

Cookbook for Westview Jr.-Sr. High School

Created by HPS Menu Planner

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Mini Waffles or Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34157
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW	1 Package		284831

Preparation Instructions

Heat & Serve: Heat frozen in oven-able 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.

NOTE: 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	206.67
Fat	6.33g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	226.67mg
Carbohydrates	35.67g
Fiber	3.67g
Sugar	11.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.67mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Breakfast Bar

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34158
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR APPLE CINN WGRAIN	1 Each		209741
BAR CEREAL CINN TST WGRAIN	1 Each	N/A	265891
BAR BLUEB WGRAIN	1 Each		498170
BAR CEREAL TRIX WGRAIN	1 Each	N/A	268690
BAR DBL CHOC OATML	1 Each	N/A	262103
BAR CEREAL COCOPUFF WGRAIN	1 Each		265901

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	155.00
Fat	3.75g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	118.33mg
Carbohydrates	28.67g
Fiber	3.00g
Sugar	10.50g
Protein	2.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 161.67mg	Iron 1.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45285
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weight. #10 Disher or 3/8 cup	722330
LETTUCE ROMAINE CHOP	1 Pint		735787
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	1 oz spoodle or 2 Tablespoon	150250

Preparation Instructions

Prepare taco meat according to directions on case.

To assemble: Place lettuce on bottom, portion meat on top of lettuce, and add cheese to top of meat. Offer tortilla chips on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories	190.30		
Fat	9.48g		
SaturatedFat	4.92g		
Trans Fat	0.29g		
Cholesterol	49.60mg		
Sodium	394.50mg		
Carbohydrates	9.52g		
Fiber	4.00g		
Sugar	4.00g		
Protein	17.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	185.48mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad with Cheez-It and Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42957
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice	Rolled in pinwheels and sliced.	689541
LETTUCE ROMAINE CHOP	1 Pint		735787
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Package all ingredients together in container. Student must also be allowed to take menued vegetables, 1 cup fruit, and milk if desired.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	431.66
Fat	17.52g
SaturatedFat	7.51g
Trans Fat	0.00g
Cholesterol	70.83mg
Sodium	1099.31mg
Carbohydrates	37.00g
Fiber	3.00g
Sugar	4.00g
Protein	32.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 349.00mg	Iron 3.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10431
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	3 Package		183910
Tap Water for Recipes	1 1/2 Gallon	Boiling	000001WTR
SALSA 103Z	1 1/2 #10 CAN		452841
SOUR CREAM IMIT HY-DERV	2 1/2 Pound		438529

Preparation Instructions

- 1: Pour 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: Mix in salsa and sour cream, 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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	257.91		
Fat	5.29g		
SaturatedFat	4.28g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	927.02mg		
Carbohydrates	39.74g		
Fiber	10.10g		
Sugar	2.81g		
Protein	10.10g		
Vitamin A	0.71IU	Vitamin C	1.00mg
Calcium	56.48mg	Iron	4.49mg

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Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45238
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
BACON TOPPING CKD 1/2IN DCD	1 Fluid Ounce		814781
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	2 Tablespoons	150250
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700

Preparation Instructions

Place egg patty on pans. Bake at 350 for 8 - 10 min. Put shredded cheese on bottom of tortilla. Wrap burrito/Assemble and hold in warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	337.20
Fat	16.68g
SaturatedFat	8.12g
Trans Fat	0.00g
Cholesterol	120.60mg
Sodium	575.80mg
Carbohydrates	31.52g
Fiber	4.00g
Sugar	2.00g
Protein	17.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 166.48mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Peas

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45291
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	10 Pound	USDA Brown Box Commodity	100350
BUTTER SUB	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		209810
SEASONING A/P HERB NO SALT	1 Tablespoon		647240

Preparation Instructions

Cook vegetables according to directions on package. Once cooked sprinkle with butter buds and seasoning and mix until combined.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	73.66		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	72.25mg		
Carbohydrates	13.12g		
Fiber	4.72g		
Sugar	4.72g		
Protein	4.72g		
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

Seasoned California Blend

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45296
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF	12 Pound		610891
BUTTER SUB	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		209810
SEASONING A/P HERB NO SALT	1 Tablespoon		647240

Preparation Instructions

Cook vegetables according to directions on package. Once cooked sprinkle with butter buds and seasoning and mix until combined.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	12.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	16.62mg		
Carbohydrates	2.57g		
Fiber	1.51g		
Sugar	1.01g		
Protein	1.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.12mg	Iron	0.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Cinnamon Roll with Icing

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-34484
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG	1 Each	<p>BAKE</p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ.</p> <p>INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127
Powdered Sugar Icing	2 Serving		R-34501

Preparation Instructions

1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS.
3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT.
4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES.
5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER.

