

# **Cookbook for Westview Jr.-Sr. High School**

**Created by HPS Menu Planner**

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# Assorted Variety of Breakfast Bar

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34158
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	155.00
<b>Fat</b>	3.75g
<b>SaturatedFat</b>	0.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	115.83mg
<b>Carbohydrates</b>	28.83g
<b>Fiber</b>	3.00g
<b>Sugar</b>	10.50g
<b>Protein</b>	2.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 161.67mg	<b>Iron</b> 1.63mg

\*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 Cereal

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42951
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	110.33		
<b>Fat</b>	1.48g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	23.50g		
<b>Fiber</b>	2.02g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	1.57g		
<b>Vitamin A</b>	50.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	85.73mg	<b>Iron</b>	2.51mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chef Ham Salad with Cheez-It and Croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42957
<b>School:</b>	Westview Jr.-Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER ENG SDLSS	1/4 Cup		532312
TOMATO CHERRY	1/4 Cup		169275
LETTUCE ROMAINE CHOP	1 1/2 Cup		735787
EGG HARD CKD PLD	1 Each		219160
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Ham, Cubed Frozen	2 Ounce	USDA Brown Box Commodity	100188-H
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

<b>Meat</b>	3.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	484.36
<b>Fat</b>	24.30g
<b>SaturatedFat</b>	10.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	224.51mg
<b>Sodium</b>	1077.33mg
<b>Carbohydrates</b>	41.28g
<b>Fiber</b>	3.08g
<b>Sugar</b>	6.39g
<b>Protein</b>	28.02g
<b>Vitamin A</b> 13.65IU	<b>Vitamin C</b> 0.37mg
<b>Calcium</b> 367.58mg	<b>Iron</b> 4.39mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Seasoned Corn

<b>Servings:</b>	55.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45302
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	67.38		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.27mg		
<b>Carbohydrates</b>	16.11g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Seasoned Peas

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45291
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	73.66		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	72.25mg		
<b>Carbohydrates</b>	13.12g		
<b>Fiber</b>	4.72g		
<b>Sugar</b>	4.72g		
<b>Protein</b>	4.72g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg & Cheese Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45238
<b>School:</b>	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

<b>Meat</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	337.20
<b>Fat</b>	16.68g
<b>SaturatedFat</b>	8.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	120.60mg
<b>Sodium</b>	575.80mg
<b>Carbohydrates</b>	31.52g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	17.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 166.48mg	<b>Iron</b> 2.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10423
<b>School:</b>	Westview Jr.-Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	6 Slice		556121
CHEESE AMER 160CT SLCD	1 Slice		150260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Updated 3.15.24

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	305.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.50mg
<b>Sodium</b>	945.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 111.50mg	<b>Iron</b> 2.72mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Chips

<b>Servings:</b>	7.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42982
<b>School:</b>	Westview Jr.-Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712560
CHIP POT APPL K TTL	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	134733
CHIP POT BBQ BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712550
CHIP POT CHED SR CRM	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712580
CHIP POT K TTL JALAP CHED R/F	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	600331
CHIP POT K TTL ORIG R/F	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	600322

Description	Measurement	Prep Instructions	DistPart #
CHIP POT CHED SR CRM BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	405983

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	153.33		
<b>Fat</b>	5.86g		
<b>SaturatedFat</b>	0.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	183.81mg		
<b>Carbohydrates</b>	23.05g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	2.19g		
<b>Protein</b>	2.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	0.62mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Bacon, Egg, & Cheese Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34159
<b>School:</b>	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

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	285.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	122.50mg
<b>Sodium</b>	815.01mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 189.50mg	<b>Iron</b> 1.60mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage, Egg, & Cheese Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34160
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	295.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	137.50mg
<b>Sodium</b>	695.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 189.50mg	<b>Iron</b> 1.96mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage Egg Cheese Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42960
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	392.00
<b>Fat</b>	20.20g
<b>SaturatedFat</b>	7.65g
<b>Trans Fat</b>	0.12g
<b>Cholesterol</b>	132.50mg
<b>Sodium</b>	658.40mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	1.10g
<b>Sugar</b>	5.50g
<b>Protein</b>	17.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 123.71mg	<b>Iron</b> 2.01mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Orange Chicken

<b>Servings:</b>	37.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42961
<b>School:</b>	Westview Jr.-Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE ORNG GINGR	2 Pound		802860

## Preparation Instructions

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 135 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add oranges and sauce. Mix thoroughly.

