

# **Cookbook for LYON COUNTY ELE SCHOOL**

**Created by HPS Menu Planner**

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# Danimals Yogurt Lunch Bag

NO IMAGE

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 38.650   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Bag | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-44971          |

## Ingredients

| Description                  | Measurement                             | Prep Instructions  | DistPart # |
|------------------------------|---|--|------------|
| YOGURT DANIMAL<br>STRAWB N/F | 9 Pound 10 3/5 Ounce<br>(154 3/5 Ounce) | READY_TO_EAT<br>READY_TO_EAT   | 885750     |
| CHEESE STRING<br>MOZZ LT IW  | 38 2/3 Each                             |  | 786801     |
| GRANOLA BAG IW               | 77 3/10 Package                         | READY_TO_EAT<br>Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs. | 649742     |
| CARROT BABY IW               | 3 Pound 13 5/6 Ounce<br>(61 5/6 Ounce)  |  | 168819     |

## Preparation Instructions

No Preparation Instructions available.

## 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: 38.650

Serving Size: 1.00 Bag

### Amount Per Serving

|                            |                         |
|----------------------------|-------------------------|
| <b>Calories</b>            | 385.80                  |
| <b>Fat</b>                 | 10.10g                  |
| <b>SaturatedFat</b>        | 2.00g                   |
| <b>Trans Fat</b>           | 0.00g                   |
| <b>Cholesterol</b>         | 10.00mg                 |
| <b>Sodium</b>              | 440.10mg                |
| <b>Carbohydrates</b>       | 59.00g                  |
| <b>Fiber</b>               | 5.30g                   |
| <b>Sugar</b>               | 25.00g                  |
| <b>Protein</b>             | 17.30g                  |
| <b>Vitamin A</b> 6205.50IU | <b>Vitamin C</b> 1.17mg |
| <b>Calcium</b> 312.40mg    | <b>Iron</b> 1.84mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Cheese Lunch Kit Grab N' Go

NO IMAGE

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 57.970    | <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-45000          |

## Ingredients

| Description             | Measurement  | Prep Instructions | DistPart # |
|-------------------------|--------------|-------------------|------------|
| LUNCH KIT TKY/CHS/CRCKR | 57 1 Each    |                   | 914994     |
| CARROT BABY IW          | 57 1 Package |                   | 168819     |

## Preparation Instructions

No Preparation Instructions available.

## 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: 57.970

Serving Size: 1.00 Each

### Amount Per Serving

|                             |                         |
|-----------------------------|-------------------------|
| <b>Calories</b>             | 409.63                  |
| <b>Fat</b>                  | 18.19g                  |
| <b>SaturatedFat</b>         | 7.00g                   |
| <b>Trans Fat</b>            | 0.00g                   |
| <b>Cholesterol</b>          | 30.00mg                 |
| <b>Sodium</b>               | 945.81mg                |
| <b>Carbohydrates</b>        | 48.50g                  |
| <b>Fiber</b>                | 5.44g                   |
| <b>Sugar</b>                | 16.75g                  |
| <b>Protein</b>              | 20.56g                  |
| <b>Vitamin A</b> 11635.43IU | <b>Vitamin C</b> 2.19mg |
| <b>Calcium</b> 227.00mg     | <b>Iron</b> 3.45mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Pizza Lunch Kit Grab N' Go



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 57.970    | <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-44999          |

## Ingredients

| Description                | Measurement  | Prep Instructions | DistPart # |
|----------------------------|--------------|-------------------|------------|
| LUNCH KIT PIZZA CHS WGRAIN | 57 1 Each    |                   | 555960     |
| CARROT BABY IW             | 57 1 Package |                   | 168819     |

## 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>   | 0.630 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 57.970

