

Cookbook for Culver Elementary

Created by HPS Menu Planner

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Applesauce Cups

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	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

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	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN SUB SLCD WGRAIN 5IN	1 Each	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

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	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each	266547
MARGARINE SLD	1 Teaspoon	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	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	30 Pound	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

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	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	265811
CEREAL GLDN GRAHAMS BWL	1 Each	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL FRSTD MINI WHE BWL	1 Each	662186
CEREAL APPLCINN WGRAIN BWL	1 Each	266052
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	264702
CEREAL CHEERIOS HNYNUT BWL	1 Each	509396
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL RICE CHEX BLUEB BOWL	1 Each	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

*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

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	DistPart #
CRACKER GLDFSH GRHM FREN TST	1 Package	288252
CRACKER GRHM STCK SCOOBY	1 Package	859550
CRACKER GLDFSH CINN	1 Package	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

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

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	DistPart #
PANCAKE MIX SWT CRM	5 Pound	113451
Tap Water for Recipes	2 Quart 1 Pint (10 Cup)	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

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	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	2 Package	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

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	DistPart #
SAUSAGE PTY CKD CN 1.5Z	1 Each	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	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

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	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

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	DistPart #
ENTREE BKFST SCRMBD CNTRY	10 Pound	788051
CHEESE CHED MLD SHRD 4-5 LOL	1 Pint	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

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	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

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	DistPart #
YOGURT RASPB RNBW L/F	1 Each	551770
YOGURT CHERRY TRPL L/F	1 Each	186911
YOGURT STRAWB BAN BASH L/F	1 Each	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	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	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

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	DistPart #
MARGARINE BTR BLEND SPRD	1 1/2 Cup	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

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	DistPart #
SOUP TOMATO	6 #10 CAN 1/14 #5 CAN (11 #5 CAN)	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

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	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

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	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	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

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	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package	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	DistPart #
FRANKS BEEF 8/	1 Each	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	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

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	DistPart #
Beef, Fine Ground 85/15, Frozen	5 Pound	100158
ONION DCD 1/4IN	1 Cup	198307
SALT IODIZED	1 Tablespoon	350732
SPICE PEPR BLK REST GRIND	1 Tablespoon	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	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	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