Each serving should be 10 popcorn chicken.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	313.31		
<b>Fat</b>	13.07g		
<b>SaturatedFat</b>	3.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.38mg		
<b>Sodium</b>	665.44mg		
<b>Carbohydrates</b>	30.93g		
<b>Fiber</b>	3.02g		
<b>Sugar</b>	12.11g		
<b>Protein</b>	19.10g		
<b>Vitamin A</b>	201.09IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.11mg	<b>Iron</b>	1.45mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Seasoned Green Beans

<b>Servings:</b>	22.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45391
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	30.35		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	172.79mg		
<b>Carbohydrates</b>	4.98g		
<b>Fiber</b>	2.35g		
<b>Sugar</b>	2.35g		
<b>Protein</b>	1.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Seasoned California Blend

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45296
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	12.78		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	16.62mg		
<b>Carbohydrates</b>	2.57g		
<b>Fiber</b>	1.51g		
<b>Sugar</b>	1.01g		
<b>Protein</b>	1.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.12mg	<b>Iron</b>	0.50mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spaghetti w/ Meat Sauce

<b>Servings:</b>	1536.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21752
<b>School:</b>	Westview Jr.-Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	50 Pound		221460
BEEF CRMBL CKD 6-5	40 Pound	MICROWAVE To thaw product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave heat thawed product in 5 pound bag on high power for 6 8 minutes on each side or until internal temperature reaches 165degrees f. Steamer place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20 25 minutes or until internal temperature reaches 165 degrees f.	674312
SAUCE SPAGHETTI FCY	14 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
SALT IODIZED	1/2 Cup	READY_TO_EAT used to salt food	108286
SPICE GARLIC SALT NO MSG	1/2 Cup		224847
Tap Water for Recipes	12 Gallon		000001WTR

## Preparation Instructions

Bring 12 gallon water to boil, add spaghetti and cook until tender add remaining ingredients and stir.

Makes 48 gallons,

Updated 9.12.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1536.00

Serving Size: 4.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	83.67		
<b>Fat</b>	1.72g		
<b>SaturatedFat</b>	0.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.21mg		
<b>Sodium</b>	199.36mg		
<b>Carbohydrates</b>	13.09g		
<b>Fiber</b>	1.85g		
<b>Sugar</b>	2.39g		
<b>Protein</b>	4.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.24mg	<b>Iron</b>	0.75mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Assorted Variety of Muffin

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34156
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 muffin

Amount Per Serving			
<b>Calories</b>	190.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.50mg		
<b>Sodium</b>	151.25mg		
<b>Carbohydrates</b>	30.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	15.25g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.75mg	<b>Iron</b>	1.08mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Biscuit Gravy

<b>Servings:</b>	64.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46825
<b>School:</b>	Westview Jr.-Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC	1 Pound 8 Ounce (24 Ounce)	1 Package	281719
Tap Water for Recipes	1 Gallon	3 quart boiling water and 1 quart water	000001WTR

## Preparation Instructions

1. BRING 3 QUARTS OF WATER TO A FULL ROLLING BOIL.
2. COMBINE 1 QUART COOL TAP WATER AND 1 PACKAGE OF GRAVY MIX IN A SEPARATE CONTAINER. MIX WITH A WIRE WHISK UNTIL LUMP FREE.
3. POUR WATER AND GRAVY MIX BLEND INTO BOILING WATER.
4. STIR UNTIL GRAVY RETURNS TO A BOIL. SIMMER FOR ONE MINUTE WHILE STIRRING CONSTANTLY.
5. REMOVE FROM HEAT. POUR GRAVY INTO SERVING CONTAINER AND MAINTAIN INTERNAL GRAVY TEMPERATURE AT 165°F DURING SERVICE.

NOTE: FOR MULTIPLE BATCHES, FOLLOW THE SAME INSTRUCTIONS AND BE SURE TO RETURN PREPARED GRAVY TO A BOIL.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

### Amount Per Serving

<b>Calories</b>	47.85		
<b>Fat</b>	2.13g		
<b>SaturatedFat</b>	1.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	276.44mg		
<b>Carbohydrates</b>	6.38g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.19mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available