

# **Cookbook for Chagrin Falls Exempted Village School**

**Created by HPS Menu Planner**

# **Cookbook for Chagrin Falls High School**

**Created by HPS Menu Planner**

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**BBQ Chicken Wrap**

# Turkey/Cheese Sandwich All

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12831
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
BREAD WGRAIN SLCD 1/2IN	2 Slice		231053
CHEESE SWS SLCD .75Z	1 Slice		327409

## Preparation Instructions

ALLERGENS: MILK, SOY WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.500
<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>	390.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	755.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	29.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 322.00mg	<b>Iron</b> 2.40mg

\*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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# Buffalo Chicken Wrap

<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-27085
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
SAUCE BUFF WNG REDHOT	1 Fluid Ounce		704229
LETTUCE LEAF DELI	1 Slice		416593
TORTILLA WHLWHE 12IN	1 Each		118910
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce		570533

## Preparation Instructions

ALLERGENS: WHEAT, SOY, MILK

Cook chicken per package directions. In large bowl, toss chicken in wing sauce.

Place chicken, cheese and lettuce on wrap.

Wrap sandwich.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.667
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	467.92
<b>Fat</b>	20.33g
<b>SaturatedFat</b>	10.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.67mg
<b>Sodium</b>	1944.59mg
<b>Carbohydrates</b>	45.83g
<b>Fiber</b>	0.17g
<b>Sugar</b>	0.08g
<b>Protein</b>	27.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 273.33mg	<b>Iron</b> 0.48mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham & Swiss on Pretzel Bun k-12

<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-12829
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	3 Slice		680656
CHEESE SWS SLCD .75Z	1 Slice		327409
ROLL PRTZL WGRAIN	1 Each		500162

## Preparation Instructions

ALLERGENS: WHEAT, MILK

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.875
<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>	297.50
<b>Fat</b>	10.13g
<b>SaturatedFat</b>	4.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	33.75g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.75g
<b>Protein</b>	17.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 210.00mg	<b>Iron</b> 2.70mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Ranch Wrap k-12

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12840
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z	3 Each		533830
LETTUCE LEAF DELI	1 Piece		416593
DRESSING RNCH CUP	1 Ounce		537705
TORTILLA WHLWHE 12IN	1 Each		118910

## Preparation Instructions

ALLERGENS: EGGS, MILK, SOY, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	4.500
<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>	731.25		
<b>Fat</b>	40.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	1354.58mg		
<b>Carbohydrates</b>	63.17g		
<b>Fiber</b>	3.17g		
<b>Sugar</b>	3.08g		
<b>Protein</b>	39.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.33mg	<b>Iron</b>	2.48mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Italian Combo Sub

<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-27078
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD	6 Slice		199721
BUN SUB SLCD WGRAIN 8 10-6CT	1 Each		406343
LETTUCE LEAF DELI	1 Slice		416593
CHEESE PROV NAT SLCD .75Z	1 Slice		726532

## Preparation Instructions

ALLERGENS: MILK, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.750
<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>	401.25
<b>Fat</b>	15.30g
<b>SaturatedFat</b>	5.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	73.00mg
<b>Sodium</b>	981.28mg
<b>Carbohydrates</b>	41.17g
<b>Fiber</b>	3.17g
<b>Sugar</b>	7.08g
<b>Protein</b>	24.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 226.00mg	<b>Iron</b> 3.05mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham & Cheddar on Croissant k-12

<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-26839
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SLCD .75Z	1 Slice		726524
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
HAM VIRGINIA BKD DELI SLCD	2 Ounce		680656

## Preparation Instructions

ALLERGENS: MILK, SOY, EGG, WHEAT

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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>	330.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	785.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.00mg	<b>Iron</b> 1.90mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Asian (Tangerine) Chicken Wrap

<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-12843
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	3 9/10 Ounce		791710

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	5.000
<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>	190.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.44mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Turkey/Cheese Sub All

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27084
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
BUN SUB SLCD WGRAIN 8 10-6CT	1 Each		406343
LETTUCE LEAF DELI	1 Slice		416593
CHEESE SWS SLCD .75Z	1 Slice		327409

