

Cookbook for Chagrin Falls Exempted Village School

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Cookbook for Chagrin Falls High School

Created by HPS Menu Planner

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Turkey/Cheese Sandwich All

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12831
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27085
School:	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

Meat	2.667
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	467.92
Fat	20.33g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	66.67mg
Sodium	1944.59mg
Carbohydrates	45.83g
Fiber	0.17g
Sugar	0.08g
Protein	27.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 273.33mg	Iron 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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12829
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Ranch Wrap k-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12840
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Combo Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27078
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheddar on Croissant k-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26839
School:	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	BAKE CONVECTION OVEN: 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. READY_TO_EAT THAWING DIRECTIONS: 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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Asian (Tangerine) Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12843
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey/Cheese Sub All

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27084
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos w/Cheese Boxed Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27082
School:	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

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27086
School:	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

Meat	1.667
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	416.02
Fat	11.43g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	36.67mg
Sodium	1059.28mg
Carbohydrates	58.83g
Fiber	0.47g
Sugar	8.08g
Protein	21.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 74.33mg	Iron 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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Cookbook for Chagrin Falls Middle School

Created by HPS Menu Planner

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Cookbook for Gurney Elementary

Created by HPS Menu Planner

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Master Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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 Slice

Amount Per Serving

Calories	0.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	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

Garden Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11186
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.375
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.75 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Rockin' Redskin Potatoes

Servings:	36.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11183
School:	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

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11182
School:	Gurney Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 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
3.5" Whole Grain White Hamburger Bun Small Barb	1 Each		1589

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Turkey/Cheese Sandwich All

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12831
School:	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

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

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12829
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Ranch Wrap k-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12840
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & American Sliders k-6

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26840
School:	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

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

Turkey/Cheese Sub All

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27084
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos w/Cheese Boxed Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27082
School:	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

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Coin Lunchable Boxed Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27083
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available