Serving Size: 1.00 Each

### Amount Per Serving

|                             |                         |
|-----------------------------|-------------------------|
| <b>Calories</b>             | 389.63                  |
| <b>Fat</b>                  | 17.19g                  |
| <b>SaturatedFat</b>         | 9.00g                   |
| <b>Trans Fat</b>            | 0.00g                   |
| <b>Cholesterol</b>          | 30.00mg                 |
| <b>Sodium</b>               | 815.81mg                |
| <b>Carbohydrates</b>        | 41.50g                  |
| <b>Fiber</b>                | 6.44g                   |
| <b>Sugar</b>                | 10.75g                  |
| <b>Protein</b>              | 13.56g                  |
| <b>Vitamin A</b> 11635.43IU | <b>Vitamin C</b> 2.19mg |
| <b>Calcium</b> 627.00mg     | <b>Iron</b> 2.55mg      |

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## Nutrition - Per 100g

No 100g Conversion Available



# Smucker Bag Grab-And-Go



|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <b>Servings:</b>     | 23.190   | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Bag | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-42908 |

## Ingredients

| Description                 | Measurement                         | Prep Instructions | DistPart # |
|-----------------------------|-------------------------------------|-------------------|------------|
| SAND UNCRUST PBJ GRP WGRAIN | 23 3/16 Each                        |                   | 516761     |
| TOMATO GRAPE                | 2 Pound 14 3/8 Ounce (46 3/8 Ounce) |                   | 802040     |

## Preparation Instructions

No Preparation Instructions available.

## 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: 23.190

Serving Size: 1.00 Bag

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 610.10   |                  |        |
| <b>Fat</b>           | 33.00g   |                  |        |
| <b>SaturatedFat</b>  | 7.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 532.60mg |                  |        |
| <b>Carbohydrates</b> | 66.20g   |                  |        |
| <b>Fiber</b>         | 7.60g    |                  |        |
| <b>Sugar</b>         | 31.50g   |                  |        |
| <b>Protein</b>       | 18.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 88.00mg  | <b>Iron</b>      | 2.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken Sandwich nwg



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1062.760  | <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-44429          |

## Ingredients

| Description                    | Measurement   | Prep Instructions   | DistPart # |
|--------------------------------|---------------|---|------------|
| BUN HAMB SLCD 4IN              | 1062 3/4 Each | non-whole grain<br>THAW<br>Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.   | 763233     |
| CHIX BRST HOTSPCY BRD<br>3.75Z | 1062 3/4 Each | breadding whole grain<br>BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes. | 525490     |

## 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: 1062.760

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 340.00   |                  |        |
| <b>Fat</b>           | 11.50g   |                  |        |
| <b>SaturatedFat</b>  | 2.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 45.00mg  |                  |        |
| <b>Sodium</b>        | 560.00mg |                  |        |
| <b>Carbohydrates</b> | 37.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 23.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 50.00mg  | <b>Iron</b>      | 3.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger wg

NO IMAGE

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 115.940   | <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-44433          |

## Ingredients

| Description                              | Measurement     | Prep Instructions   | DistPart # |
|--|-----------------|---|------------|
| BUN HAMB SLCD<br>WGRAIN WHT 4<br>10-12CT | 115 15/16 Each  | whole grain   | 266546     |
| BEEF STK PTY<br>CKD 2.45Z                | 115 15/16 Each  | <b>BAKE</b><br>FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM. | 661851     |
| CHEESE SLCD<br>YEL                       | 115 15/16 Slice |   | 334450     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.500 |
| <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: 115.940

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 370.00   |                  |        |
| <b>Fat</b>           | 18.50g   |                  |        |
| <b>SaturatedFat</b>  | 7.80g    |                  |        |
| <b>Trans Fat</b>     | 0.80g    |                  |        |
| <b>Cholesterol</b>   | 61.50mg  |                  |        |
| <b>Sodium</b>        | 561.00mg |                  |        |
| <b>Carbohydrates</b> | 27.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 4.50g    |                  |        |
| <b>Protein</b>       | 19.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 51.00mg  | <b>Iron</b>      | 3.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger wg



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 77.290    | <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-44431          |

## Ingredients

| Description                              | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| BEEF STK PTY<br>CKD 2.45Z                | 77 2/7 Each | <b>BAKE</b><br>FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM. | 661851     |
| BUN HAMB SLCD<br>WGRAIN WHT 4<br>10-12CT | 77 2/7 Each | whole grain   | 266546     |

## Preparation Instructions

No Preparation Instructions available.

