

# **Cookbook for 9-12**

**Created by HPS Menu Planner**

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# Cheeseburger wg M/MA 2.00 Grain 2.00oz



<b>Servings:</b>	10.000	<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-46806
<b>School:</b>	K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	10 Each		266546
BEEF PTY CHARB	10 Each	<b>BAKE</b> Conventional Oven From a frozen state, bake at 350 in conventional oven for 9 minutes. <b>CONVECTION</b> Convection Oven From a frozen state, bake at 350 in convection oven for 7 minutes. <b>MICROWAVE</b> Microwave Microwave on full power for 1 minute. Microwave times may vary. Times given are approximate.	589519
CHEESE SLCD YEL	20 Slice		334450

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 10.000

Serving Size: 1.00 Each

### Amount Per Serving

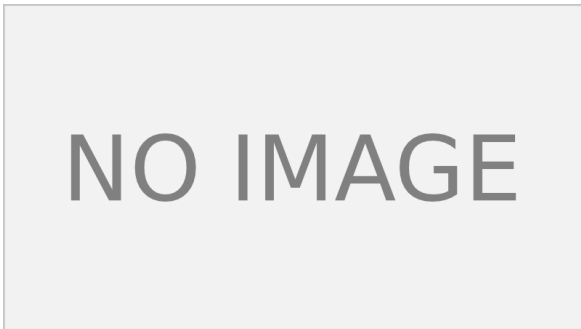
<b>Calories</b>	410.00		
<b>Fat</b>	22.00g		
<b>SaturatedFat</b>	10.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	840.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger wg M/MA 2.00 Grain 2.00 oz



<b>Servings:</b>	5.000	<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-46805
<b>School:</b>	K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	5 Each		266546
BEEF PTY CKD DLX 70/30	5 Each	<b>BAKE</b> Conventional Oven From frozen state, bake on a pan in a preheated conventional oven at 350 for 12 minutes. <b>CONVECTION</b> Convection Oven From a frozen state, bake on a pan in a preheated convection oven at 350 for 8 minutes <b>MICROWAVE</b> Microwave Microwave on high power setting for about 1-1 2 minutes. Microwave ovens vary. Times given are approximate.	510556

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 5.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	3.80mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken Sandwich nwg bun



<b>Servings:</b>	30.000	<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-44429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB GLDN 4IN	30 Each	nwg THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110
CHIX BRST BRD CKD WGRAIN 3.75Z	30 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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: 30.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	3.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Spicy Chicken Sandwich nwg



<b>Servings:</b>	20.000	<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-44430

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4IN	20 Each	non- whole grain THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233
CHIX BRST HOTSPCY BRD 3.75Z	20 Each	breadding whole grain BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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: 20.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	3.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Smucker Grab 'N' Go Bag



<b>Servings:</b>	5.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bag	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42423

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	5 Each	1 5.3 oz smucker	516761
CARROT BABY WHL	5 Each		786321

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.000

Serving Size: 1.00 Bag

### Amount Per Serving

<b>Calories</b>	615.00
<b>Fat</b>	33.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	565.00mg
<b>Carbohydrates</b>	68.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	32.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 102.40mg	<b>Iron</b> 2.40mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Lunchable- Cheese Pizza with 1 IW Bag Carrots 3.6oz

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<b>Servings:</b>	3.000	<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-42410

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT PIZZA CHS&TKY PEPP 48-5.58Z	3 Each		588391
CARROT BABY IW	3 Package		168819

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	379.63
<b>Fat</b>	15.19g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	945.81mg
<b>Carbohydrates</b>	42.50g
<b>Fiber</b>	6.44g
<b>Sugar</b>	10.75g
<b>Protein</b>	15.56g
<b>Vitamin A</b> 11635.43IU	<b>Vitamin C</b> 2.19mg
<b>Calcium</b> 477.00mg	<b>Iron</b> 2.55mg

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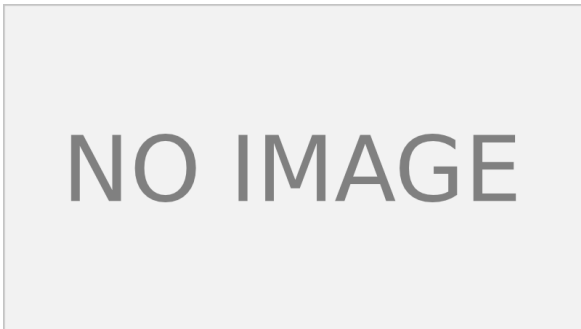
## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Lunchable - Turkey & Cheese with 1 Bag Grape Tomatoes IW 2oz



<b>Servings:</b>	3.000	<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-42411