## Preparation Instructions

ALLERGENS: MILK, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.750
<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>	401.25
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	669.58mg
<b>Carbohydrates</b>	39.17g
<b>Fiber</b>	3.17g
<b>Sugar</b>	6.08g
<b>Protein</b>	30.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 244.33mg	<b>Iron</b> 2.48mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Nachos w/Cheese Boxed Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27082
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL CRN YEL RND REST 48-2Z	1 Bag		136462
SAUCE CHS CHED DIP CUP	2 Each		528690
SALSA CUP	1 Each	READY_TO_EAT None	677802
BEAN BLACK	1/2 Cup		557714

## Preparation Instructions

ALLERGENS: MILK

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	809.30
<b>Fat</b>	31.00g
<b>SaturatedFat</b>	13.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	1910.50mg
<b>Carbohydrates</b>	91.00g
<b>Fiber</b>	10.00g
<b>Sugar</b>	24.00g
<b>Protein</b>	32.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 728.00mg	<b>Iron</b> 4.20mg

\*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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# BBQ Chicken Wrap

<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-27086
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF DELI	1 Slice		416593
TORTILLA WHLWHE 12IN	1 Each		118910
SAUCE BBQ	1 Fluid Ounce		734136
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	Not currently available	570533

## Preparation Instructions

ALLERGENS: WHEAT, SOY

Cook chicken per package directions. In large bowl, toss chicken in wing sauce.

Place chicken, cheese and lettuce on wrap.

Wrap sandwich.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.667
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	416.02
<b>Fat</b>	11.43g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.67mg
<b>Sodium</b>	1059.28mg
<b>Carbohydrates</b>	58.83g
<b>Fiber</b>	0.47g
<b>Sugar</b>	8.08g
<b>Protein</b>	21.38g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 74.33mg	<b>Iron</b> 0.48mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for Chagrin Falls Intermediate School**

**Created by HPS Menu Planner**

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No Recipes found



# **Cookbook for Chagrin Falls Middle School**

**Created by HPS Menu Planner**

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No Recipes found

# **Cookbook for Gurney Elementary**

**Created by HPS Menu Planner**

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**Master Pizza**

**Garden Salad**

**Rockin' Redskin Potatoes**

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**Turkey/Cheese Sandwich All**

**Ham & Swiss on Pretzel Bun k-12**

**Chicken Ranch Wrap k-12**

**Ham & American Sliders k-6**

**Turkey/Cheese Sub All**

**Nachos w/Cheese Boxed Lunch**

**Turkey Coin Lunchable Boxed Lunch**

# Master Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11185
<b>School:</b>	Gurney Elementary		

## 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>	1.250
<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 Slice

#### 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

No 100g Conversion Available

# Garden Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11186
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	1 Cup		305812
CARROT BABY WHL CLEANED	1/4 Cup		510637
TOMATO GRAPE SWT	1/4 Cup		129631
CUCUMBER SELECT	1/4 Cup		418439
DRESSING RNCH LT LO SOD	2 Each		699981

## Preparation Instructions

Assemble salad. CCP: Hold below 40 degrees for serving.

### 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>	0.375
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.75 Cup

Amount Per Serving	
<b>Calories</b>	104.25
<b>Fat</b>	5.15g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	152.75mg
<b>Carbohydrates</b>	14.09g
<b>Fiber</b>	3.48g
<b>Sugar</b>	7.43g
<b>Protein</b>	1.55g
<b>Vitamin A</b> 11102.15IU	<b>Vitamin C</b> 10.80mg
<b>Calcium</b> 59.34mg	<b>Iron</b> 0.74mg

\*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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# Rockin' Redskin Potatoes

<b>Servings:</b>	36.00	<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-11183
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN WDG QTRD 2-10 SIMPLYPOT	10 Pound		170887
OIL OLIVE XVRGN ITAL	1/3 Cup		432050
SEASONING GARLIC HRB NO SALT	1 Teaspoon		565164
SPICE GARLIC POWDER	1/2 Teaspoon		224839
Black Pepper	1/2 Teaspoon	BAKE	24108

## Preparation Instructions

Mix all ingredients together until potatoes are well coated. Divide evenly between two full-size sheet pans. Bake at 375 degrees for 40 minutes until brown and crispy or internal temperature reaches 135 degrees.



