

Cookbook for South Central

Created by HPS Menu Planner

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HS: Spicy Chicken Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36677
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	350.00mg
Carbohydrates	15.00g
Fiber	2.00g
Sugar	1.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Yogurt Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14705
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each		786580
YOGURT STRAWB BAN BASH L/F	1 Each	Or GFS 551770	551760
Pretzel Sticks	1 Each		25193
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Package all things together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	330.00
Fat	10.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	605.00mg
Carbohydrates	47.00g
Fiber	4.00g
Sugar	10.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 438.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14708
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F	1 Cup		881161
GRANOLA OATHNY BULK	1/2 Cup		226671
Strawberries, diced, Cups, frozen	1 Each	Or, 1/2 cup other fruit.	100256

Preparation Instructions

Layer yogurt and fruit in 12 oz. plastic cup and lid. Serve with granola in 5.5 oz. cup with lid.

Meal Components (SLE)

Amount Per Serving

Meat	1.866
Grain	1.866
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	470.60
Fat	4.85g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	365.67mg
Carbohydrates	96.63g
Fiber	4.24g
Sugar	60.54g
Protein	13.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.81mg	Iron 1.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Pretzel Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37007
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ IW	1 Each		786580
Pretzel Sticks	1 Each	Or can use GFS#736280 Goldfish or GFS# 282422 Cheez-it	25193

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	450.00
Fat	22.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	670.00mg
Carbohydrates	50.00g
Fiber	7.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14702
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
Ham, Cubed Frozen	2 Ounce	Weigh.	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight cheese= 1/4 cup	150250
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
CROUTON CHS GARL WGRAIN	2 Package	2 packages croutons= 1 oz. eq. grain	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	266548

Preparation Instructions

Place everything together in container.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	451.85
Fat	17.28g
SaturatedFat	7.64g
Trans Fat	0.00g
Cholesterol	59.51mg
Sodium	1061.52mg
Carbohydrates	53.02g
Fiber	9.62g
Sugar	15.76g
Protein	29.82g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 332.43mg	Iron 3.25mg

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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

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32670
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	2 Ounce	Weigh. 2 oz. weight popcorn chicken= 1 oz. eq. M/MA and 0.50 oz. eq. grain	327120
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight= 1/4 cup cheese	150250
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
ROLL DNNR WGRAIN WHT 1Z 10- 12CT	1 Each	1 roll = 1 oz. eq. grain	266548
CROUTON CHS GARL WGRAIN	1 Package	1 packages croutons= 0.5 oz. eq. grain	661022

Preparation Instructions

Place all items together in container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	468.10
Fat	19.74g
SaturatedFat	7.49g
Trans Fat	0.00g
Cholesterol	41.90mg
Sodium	739.52mg
Carbohydrates	49.07g
Fiber	11.40g
Sugar	13.71g
Protein	27.95g
Vitamin A 814.58IU	Vitamin C 12.33mg
Calcium 344.86mg	Iron 3.54mg

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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

Baked Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32668

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ	1 Cup		655937
SUGAR BROWN MED	1 Cup		108626

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	161.04		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	233.74mg		
Carbohydrates	33.58g		
Fiber	4.90g		
Sugar	18.56g		
Protein	6.85g		
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

Eggo® Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-36678
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.	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 Each

Amount Per Serving

Calories	210.00		
Fat	6.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	255.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41954
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM	1 Pound 10 Ounce (26 Ounce)		166872
Tap Water	1 Gallon		

Preparation Instructions

Hot Water Preparation

1. Measure 1 gallon (3.79 L) of boiling water into a 6 x ½ size steam table pan.
2. Add entire pouch of potatoes at once, using a spoon or wire whip to distribute evenly and wet all potatoes.
3. Let stand 60 seconds, stir well 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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.47		
Fat	0.42g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	286.75mg		
Carbohydrates	14.34g		
Fiber	0.84g		
Sugar	0.00g		
Protein	1.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.87mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33326

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-sodium, Canned	2 #10 CAN		100309
BUTTER SUB	1/2 Cup		209810
SUGAR BROWN MED	1/2 Cup		108626

Preparation Instructions

1. Put the carrots in the steamer and cook for 15 minutes at 150 degrees.
3. Mix together the butter buds and brown sugar.
4. Pour over the carrots.
5. Toss well to coat.
6. Cover the pans and keep warm in hot boxes

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	51.59		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	154.19mg		
Carbohydrates	13.11g		
Fiber	2.02g		
Sugar	6.63g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop-Tarts- 2 count

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32558
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Package		452082
PASTRY POP-TART WGRAIN CINN	1 Package		123081
PASTRY POP-TART WGRAIN STRAWB	1 Package		123031

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: 3.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	353.33
Fat	5.67g
SaturatedFat	1.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	286.67mg
Carbohydrates	74.00g
Fiber	6.00g
Sugar	29.67g
Protein	4.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	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

HS: Chicken Ranch Wrap

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33701

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	20 Pound		100101
Cheese, Cheddar Reduced fat, Shredded	2 Quart		100012
DRESSING RNCH LT	1 Gallon	N/A	472999
TORTILLA FLOUR 10 12-12CT GRSZ	80 Each	READY_TO_EAT	713340

Preparation Instructions

Mix chicken, cheddar cheese, and ranch together. Use 4 oz. scoop of meat mixture in 10" tortilla shell.