6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE.
7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS
8. COOL SLIGHTLY AND ICE
10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	229.10		
Fat	4.62g		
SaturatedFat	1.67g		
Trans Fat	0.00g		
Cholesterol	5.14mg		
Sodium	207.12mg		
Carbohydrates	43.01g		
Fiber	1.00g		
Sugar	17.65g		
Protein	5.07g		
Vitamin A	0.09IU	Vitamin C	0.02mg
Calcium	10.44mg	Iron	1.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	4.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34156
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CINN STRUSL WGRAIN IW	1 Each		279991
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991

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: 4.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	151.25mg		
Carbohydrates	30.50g		
Fiber	1.50g		
Sugar	15.25g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.75mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31832
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDISHRED	2 Pound 2 Ounce (34 Ounce)	1 Box	758906
Tap Water for Recipes	4 Liter		000001WTR

Preparation Instructions

1: Combine 4 liters boiling water (212°F) in a 2 1/2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	102.00		
Fat	2.55g		
SaturatedFat	1.70g		
Trans Fat	0.00g		
Cholesterol	4.25mg		
Sodium	229.50mg		
Carbohydrates	17.00g		
Fiber	0.85g		
Sugar	2.55g		
Protein	2.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45302
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	10 Pound	USDA Brown Box Commodity	100348
BUTTER SUB	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		209810
SEASONING A/P HERB NO SALT	1 Tablespoon		647240

Preparation Instructions

Cook vegetables according to directions on package. Once cooked sprinkle with butter buds and seasoning and mix until combined.

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: 55.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	67.38		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.27mg		
Carbohydrates	16.11g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
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 Variety of Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42951
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL CHEERIOS HNYNUT BWL	1 Each	N/A	509396
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL GLDN GRAHAMS BWL	1 Each	READY_TO_EAT Ready to eat	509434
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811

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	110.33		
Fat	1.48g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	23.50g		
Fiber	2.02g		
Sugar	8.00g		
Protein	1.57g		
Vitamin A	50.00IU	Vitamin C	0.60mg
Calcium	85.73mg	Iron	2.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg, & Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34159
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND	1 Each		433608
EGG PTY RND 3.5IN	1 Each		741320
CHEESE AMER 160CT SLCD	1 Slice		150260
MUFFIN ENG WGRAIN SLCD 2Z	1 Each		687131

Preparation Instructions

Place egg patty on pans with bacon on top. Bake at 350 for 8 - 10 min. Put 1 slice of cheese on bottom muffin. Assemble sandwich and hold in warmer.

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	285.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	815.01mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 189.50mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34160
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Each		184970
EGG PTY RND 3.5IN	1 Each		741320
CHEESE AMER 160CT SLCD	1 Slice		150260
MUFFIN ENG WGRAIN SLCD 2Z	1 Each		687131

Preparation Instructions

Place egg patty and sausage on pans. Bake at 350 for 8 - 10 min. Put 1 slice of cheese on bottom muffin. Assemble sandwich and hold in warmer.

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	295.00
Fat	14.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	137.50mg
Sodium	695.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 189.50mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42960
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Each		184970
EGG PTY RND 3.5IN	1 Each		741320
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
CROISSANT BKD PLN SLCD	1 Each	BAKE Standard Prep: Thaw to room temperature and serve. THAW Baked croissants require limited preparation, just thaw and serve.	120872

Preparation Instructions

Layer sausage, egg, and cheese slices on croissant.

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	392.00
Fat	20.20g
SaturatedFat	7.65g
Trans Fat	0.12g
Cholesterol	132.50mg
Sodium	658.40mg
Carbohydrates	34.00g
Fiber	1.10g
Sugar	5.50g
Protein	17.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.71mg	Iron 2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Siracha Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45310
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA	6 Each		750892
CHEESE CHED MLD SHRD 4-5 LOL	1 Fluid Ounce	1 oz spoodle or 1/8 cup	150250
LETTUCE ROMAINE CHOP	1/2 Cup		735787
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700

Preparation Instructions

Prepare Honey Siracha Chicken according to directions on package.

Layer chicken, lettuce, and cheese on tortilla. Fold.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.500
Fruit	0.000
GreenVeg	0.250
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	515.00
Fat	23.00g
SaturatedFat	8.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	617.00mg
Carbohydrates	52.50g
Fiber	6.00g
Sugar	5.50g
Protein	31.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 167.50mg	Iron 3.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Steamed Broccoli

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45324
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	10 Pound		110473
BUTTER SUB	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		209810
SEASONING A/P HERB NO SALT	1 Tablespoon		647240

Preparation Instructions

Cook vegetables according to directions on package. Once cooked sprinkle with butter buds and seasoning and mix until combined.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.86		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.11mg		
Carbohydrates	5.21g		
Fiber	3.05g		
Sugar	1.02g		
Protein	3.05g		
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
