

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 |

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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

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

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

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

Meatballs with BBQ Sauce

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 53.00 | Category: | Entree |
| Serving Size: | 4.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45400 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| MEATBALL CKD .65Z 6-5 COMM | 212 Each | | 785860 |
| SAUCE BBQ | 2 Quart | | 655937 |

Preparation Instructions

Conventional Oven: Pre-heat oven to 375° F. Place frozen meatballs on a cookie sheet and bake for approximately 30-40 minutes or until internal temperature reaches 165° F.

For thawed meatballs, reduce baking time by 5 minutes.

Toss cooked meatballs in sauce and warm until reaches back to temp.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 4.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 238.53 | | |
| Fat | 9.00g | | |
| SaturatedFat | 3.50g | | |
| Trans Fat | 0.60g | | |
| Cholesterol | 36.00mg | | |
| Sodium | 586.19mg | | |
| Carbohydrates | 27.74g | | |
| Fiber | 1.00g | | |
| Sugar | 22.53g | | |
| Protein | 12.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 59.00mg | Iron | 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 288.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9503 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|----------------------|--|------------|
| BEAN BAKED ORIG | 12 #10 CAN | Heat and serve. Warm in 350 degree oven for approx 30 minutes. | 520098 |
| SUGAR BROWN MED | 1 Gallon | UNSPECIFIED | 108626 |
| FLOUR HR SLF RISING | 1 Pint 1 Cup (3 Cup) | <p>BAKE Use as an ingredient in baking.</p> <p>UNPREPARED Use as an ingredient in your desired recipe or formula. Raw flour is not ready-to-eat and must be thoroughly cooked before eating. To prevent illness from naturally occurring bacteria in wheat flour, do not eat or play with raw dough or batter; wash hands and surfaces after handling.</p> | 605441 |
| SPICE ONION SALT | 1 Fluid Ounce | | 224979 |
| SPICE GARLIC SALT NO MSG | 1 Cup | | 224847 |
| SAUCE WORCESTERSHIRE | 1 Cup | | 109843 |
| KETCHUP CAN NAT LO SOD | 2 Quart | <p>HEAT_AND_SERVE Ready to Eat</p> <p>MIX Ready to Eat</p> <p>READY_TO_DRINK Ready to Eat</p> <p>READY_TO_EAT Ready to Eat</p> <p>UNPREPARED Ready to Eat</p> <p>UNSPECIFIED Ready to Eat</p> | 200621 |
| MUSTARD YELLOW | 1/2 Cup | | 807651 |

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: 288.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 212.51 | | |
| Fat | 0.54g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1048.25mg | | |
| Carbohydrates | 45.65g | | |
| Fiber | 5.43g | | |
| Sugar | 24.93g | | |
| Protein | 7.63g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 55.97mg | Iron | 2.10mg |

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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 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

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 |

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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

Chicken Alfredo

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 70.00 | Category: | Entree |
| Serving Size: | 6.00 Fluid Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45414 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|--------------------------|------------|
| Chicken, diced, cooked, frozen | 7 Pound | USDA Brown Box Commodity | 100101 |
| SAUCE ALFREDO FZ | 10 Pound | | 155661 |
| PASTA PENNE RIGATE 51 WGRAIN | 5 Pound | | 221482 |

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.750 |
| 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: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 181.84 | | |
| Fat | 3.13g | | |
| SaturatedFat | 0.55g | | |
| Trans Fat | 0.01g | | |
| Cholesterol | 36.67mg | | |
| Sodium | 109.56mg | | |
| Carbohydrates | 24.11g | | |
| Fiber | 2.29g | | |
| Sugar | 2.23g | | |
| Protein | 14.57g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 38.08mg | Iron | 1.14mg |

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Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

| | | | |
|----------------------|------------------------------|-----------------------|-----------|
| Servings: | 32.00 | Category: | Vegetable |
| Serving Size: | 1.25 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-42958 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE CHOP | 5 Pound | | 735787 |
| CHEESE PARM SHRD FCY | 1/2 Pound | | 460095 |
| DRESSING CAESAR | 1 Pint | | 818201 |
| CROUTON HMSTYL SEAS | 1/2 Pound | | 793944 |

Preparation Instructions

Mix all ingredients together.

1.25 cups= 0.50 cup dark green vegetable

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: 32.00

Serving Size: 1.25 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 92.77 | | |
| Fat | 8.01g | | |
| SaturatedFat | 2.25g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 11.25mg | | |
| Sodium | 200.55mg | | |
| Carbohydrates | 3.30g | | |
| Fiber | 1.25g | | |
| Sugar | 1.50g | | |
| Protein | 3.26g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 82.58mg | Iron | 0.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 22.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45391 |
| School: | Westview Jr.-Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|---|--------------------------|------------|
| Beans, Green - canned | 1 #10 CAN | USDA Brown Box Commodity | 100307 |
| 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: 22.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 30.35 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 172.79mg | | |
| Carbohydrates | 4.98g | | |
| Fiber | 2.35g | | |
| Sugar | 2.35g | | |
| Protein | 1.18g | | |
| 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