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM CHS	3 Each		588400
TOMATO GRAPE	3 Package		802040

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 3.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	370.10
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	722.60mg
<b>Carbohydrates</b>	35.20g
<b>Fiber</b>	1.60g
<b>Sugar</b>	9.50g
<b>Protein</b>	18.50g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 1.80mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Dannon Yogurt Bag Lunch

NO IMAGE

<b>Servings:</b>	5.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bag	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44970

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F FOTB	5 Each		827402
CHEESE STRING MOZZ LT IW	5 Each		786801
GRANOLA BAG IW	10 Package	<b>READY_TO_EAT</b> Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
CARROT BABY IW	8 Ounce		168819

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.000

Serving Size: 1.00 Bag

### Amount Per Serving

<b>Calories</b>	445.80
<b>Fat</b>	11.60g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	480.10mg
<b>Carbohydrates</b>	70.00g
<b>Fiber</b>	5.30g
<b>Sugar</b>	37.00g
<b>Protein</b>	18.30g
<b>Vitamin A</b> 6205.50IU	<b>Vitamin C</b> 1.17mg
<b>Calcium</b> 412.40mg	<b>Iron</b> 1.84mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken Salad

NO IMAGE

<b>Servings:</b>	5.000	<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-44993

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Quart 1 Pint (10 Cup)	1 cup veggie	451730
TOMATO GRAPE	5 Package	1 package - 1/2 cup veggie	802040
CARROT MATCHSTICK SHRED	5 Ounce	1 ounce	198161
CUCUMBER SELECT	20 Slice	4 slices	418439
CROUTON CHS GARL WGRAIN	10 Package	2 each	661022
CRACKER SALTINE	5 Package	1 each	688931
CHIX BRST BRD FLLT WGRAIN CKD	5 Each	1 each BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.500
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	437.03
<b>Fat</b>	14.05g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	973.10mg
<b>Carbohydrates</b>	55.25g
<b>Fiber</b>	7.83g
<b>Sugar</b>	9.53g
<b>Protein</b>	26.06g
<b>Vitamin A</b> 4782.86IU	<b>Vitamin C</b> 2.46mg
<b>Calcium</b> 102.57mg	<b>Iron</b> 3.26mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Parfait with Granola

NO IMAGE

<b>Servings:</b>	5.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42852

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR	1 Pound 4 Ounce (20 Ounce)	READY_TO_EAT Ready to eat	811490
YOGURT VAN L/F PARFPR	1 Pound 4 Ounce (20 Ounce)	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 1/4 Cup		119873
STRAWBERRY DCD 1/2IN IQF	1 1/4 Cup	READY_TO_EAT Ready to Eat	621420
CEREAL GROLA CRNCHY CLUSTERS	1 Pint 1 3/4 Cup (3 3/4 Cup)		812821

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<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: 5.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	502.65
<b>Fat</b>	4.29g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	225.75mg
<b>Carbohydrates</b>	108.25g
<b>Fiber</b>	5.98g
<b>Sugar</b>	57.99g
<b>Protein</b>	13.56g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.66mg	<b>Iron</b> 2.06mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Naked Juice Grab N Go Meal



<b>Servings:</b>	5.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bag	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44972

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE NAKED STRAWB BAN	5 Each	10 oz bottle	569391
CHEESE STRING MOZZ LT IW	10 Each		786801
ROUND BKFST UBR	5 Each	BAKE HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.	794230

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	1.250
<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: 5.000

Serving Size: 1.00 Bag

### Amount Per Serving

<b>Calories</b>	614.40
<b>Fat</b>	12.90g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	27.00mg
<b>Sodium</b>	611.30mg
<b>Carbohydrates</b>	103.00g
<b>Fiber</b>	6.50g
<b>Sugar</b>	62.00g
<b>Protein</b>	20.80g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 466.36mg	<b>Iron</b> 2.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Tossed Salad

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<b>Servings:</b>	20.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33815
<b>School:</b>	LYON COUNTY ELE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Quart 1 Pint (10 Cup)	1/2 cup lettuce = 0.25 green veg	451730
TOMATO GRAPE SWT	80 Each		129631
CARROT MATCHSTICK SHRED	1 Pound 4 Ounce (20 Ounce)		198161

## Preparation Instructions

Wash and Rinse all ingredients. In 8 oz bowl clear square hinged container , layer lettuce, tomatoes, carrots. Hold in cooler.

