

Cookbook for Culver Elementary

Created by HPS Menu Planner

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Applesauce Cups

NO IMAGE

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45613
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB	1 Each		358553
APPLESAUCE WTRMLN CUP	1 Each		276161
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each		250012
APPLESAUCE CINN UNSWT CUP	1 Each		699180
APPLESAUCE CHRY UNSWT CUP	1 Each		351216
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580
APPLESAUCE PLN R/S CUP	1 Each		276171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	65.71		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.43mg		
Carbohydrates	17.14g		
Fiber	1.14g		
Sugar	14.14g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.29mg	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

BBQ Rib Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20922
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

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	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	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

Toast

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31352
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547
MARGARINE SLD	1 Teaspoon	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	113.33		
Fat	4.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	171.67mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Chicken Taco Meat



Servings:	192.00	Category:	Entree
Serving Size:	2.45 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45648
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	30 Pound	1 case	110921
SEASONING TACO	1 Pound 5 Ounce (21 Ounce)		413429

Preparation Instructions

Boil fillet, shred, and add taco seasoning.

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: 192.00

Serving Size: 2.45 Ounce

Amount Per Serving

Calories	110.90		
Fat	2.55g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	66.33mg		
Sodium	437.13mg		
Carbohydrates	1.77g		
Fiber	0.44g		
Sugar	0.44g		
Protein	20.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.32mg

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

Nutrition - Per 100g

Calories	159.67		
Fat	3.67g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	95.49mg		
Sodium	629.35mg		
Carbohydrates	2.55g		
Fiber	0.64g		
Sugar	0.64g		
Protein	30.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.46mg

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

Variety of Cereal

NO IMAGE

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18856
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL GLDN GRAHAMS BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL APPLCINN WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CHEERIOS HNYNUT BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL RICE CHEX BLUEB BOWL	1 Each	READY_TO_EAT Ready to eat	261737
CEREAL CHEERIOS HNY BOWL 96-1Z	1 Each		261557

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.917
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	100.46
Fat	1.44g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	130.29mg
Carbohydrates	21.17g
Fiber	1.95g
Sugar	6.33g
Protein	1.81g
Vitamin A 250.17IU	Vitamin C 4.22mg
Calcium 89.82mg	Iron 5.82mg

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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

Graham



Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37494
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM FREN TST	1 Package	READY_TO_EAT Ready to Enjoy	288252
CRACKER GRHM STCK SCOOPY	1 Package		859550
CRACKER GLDFSH CINN	1 Package	READY_TO_EAT Ready to Enjoy	194510

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	123.33		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	131.67mg		
Carbohydrates	20.33g		
Fiber	1.33g		
Sugar	7.67g		
Protein	1.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.14mg

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Nutrition - Per 100g

No 100g Conversion Available

Homemade Pancakes



Servings:	70.00	Category:	Entree
Serving Size:	1.00 Pancake	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43185

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MIX SWT CRM	5 Pound	1 Box **Non-Whole Grain Item**	113451
Tap Water for Recipes	2 Quart 1 Pint (10 Cup)	UNPREPARED	000001WTR

Preparation Instructions

1. Blend mix and water together using a wire whisk until well-blended.
2. Pour batter onto greased, preheated 365°F-375F griddle. Use 3 oz ladle.
3. Cook pancakes 1 1/4 to 1 1/2 minutes per side. Turn only once

Note: If Pancakes weighs 2 ounce will equal 1.5 oz Grain equivalents.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 70.00

Serving Size: 1.00 Pancake

Amount Per Serving

Calories	113.38		
Fat	1.62g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	404.92mg		
Carbohydrates	22.68g		
Fiber	0.54g		
Sugar	5.94g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.99mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cavatini

NO IMAGE

Servings:	21.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39323
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	2 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned. HEAT_AND_SERVE	728590
Shredded Mozzarella Cheese, Part Skim	1 Pint		100021
PEPPERONI SLCD 14-16/Z	30 Each		729981

Preparation Instructions

Place 2 bags of rotini in pan.

Top with cheese and pepperoni.

Bake.

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: 21.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	368.34
Fat	20.21g
SaturatedFat	8.70g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	733.65mg
Carbohydrates	26.12g
Fiber	4.10g
Sugar	8.57g
Protein	21.25g
Vitamin A 0.00IU	Vitamin C 23.55mg
Calcium 56.32mg	Iron 3.10mg

*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

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45614
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD CN 1.5Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891
EGG PTY FRD HMSTYL CRKD PEPR	1 Each		635671
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

Preparation Instructions

Sausage:

Conventional Oven- Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.

Convection Oven- Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.

Egg Patty: Cook from frozen.

Top English muffin with sausage, egg, and cheese slice. Place 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	430.00
Fat	29.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	157.50mg
Sodium	795.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	1.50g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 109.00mg	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

Baked Beans

NO IMAGE

Servings:	45.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37608
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED ORIG	1 #10 CAN		520098
Beans, Vegetarian, Low-sodium, Canned	1 #10 CAN		100364

Preparation Instructions

Mix beans together. Heat.

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	135.77
Fat	0.78g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	360.32mg
Carbohydrates	26.11g
Fiber	5.22g
Sugar	8.88g
Protein	7.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.11mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Scramble Bake

NO IMAGE

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45626
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMBD CNTRY	10 Pound	2 Packages Thaw ahead of time	788051
CHEESE CHED MLD SHRD 4-5 LOL	1 Pint	N/A	150250

Preparation Instructions

Pre-Preparation Instructions: Thaw Breakfast Scramble 48-72 hours (under refrigeration) 40°F - HACCP Critical Control Point.

To prepare :

Prepare (2) 2-inch-deep hotel pans - spray pans with non-stick cooking spray.