## 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>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 77.290

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 315.00   |                  |        |
| <b>Fat</b>           | 14.00g   |                  |        |
| <b>SaturatedFat</b>  | 5.30g    |                  |        |
| <b>Trans Fat</b>     | 0.80g    |                  |        |
| <b>Cholesterol</b>   | 49.00mg  |                  |        |
| <b>Sodium</b>        | 426.00mg |                  |        |
| <b>Carbohydrates</b> | 26.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 17.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 51.00mg  | <b>Iron</b>      | 3.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available



# Broccoli Salad

NO IMAGE

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 77.290     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 4.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-42864          |

## Ingredients

| Description               | Measurement                          | Prep Instructions   | DistPart # |
|---------------------------|--------------------------------------|---|------------|
| BROCCOLI FLORET BITE SIZE | 13 10/11 Pound                       |   | 732451     |
| RAISIN SELECT 1.5Z BOXES  | 9 3/11 Each                          | READY_TO_EAT  | 544426     |
| SEED SUNFLWR KERN         | 7 8/11 Package                       |   | 504180     |
| DRESSING SALAD LT         | 1 Quart 1 Pint 2/11 Cup (6 2/11 Cup) | READY_TO_EAT<br>This ready-to-use lite dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or a custom base to your own signature sauce. | 429422     |
| SUGAR SUB NAT STEVIA      | 23 3/16 Each                         |   | 798670     |
| VINEGAR WHT DISTILLED 5   | 7/9 Cup                              |   | 629640     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.100 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.240 |
| <b>GreenVeg</b> | 0.520 |
| <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: 77.290

Serving Size: 4.00 Ounce

### Amount Per Serving

|                           |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 155.56                   |
| <b>Fat</b>                | 5.16g                    |
| <b>SaturatedFat</b>       | 0.30g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 12.80mg                  |
| <b>Sodium</b>             | 161.93mg                 |
| <b>Carbohydrates</b>      | 25.62g                   |
| <b>Fiber</b>              | 3.82g                    |
| <b>Sugar</b>              | 18.68g                   |
| <b>Protein</b>            | 3.90g                    |
| <b>Vitamin A</b> 596.80IU | <b>Vitamin C</b> 85.24mg |
| <b>Calcium</b> 54.52mg    | <b>Iron</b> 1.39mg       |

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## Nutrition - Per 100g

|                           |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 137.18                   |
| <b>Fat</b>                | 4.55g                    |
| <b>SaturatedFat</b>       | 0.27g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 11.29mg                  |
| <b>Sodium</b>             | 142.80mg                 |
| <b>Carbohydrates</b>      | 22.59g                   |
| <b>Fiber</b>              | 3.37g                    |
| <b>Sugar</b>              | 16.47g                   |
| <b>Protein</b>            | 3.44g                    |
| <b>Vitamin A</b> 526.29IU | <b>Vitamin C</b> 75.17mg |
| <b>Calcium</b> 48.08mg    | <b>Iron</b> 1.23mg       |

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# Lettuce & Sliced Tomatoes



|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 15.460     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 6.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-42427          |

## Ingredients

| Description             | Measurement                            | Prep Instructions | DistPart # |
|-------------------------|--|-------------------|------------|
| LETTUCE ROMAINE RIBBONS | 1 Quart 1 Pint 1 8/11 Cup (7 8/11 Cup) |                   | 451730     |
| TOMATO RANDOM 2         | 15 6/13 Slice                          |                   | 508616     |

## 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> | 0.400 |
| <b>RedVeg</b>   | 0.200 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 15.460