Hold at Cold Service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	24.49		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.50mg		
<b>Carbohydrates</b>	5.43g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	2.96g		
<b>Protein</b>	1.29g		
<b>Vitamin A</b>	5005.46IU	<b>Vitamin C</b>	5.84mg
<b>Calcium</b>	25.10mg	<b>Iron</b>	0.16mg

\*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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# Lettuce, Tomato & Onion

NO IMAGE

<b>Servings:</b>	3.000	<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-42429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO RANDOM 2	6 Slice	2 slices tomatoes	508616
LETTUCE ROMAINE RIBBONS	1 1/2 Cup	1/2 cup lettuce	451730
ONION RED JUMBO	3 Slice	1 slice	596973

## Preparation Instructions

Place veggies in a clear bag and seal.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.050
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 3.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	32.24		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.70mg		
<b>Carbohydrates</b>	7.40g		
<b>Fiber</b>	2.18g		
<b>Sugar</b>	3.80g		
<b>Protein</b>	1.74g		
<b>Vitamin A</b>	600.33IU	<b>Vitamin C</b>	11.96mg
<b>Calcium</b>	26.49mg	<b>Iron</b>	0.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Lettuce & Sliced Tomatoes

NO IMAGE

<b>Servings:</b>	3.000	<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-42427

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 1/2 Cup	1/2 cup lettuce = 0.25 veggie	451730
TOMATO RANDOM 2	6 Slice	2 slices tomatoes = 0.25 veggie	508616

## 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>	0.250
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 3.000

Serving Size: 0.50 Cup

### Amount Per Serving

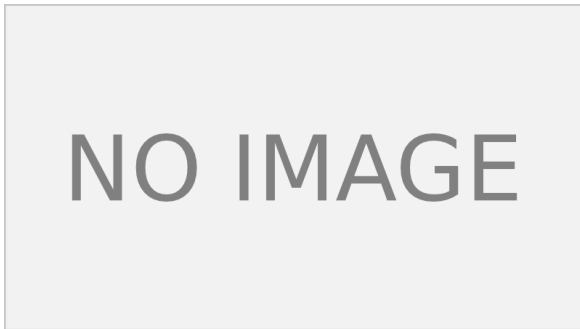
<b>Calories</b>	20.94		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.60mg		
<b>Carbohydrates</b>	4.40g		
<b>Fiber</b>	1.68g		
<b>Sugar</b>	2.80g		
<b>Protein</b>	1.44g		
<b>Vitamin A</b>	599.76IU	<b>Vitamin C</b>	9.86mg
<b>Calcium</b>	19.97mg	<b>Iron</b>	0.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli IW Bagged



<b>Servings:</b>	15.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.20 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42860

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET	15 Each		997878

## 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>	0.500
<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: 15.000

Serving Size: 2.20 Ounce

Amount Per Serving			
<b>Calories</b>	25.00		
<b>Fat</b>	0.25g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	32.50mg		
<b>Carbohydrates</b>	5.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	1.00g		
<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

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

## Nutrition - Per 100g

<b>Calories</b>	40.08		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	52.11mg		
<b>Carbohydrates</b>	8.82g		
<b>Fiber</b>	4.01g		
<b>Sugar</b>	1.60g		
<b>Protein</b>	3.21g		
<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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# Celery Sticks 2oz IW



<b>Servings:</b>	15.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42855

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX	1 Pound 14 Ounce (30 Ounce)		781592

## 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>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 15.000

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	12.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	64.00mg		
<b>Carbohydrates</b>	2.40g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	1.60g		
<b>Protein</b>	0.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.00mg	<b>Iron</b>	0.00mg

\*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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# Italian Cheese Pocket M/MA 2oz Grain 2oz



<b>Servings:</b>	100.000	<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-46944
<b>School:</b>	K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL CHS PULL APART IW	100 Each	<b>HEAT_AND_SERVE</b> <b>HEAT &amp; SERVE:</b> Heat frozen Pillsbury® Cheesy Pull-Apart in ovenable pouch. For best quality, follow heating and hold time directions. Preheat Oven. Place 15 (3x5) frozen Pillsbury® Cheesy Pull-Aparts on baking sheet. <b>DO NOT</b> place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Product can be held in refrigerator for up to 24 hours before preparing. <b>HOLD</b> <b>TIME:</b> Pillsbury® Cheesy Pull-Aparts may be held in warming cabinet for a maximum of 3 hours at 150°F. Do not refreeze. Discard any unused portion of Pillsbury® Cheesy Pull-Aparts. <b>MICROWAVE:</b> Place one pouch in microwave and heat 50-60 seconds. <b>LET STAND</b> one minute before removing from microwave.	809062

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 100.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	520.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 340.00mg	<b>Iron</b> 1.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sweet Potato Waffle Fries

NO IMAGE

<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42879

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## 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>	1.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.25 Cup

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<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>	0.00mg	<b>Iron</b>	0.00mg

\*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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