Meal Components (SLE)

Amount Per Serving

Meat	4.250
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: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	477.89
Fat	15.40g
SaturatedFat	4.10g
Trans Fat	0.00g
Cholesterol	99.99mg
Sodium	839.72mg
Carbohydrates	49.98g
Fiber	1.00g
Sugar	5.20g
Protein	30.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	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

Refried Beans

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14711
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	7 #10 CAN		100362
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.508
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.566
Starch	0.000

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	180.40
Fat	4.58g
SaturatedFat	3.05g
Trans Fat	0.00g
Cholesterol	15.25mg
Sodium	255.02mg
Carbohydrates	23.14g
Fiber	5.66g
Sugar	1.13g
Protein	10.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 101.16mg	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

Chicken & Noodles

Servings:	320.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14715
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	60 Pound		100101
PASTA NOODL KLUSKI 1/8IN	40 Pound		270385
GRAVY CHIX RSTD	6 #10 CAN 1 1/14 #5 CAN (12 #5 CAN)		516309

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 320.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	365.28		
Fat	7.63g		
SaturatedFat	1.03g		
Trans Fat	0.00g		
Cholesterol	108.00mg		
Sodium	456.16mg		
Carbohydrates	44.26g		
Fiber	2.00g		
Sugar	2.00g		
Protein	27.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.20mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44897
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN	6 Each		497360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	270.00
Fat	12.00g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	480.00mg
Carbohydrates	30.00g
Fiber	1.50g
Sugar	7.50g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 75.00mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Fried Rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44903
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	1 Cup		676463

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	270.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	440.00mg
Carbohydrates	54.00g
Fiber	4.00g
Sugar	3.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Satellite SUB

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44508
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD	3 Ounce	3 slices of each kind of meat	199721
CHEESE AMER 160CT SLCD	1 Slice	N/A	150260
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	341.70
Fat	14.00g
SaturatedFat	5.20g
Trans Fat	0.00g
Cholesterol	70.50mg
Sodium	958.30mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	4.50g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.17mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37360
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	N/A	265811
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL CHEERIOS HNYNUT BWL	1 Each	N/A	509396
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.021
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.79		
Fat	1.36g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	131.96mg		
Carbohydrates	23.75g		
Fiber	2.45g		
Sugar	7.42g		
Protein	2.23g		
Vitamin A	25.00IU	Vitamin C	0.30mg
Calcium	68.57mg	Iron	4.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14710
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each		661851
CHEESE AMER 160CT SLCD R/F	1 Slice		722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	16.00g
SaturatedFat	6.55g
Trans Fat	0.80g
Cholesterol	56.50mg
Sodium	636.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 147.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43498
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	910.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	14.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mostaccioli

Servings:	480.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14714
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	30 Pound		413350
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	90 Pound		573201
SAUCE SPAGHETTI FCY	6 #10 CAN		852759
Cheese, Mozzarella, Part Skim, Shredded	30 Pound		100021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.071
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.544
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	294.93		
Fat	11.25g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	54.46mg		
Sodium	466.75mg		
Carbohydrates	30.14g		
Fiber	3.18g		
Sugar	7.96g		
Protein	18.64g		
Vitamin A	346.61IU	Vitamin C	10.18mg
Calcium	36.30mg	Iron	1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Chicken Alfredo

Servings:	225.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14713
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	15 Pound		100101
SAUCE ALFREDO FZ	45 Pound	N/A	155661
PASTA MOSTACC RIG W/LINES	20 Pound	**Non-Whole Grain**	413350

Preparation Instructions

Updated 12.20.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	202.62
Fat	3.12g
SaturatedFat	0.77g
Trans Fat	0.01g
Cholesterol	26.70mg
Sodium	120.79mg
Carbohydrates	30.82g
Fiber	1.42g
Sugar	2.14g
Protein	12.74g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.55mg	Iron 1.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Meatball Sub

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44898
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	160 Each	N/A	785860
SAUCE MARINARA A/P	1 #10 CAN	N/A	592714
CHEESE MOZZ SHRD	1 Quart 1 Cup (5 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170
BUN SUB SLCD WGRAIN 5IN	40 Each	N/A	276142

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—
Add Meatballs and marinara sauce to pan. Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

—
Fill each Sub Bun with...

4 meatballs and 1 fl. ounce of cheese (1/8 cup or 2 Tablespoons)

—
Wrap tray of subs and place in warmer until ready to serve.

CCP: Hold for hot service at 135 degrees F or higher.

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: 40.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	645.70
Fat	23.10g
SaturatedFat	5.75g
Trans Fat	0.60g
Cholesterol	43.50mg
Sodium	2752.24mg
Carbohydrates	81.37g
Fiber	14.47g
Sugar	35.17g
Protein	31.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 337.91mg	Iron 8.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

High School: Two Dinner Rolls

Servings:	1.00	Category:	Grain
Serving Size:	2.00 roll	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44225
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each		266548

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: 1.00

Serving Size: 2.00 roll

Amount Per Serving

Calories	140.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	220.00mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	4.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available