Serving Size: 6.00 Ounce

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 14.46    |                  |        |
| <b>Fat</b>           | 0.08g    |                  |        |
| <b>SaturatedFat</b>  | 0.02g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 1.80mg   |                  |        |
| <b>Carbohydrates</b> | 3.00g    |                  |        |
| <b>Fiber</b>         | 1.24g    |                  |        |
| <b>Sugar</b>         | 1.80g    |                  |        |
| <b>Protein</b>       | 1.12g    |                  |        |
| <b>Vitamin A</b>     | 299.88IU | <b>Vitamin C</b> | 4.93mg |
| <b>Calcium</b>       | 16.37mg  | <b>Iron</b>      | 0.10mg |

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

## Nutrition - Per 100g

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 8.50     |                  |        |
| <b>Fat</b>           | 0.05g    |                  |        |
| <b>SaturatedFat</b>  | 0.01g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 1.06mg   |                  |        |
| <b>Carbohydrates</b> | 1.76g    |                  |        |
| <b>Fiber</b>         | 0.73g    |                  |        |
| <b>Sugar</b>         | 1.06g    |                  |        |
| <b>Protein</b>       | 0.66g    |                  |        |
| <b>Vitamin A</b>     | 176.30IU | <b>Vitamin C</b> | 2.90mg |
| <b>Calcium</b>       | 9.62mg   | <b>Iron</b>      | 0.06mg |

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# Lettuce, Tomato & Onion

NO IMAGE

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 15.460   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-42429          |

## Ingredients

| Description             | Measurement                            | Prep Instructions | DistPart # |
|-------------------------|--|-------------------|------------|
| TOMATO RANDOM 2         | 15 6/13 Slice                          |                   | 508616     |
| LETTUCE ROMAINE RIBBONS | 1 Quart 1 Pint 1 8/11 Cup (7 8/11 Cup) |                   | 451730     |
| ONION RED JUMBO         | 30 12/13 Slice                         |                   | 596973     |

## 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> | 0.400 |
| <b>RedVeg</b>   | 0.200 |
| <b>OtherVeg</b> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 15.460

Serving Size: 1.00 Cup

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 37.06    |                  |        |
| <b>Fat</b>           | 0.08g    |                  |        |
| <b>SaturatedFat</b>  | 0.02g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 4.00mg   |                  |        |
| <b>Carbohydrates</b> | 9.00g    |                  |        |
| <b>Fiber</b>         | 2.24g    |                  |        |
| <b>Sugar</b>         | 3.80g    |                  |        |
| <b>Protein</b>       | 1.72g    |                  |        |
| <b>Vitamin A</b>     | 301.02IU | <b>Vitamin C</b> | 9.13mg |
| <b>Calcium</b>       | 29.41mg  | <b>Iron</b>      | 0.22mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Tossed Salad

NO IMAGE

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 270.520                | <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-33815          |
| <b>School:</b>       | LYON COUNTY ELE SCHOOL |                       |                  |

## Ingredients

| Description             | Measurement                                     | Prep Instructions | DistPart # |
|-------------------------|---|-------------------|------------|
| LETTUCE ROMAINE RIBBONS | 8 Gallon 1 Quart 1 Pint 1 1/4 Cup (135 1/4 Cup) |                   | 451730     |
| TOMATO GRAPE SWT        | 1623 1/8 Each                                   |                   | 129631     |
| CARROT MATCHSTICK SHRED | 16 Pound 14 1/2 Ounce (270 1/2 Ounce)           |                   | 198161     |

## Preparation Instructions

Wash and Rinse all ingredients as directed on PKG. In 8 oz bowl, layer lettuce, tomatoes, carrots. Hold in cooler. Hold at Cold Service.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.400 |
| <b>RedVeg</b>   | 0.350 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 270.520

