package		123171

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	121.43
Fat	3.93g
SaturatedFat	0.86g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.29mg
Carbohydrates	20.29g
Fiber	1.29g
Sugar	7.43g
Protein	1.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.14mg	Iron 0.93mg

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Nutrition - Per 100g

No 100g Conversion Available

PB&J Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43546
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ STRAWB	1 Each		536012
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ LT IW	2 Each		566413
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Package together 1 Uncrustable, 1 String cheese and 1 package of Goldfish OR Cheez-its

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	460.00
Fat	22.50g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	640.00mg
Carbohydrates	46.50g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 303.50mg	Iron 1.71mg

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Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43594
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1 Cup	USDA Brown Box	110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts® (1 count)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43590
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Piece	1.00 oz Grain Equivalents	695890
PASTRY POP-TART WGRAIN CINN	1 Piece	1.25 oz Grain Equivalents	695880
PASTRY POP-TART WGRAIN FUDG	1 Each	1.25 oz Grain Equivalents	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

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Patty & Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44967
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z	1 Each		521782
SAUSAGE PTY CHIX CKD 1.36Z	1 Each		138941

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	190.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	420.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	1.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43547
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box Ham available use GFS#556121 but must use a 3.06 weight then	100187
CHEESE AMER 160CT SLCD R/F	1 Slice	N/A	722360
BUN SUB SLCD WGRAIN 5IN	1 Each	N/A	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 Sandwich

Amount Per Serving

Calories	270.82
Fat	8.60g
SaturatedFat	3.80g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	875.41mg
Carbohydrates	34.10g
Fiber	2.00g
Sugar	6.55g
Protein	18.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38566
School:	Griffith Elementary Menu		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	210.00		
Fat	6.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	105.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38487
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD RED SOD	3 Slice		841426
CHEESE AMER WHT 160CT SLCD	1 Slice		861940
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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 Sandwich

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	695.00mg
Carbohydrates	34.50g
Fiber	2.00g
Sugar	6.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 145.00mg	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

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43554
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CUCUMBER MINI SDLSS	1/8 Cup		361231
TURKEY HAM DCD	2 Ounce	N/A	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.625
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	299.90
Fat	15.87g
SaturatedFat	8.01g
Trans Fat	0.00g
Cholesterol	66.54mg
Sodium	670.11mg
Carbohydrates	18.43g
Fiber	1.95g
Sugar	2.24g
Protein	18.18g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 315.34mg	Iron 1.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43555
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	2 Each		566413
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
YOGURT DANIMAL STRAWB BAN N/F	1 Each	N/A	869921
YOGURT RASPB RNBW L/F	1 Each	N/A	551770

Preparation Instructions

Package together 1Yogurt, 1 String cheese and 1 package of Goldfish OR Cheez-its

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Each

Amount Per Serving	
Calories	235.00
Fat	6.75g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	420.00mg
Carbohydrates	28.50g
Fiber	0.50g
Sugar	9.50g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 380.00mg	Iron 0.71mg

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Nutrition - Per 100g

No 100g Conversion Available

B.L.T Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43552
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD	6 Slice		834770
LETTUCE GREEN LEAF	2 Ounce	Weight	284998
TOMATO 6X6 LRG	1/8 Cup	2 slices	199036
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Wrap

Amount Per Serving			
Calories	309.09		
Fat	13.02g		
SaturatedFat	5.13g		
Trans Fat	0.00g		
Cholesterol	37.04mg		
Sodium	820.13mg		
Carbohydrates	32.48g		
Fiber	4.29g		
Sugar	2.65g		
Protein	15.79g		
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	67.81mg	Iron	3.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43551
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 2/11 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box available use GFS#689541 and 3 ounce weight instead	100121
CHEESE AMER 160CT SLCD R/F	1 Slice	N/A	722360
BUN SUB SLCD WGRAIN 5IN	1 Each	N/A	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 Sandwich

Amount Per Serving	
Calories	307.00
Fat	8.50g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	63.50mg
Sodium	938.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	4.50g
Protein	26.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	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

Fresh Baked Blueberry Muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44966
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX MUFF BLUEB IMIT	5 Pound	**Non-Whole Grain**	280859

Preparation Instructions

THIS RECIPE IS A PLACEHOLDER AND NEEDS TO BE FINALIZED JSH 1.3.24

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: 1.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	19510.06
Fat	487.75g
SaturatedFat	195.10g
Trans Fat	0.00g
Cholesterol	1463.25mg
Sodium	35118.11mg
Carbohydrates	3316.71g
Fiber	0.00g
Sugar	1755.91g
Protein	195.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1951.01mg	Iron 87.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	110.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38570
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	20 Pound	USDA Brown Box	100348
BUTTER SUB	1 1/4 Cup	1 Package	209810
Tap Water for Recipes	1 Quart	Tap Water	000001WTR
SPICE PEPR BLK CRACKED	1/4 Cup		516856

Preparation Instructions

Cook frozen corn using preferred method and drain off any liquid.

Pour into two full pans that have been sprayed.

Add dry Butter Buds to hot tap water; whisk to reconstitute. Pour over cooked/drained corn and heat to temperature. Hold for serving.

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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.27		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.91mg		
Carbohydrates	16.36g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
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

Penne Pasta

Servings:	16.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44968
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	1 Pound	**Non-Whole Grain**	413350
Tap Water for Recipes	16 Gallon		000001WTR

Preparation Instructions

Use 1 gallon of Boiling water per pound of pasta. When water has reached a boil, add 1 Tablespoon of salt and pasta. Stir occasionally to prevent sticking and keep water at rolling boil. Cook for 7-8 minutes or until al dente.

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Cheesy Broccoli

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43591
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1 Cup	USDA Brown Box	110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43561
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Pound 12 Ounce (28 Ounce)	1 package	613738
Tap Water for Recipes	1 Gallon 1 Cup (17 Cup)	Boiling Water	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	0.500

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	4.77		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.61mg		
Carbohydrates	0.90g		
Fiber	0.05g		
Sugar	0.00g		
Protein	0.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.53mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43592
School:	Griffith Elementary Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	1 Pound 10 1/4 Ounce (26 1/4 Ounce)		668341
Tap Water for Recipes	1/2 Gallon	UNPREPARED	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: 17.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	161.32		
Fat	0.58g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	161.32mg		
Carbohydrates	27.65g		
Fiber	10.37g		
Sugar	0.00g		
Protein	10.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.61mg	Iron	2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available