## 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: 36.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	106.49		
<b>Fat</b>	2.05g		
<b>SaturatedFat</b>	0.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	76.19mg		
<b>Carbohydrates</b>	19.16g		
<b>Fiber</b>	2.54g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.35mg	<b>Iron</b>	0.38mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Patty Sandwich, 3.5" WGW Bun

<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-11182
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	<b>BAKE</b> 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. <b>CONVECTION</b> 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
3.5" Whole Grain White Hamburger Bun Small Barb	1 Each		1589

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<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>	330.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey/Cheese Sandwich All

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12831
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
BREAD WGRAIN SLCD 1/2IN	2 Slice		231053
CHEESE SWS SLCD .75Z	1 Slice		327409

## Preparation Instructions

ALLERGENS: MILK, SOY WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.500
<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>	390.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	755.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	29.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 322.00mg	<b>Iron</b> 2.40mg

\*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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# Ham & Swiss on Pretzel Bun k-12

<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-12829
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	3 Slice		680656
CHEESE SWS SLCD .75Z	1 Slice		327409
ROLL PRTZL WGRAIN	1 Each		500162

## Preparation Instructions

ALLERGENS: WHEAT, MILK

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.875
<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>	297.50
<b>Fat</b>	10.13g
<b>SaturatedFat</b>	4.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	33.75g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.75g
<b>Protein</b>	17.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 210.00mg	<b>Iron</b> 2.70mg

\*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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# Chicken Ranch Wrap k-12

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12840
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z	3 Each		533830
LETTUCE LEAF DELI	1 Piece		416593
DRESSING RNCH CUP	1 Ounce		537705
TORTILLA WHLWHE 12IN	1 Each		118910

## Preparation Instructions

ALLERGENS: EGGS, MILK, SOY, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	4.500
<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>	731.25		
<b>Fat</b>	40.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	1354.58mg		
<b>Carbohydrates</b>	63.17g		
<b>Fiber</b>	3.17g		
<b>Sugar</b>	3.08g		
<b>Protein</b>	39.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.33mg	<b>Iron</b>	2.48mg

\*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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# Ham & American Sliders k-6

<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-26840
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	2 Slice		680656
BUN SLIDER SLCD WGRAIN 2.5 288-1.2Z	2 Each	READY_TO_EAT No baking necessary.	303071
CHEESE AMER 160CT SLCD	1 Slice		150260

## Preparation Instructions

ALLERGENS: WHEAT, MILK, SOY

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<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>	240.00
<b>Fat</b>	7.25g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	725.00mg
<b>Carbohydrates</b>	31.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	13.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 201.50mg	<b>Iron</b> 2.00mg

\*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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# Turkey/Cheese Sub All

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27084
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
BUN SUB SLCD WGRAIN 8 10-6CT	1 Each		406343
LETTUCE LEAF DELI	1 Slice		416593
CHEESE SWS SLCD .75Z	1 Slice		327409

## Preparation Instructions

ALLERGENS: MILK, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.750
<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>	401.25
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	669.58mg
<b>Carbohydrates</b>	39.17g
<b>Fiber</b>	3.17g
<b>Sugar</b>	6.08g
<b>Protein</b>	30.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 244.33mg	<b>Iron</b> 2.48mg

\*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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# Nachos w/Cheese Boxed Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27082
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL CRN YEL RND REST 48-2Z	1 Bag		136462
SAUCE CHS CHED DIP CUP	2 Each		528690
SALSA CUP	1 Each	READY_TO_EAT None	677802
BEAN BLACK	1/2 Cup		557714

## Preparation Instructions

ALLERGENS: MILK

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	809.30
<b>Fat</b>	31.00g
<b>SaturatedFat</b>	13.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	1910.50mg
<b>Carbohydrates</b>	91.00g
<b>Fiber</b>	10.00g
<b>Sugar</b>	24.00g
<b>Protein</b>	32.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 728.00mg	<b>Iron</b> 4.20mg

\*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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# Turkey Coin Lunchable Boxed Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27083
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75IN SLCD	5 Piece		394123
CRACKER RITZ	4 Package		426962
CHEESE AMER 160CT SLCD	1 Slice		150260

## Preparation Instructions

ALLERGENS: WHEAT, SOY, DAIRY

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	295.30
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.65mg
<b>Sodium</b>	896.49mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	26.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 116.94mg	<b>Iron</b> 1.64mg

\*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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