Serving Size: 0.75 Cup

### Amount Per Serving

|                            |                         |
|----------------------------|-------------------------|
| <b>Calories</b>            | 27.19                   |
| <b>Fat</b>                 | 0.10g                   |
| <b>SaturatedFat</b>        | 0.03g                   |
| <b>Trans Fat</b>           | 0.00g                   |
| <b>Cholesterol</b>         | 0.00mg                  |
| <b>Sodium</b>              | 22.25mg                 |
| <b>Carbohydrates</b>       | 6.01g                   |
| <b>Fiber</b>               | 2.24g                   |
| <b>Sugar</b>               | 3.38g                   |
| <b>Protein</b>             | 1.42g                   |
| <b>Vitamin A</b> 5130.41IU | <b>Vitamin C</b> 7.90mg |
| <b>Calcium</b> 26.60mg     | <b>Iron</b> 0.20mg      |

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## Nutrition - Per 100g

No 100g Conversion Available



# Baby Bakers

NO IMAGE

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 888.850    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 3.29 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-42457          |

## Ingredients

| Description              | Measurement                                   | Prep Instructions  | DistPart # |
|--------------------------|---|--|------------|
| POTATO BAKER<br>BABY WHL | 182 Pound 12 1/3<br>Ounce (2924 1/3<br>Ounce) | <b>BAKE</b><br>Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVENBake potatoes at 375°F for 15 minutes in a single layer on a greased sheet pan. Remove from oven and let stand for 2 minutes. DEEP FRYERFry frozen potatoes at 345°F for 9 ½ minutes, shaking basket after 1 minute. Remove from fryer and let stand for 3 minutes. MICROWAVE (1100 WATTS)Microwave ½ bag of potatoes on HIGH for 10 minutes, covered, stirring halfway through cook time. Let stand for 1 minute. | 697990     |

## 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: 888.850

Serving Size: 3.29 Ounce

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 100.00   |                  |        |
| <b>Fat</b>                | 2.00g    |                  |        |
| <b>SaturatedFat</b>       | 0.00g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 0.00mg   |                  |        |
| <b>Sodium</b>             | 180.00mg |                  |        |
| <b>Carbohydrates</b>      | 17.00g   |                  |        |
| <b>Fiber</b>              | 1.00g    |                  |        |
| <b>Sugar</b>              | 0.00g    |                  |        |
| <b>Protein</b>            | 3.00g    |                  |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 10.00mg  | <b>Iron</b>      | 0.80mg |

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## Nutrition - Per 100g

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 107.22   |                  |        |
| <b>Fat</b>           | 2.14g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 192.99mg |                  |        |
| <b>Carbohydrates</b> | 18.23g   |                  |        |
| <b>Fiber</b>         | 1.07g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 3.22g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 10.72mg  | <b>Iron</b>      | 0.86mg |

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# Banana

NO IMAGE

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1159.380  | <b>Category:</b>      | Fruit            |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-42437          |

## Ingredients

| Description               | Measurement   | Prep Instructions | DistPart # |
|---------------------------|---------------|-------------------|------------|
| BANANA TURNING SNGL 150CT | 1159 3/8 Each |                   | 197769     |

## 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>    | 0.500 |
| <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: 1159.380

Serving Size: 1.00 Each

| Amount Per Serving   |         |                  |         |
|----------------------|---------|------------------|---------|
| <b>Calories</b>      | 105.00  |                  |         |
| <b>Fat</b>           | 0.40g   |                  |         |
| <b>SaturatedFat</b>  | 0.10g   |                  |         |
| <b>Trans Fat</b>     | 0.00g   |                  |         |
| <b>Cholesterol</b>   | 0.00mg  |                  |         |
| <b>Sodium</b>        | 1.20mg  |                  |         |
| <b>Carbohydrates</b> | 27.00g  |                  |         |
| <b>Fiber</b>         | 3.10g   |                  |         |
| <b>Sugar</b>         | 14.00g  |                  |         |
| <b>Protein</b>       | 1.30g   |                  |         |
| <b>Vitamin A</b>     | 75.52IU | <b>Vitamin C</b> | 10.27mg |
| <b>Calcium</b>       | 5.90mg  | <b>Iron</b>      | 0.31mg  |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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