

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

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

*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

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

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

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

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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

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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

Mixed Vegetables

Servings:	46.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42990

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 12-2.5 GCHC	10 Pound		119393
SALT IODIZED	1 Fluid Ounce		125557
BUTTER SUB	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		209810

Preparation Instructions

Add salt and butter buds to vegetables. Cook.

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: 46.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	45.23		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.67mg		
Carbohydrates	9.09g		
Fiber	2.24g		
Sugar	2.99g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Soup

Servings:	672.00	Category:	Condiments or Other
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21756

Ingredients

Description	Measurement	Prep Instructions	DistPart #
2% Milk	16 Gallon		
SPICE ONION SALT	1/2 Cup		224979
BUTTER PRINT SLTD GRD AA	4 1/2 Pound		191205
SALT IODIZED	3/4 Cup		108286
SPICE CELERY SALT	3/4 Cup		231517
SPICE PEPR BLK REG FINE GRIND	3/4 Cup		225037
HASHBROWN SHRD IQF	18 Package		316334
BACON TOPPING 1IN DCD	20 Pound		827002
STARCH CORN	3 Pound		108413
CHEESE AMER 160CT SLCD	15 Pound		150260

Preparation Instructions

Heat 15 gallon Milk and Butter, add seasonings, potatoes and bacon. Heat to 190 degrees . Mix corn starch with 1 gallon milk and add to milk. Bring to boil. turn heat off and add cheese slices stirring frequently. Only use kettle on a low heat.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.125

Nutrition Facts

Servings Per Recipe: 672.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

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

*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

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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

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

Nutrition - Per 100g

No 100g Conversion Available

Green Bean Casserole

Servings:	57.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10433
School:	Westview Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF MUSHRM	1 #5 CAN	N/A	101346
BEAN GREEN CUT MXD SV	3 #10 CAN		273856
1% Low Fat White Milk*	1 Carton		13871
ONION FREN FRIED	1/2 Package		201413

Preparation Instructions

1. In a 4" pan put 3 cans of drained green beans.
2. Mix 1 can cream of mushroom soup with 1 cup of milk.
3. Pour mixture over beans.
4. Saran and foil wrap pan.
5. Bake for 1 hour 15 minutes.
6. Bake french fried onions on a cookie sheet for approximately 5 minutes.
7. Put baked french fried onions just before serving.

Updated 1.23.24

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: 57.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	77.35		
Fat	3.53g		
SaturatedFat	1.37g		
Trans Fat	0.00g		
Cholesterol	0.89mg		
Sodium	451.23mg		
Carbohydrates	7.96g		
Fiber	2.97g		
Sugar	1.68g		
Protein	1.75g		
Vitamin A	2.46IU	Vitamin C	0.00mg
Calcium	36.40mg	Iron	0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available