Divide the Breakfast Scramble between the two pans.

Add 1 cup of Shredded Cheddar Cheese to each pan.

Place pans (uncovered) in a preheated 350°F oven and bake for 15-20 minutes.

Serving:

Remove pans from oven and allow to cool slightly.

Cut each pan into 24 servings (4x6) and place into holding cabinet (covered) or on serving line (uncovered) if ready to serve.

Serve 1 slice of Breakfast Bake on a platter or serving tray.

Note: Will need to offer/serve with a grain item.

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: 48.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	185.46
Fat	11.55g
SaturatedFat	5.20g
Trans Fat	0.00g
Cholesterol	112.76mg
Sodium	425.27mg
Carbohydrates	8.39g
Fiber	0.00g
Sugar	0.91g
Protein	11.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 162.85mg	Iron 0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

NO IMAGE

Servings:	280.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10627

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	20 Pound		100101
PASTA NOODL EGG 1/2IN XTRA WD	25 Pound		292346
BASE CHIX RSTD NO ADDED MSG	6 Pound		110601

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 280.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	198.61
Fat	2.94g
SaturatedFat	0.36g
Trans Fat	0.00g
Cholesterol	56.14mg
Sodium	53.93mg
Carbohydrates	28.61g
Fiber	1.43g
Sugar	1.45g
Protein	12.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.29mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of 4 oz. Yogurt

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36718
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	1 Each	READY_TO_EAT Ready to eat	551770
YOGURT CHERRY TRPL L/F	1 Each	READY_TO_EAT Ready to eat	186911
YOGURT STRAWB BAN BASH L/F	1 Each	READY_TO_EAT Ready to eat	551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

Cheeseburger on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39319
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	BAKE FFROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
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	338.00		
Fat	14.50g		
SaturatedFat	5.60g		
Trans Fat	0.60g		
Cholesterol	46.50mg		
Sodium	649.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	4.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21029
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLEND SPRD	1 1/2 Cup	READY_TO_EAT Ready to use.	840840
BREAD WGRAIN WHT 16-22Z GCHC	200 Each		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	400 Slice		100036

Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
3. Top each slice of bread with 4 slices (2 oz) of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	341.60		
Fat	14.40g		
SaturatedFat	6.96g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	856.40mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.56mg	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

Tomato Soup

NO IMAGE

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21028
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	6 #10 CAN 1/14 #5 CAN (11 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
MILK WHT 2	2 Gallon		504602

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	120.40		
Fat	1.00g		
SaturatedFat	0.62g		
Trans Fat	0.00g		
Cholesterol	4.27mg		
Sodium	527.11mg		
Carbohydrates	23.39g		
Fiber	1.04g		
Sugar	12.50g		
Protein	3.90g		
Vitamin A	106.62IU	Vitamin C	0.52mg
Calcium	87.73mg	Iron	0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Benefit Bar

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45627
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST FREN TST	1 Each		563413
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST BAN CHOC CHNK IW	1 Each		875860

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	282.50
Fat	8.50g
SaturatedFat	2.88g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	212.50mg
Carbohydrates	47.00g
Fiber	3.25g
Sugar	21.50g
Protein	4.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.00mg	Iron 3.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Tenderloin on Bun

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18862
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	BAKE 1. Preheat oven to 375 degrees F. 2. Lay out patties on an oven sheet pan in a single layer. 3. Heat for 13-15 minutes or until heated through.	661950
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	2.500
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	410.00		
Fat	19.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	570.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	3.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti & Meat Sauce

NO IMAGE

Servings:	320.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18879
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
PASTA SPAGHETTI 10IN	20 Pound		413370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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	189.46
Fat	4.25g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	29.46mg
Sodium	155.36mg
Carbohydrates	25.82g
Fiber	2.07g
Sugar	4.75g
Protein	11.54g
Vitamin A 346.61IU	Vitamin C 10.18mg
Calcium 23.57mg	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

Hot Dog on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18857
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/	1 Each	BAKE	265039
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	280.00		
Fat	17.50g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	670.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.89mg	Iron	1.77mg

*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 Muffin



Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28667
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BAN WGRAIN IW	1 Each		557981
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 Each

Amount Per Serving

Calories	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun

NO IMAGE

Servings:	29.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36720
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	5 Pound		100158
ONION DCD 1/4IN	1 Cup	Chopped	198307
SALT IODIZED	1 Tablespoon	To Taste	350732
SPICE PEPR BLK REST GRIND	1 Tablespoon	To Taste	225061
SUGAR BROWN LT	1 Cup		860311
MUSTARD YELLOW PLAS JUG	1/2 Cup		433371
VINEGAR WHT DISTILLED 5	1/4 Cup		629640
KETCHUP CAN	1 Quart		100188
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	29 Each		266546

Preparation Instructions

Brown hamburger with onion and salt and pepper

Drain grease

Add brown sugar, mustard, vinegar, ketchup

Marinate (turn off and let cool down, then warm back up and serve or cool down, refrigerate overnight and reheat, or freeze and enjoy another time. . .)

Serve with a bun

SCHOOL NOTE: ground beef will shrink when cooked, each 10 lb tube will lose an estimate of 1 lb.

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: 29.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		390.53	
Fat		14.35g	
SaturatedFat		4.62g	
Trans Fat		2.06g	
Cholesterol		53.53mg	
Sodium		933.76mg	
Carbohydrates		43.27g	
Fiber		3.00g	
Sugar		19.65g	
Protein		19.41g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.45mg	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

Chicken Patty on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18871
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	266546

Preparation Instructions

BAKE chicken patties:
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.
Place chicken patty on bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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	390.00
Fat	16.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	680.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available