

Cookbook for Westview Schools K-4

Created by HPS Menu Planner

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Variety Pop-Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31564
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece	Equals 1.25 Grain Equivalents	695880
PASTRY POP-TART WGRAIN FUDG	1 Each	Equals 1.25 Grain Equivalents	452062
PASTRY POP-TART WGRAIN STRAWB	1 Piece	Equals 1.00 Grain Equivalents	695890

Preparation Instructions

Note: 1 count pop-tart needs to have another item offered with it at breakfast

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.167
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	170.00
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	118.33mg
Carbohydrates	36.33g
Fiber	3.00g
Sugar	14.67g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 1.80mg

*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

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30950
School:	Topeka Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL FRSTD FLKS R/S BWL	1 Each		388190
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each	N/A	509303
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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	108.67		
Fat	1.32g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	151.67mg		
Carbohydrates	23.50g		
Fiber	2.02g		
Sugar	6.17g		
Protein	1.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.73mg	Iron	3.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9836
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH	1 Each		118940
JUICE APPLE 100 FRSH	1 Each		118921
JUICE ORNG 100 FRSH	1 Each		118930
JUICE ORNG 100 FZ	1 Each		135450
JUICE BOX APPL 100	1 Each		698744
JUICE BOX VERY BRY	1 Each		698391
JUICE BOX FRT PNCH 100	1 Each		698240

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	61.43		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.31mg		
Carbohydrates	14.86g		
Fiber	0.00g		
Sugar	13.71g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.46mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Stick

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30803
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each		786580
CHEESE STIX COLBY JK R/F IW	1 Each		786510
CHEESE STIX CHED MLD R/F IW	1 Each		786830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	86.67
Fat	6.33g
SaturatedFat	4.17g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	200.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.33g
Protein	6.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.67mg	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

Buttered Peas

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30732
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER PRINT UNSLTD GRD AA	3/4 Cup		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	78.93		
Fat	1.61g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	4.39mg		
Sodium	60.15mg		
Carbohydrates	11.41g		
Fiber	4.15g		
Sugar	4.15g		
Protein	4.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	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

Fava Bean Crisps

Servings:	2.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47751
School:	Westview Schools K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Zee Zees, Fava Bean Crisps, Buffalo Ranch, I/W 1.50oz	1 Each	READY_TO_EAT	444198
Zee Zees Fava Bean Crisps, Churro, I/W, 1.50 oz.	1 Each		444202

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	205.00mg		
Carbohydrates	23.00g		
Fiber	10.50g		
Sugar	2.50g		
Protein	9.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.50mg	Iron	2.00mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Goldfish Crackers

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30793
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR	1 Package		112702
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable and String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34827
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ IW	1 Each		786580

Preparation Instructions

Package items together and allow daily grain item to be taken.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	380.00		
Fat	22.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	480.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	16.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.00mg	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

Side Chef Salad (Ham)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30731
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
Ham, Cubed Frozen	1/2 Ounce	1/2 ounce weight 0.25 Meat/Meat Alternative Equivalents	100188-H
CHEESE BLND CHED/MONTRY JK SHRD	1/8 Cup	1/8 cup equals 1/2 ounce weight .50 Meat/Meat Alternative Equivalents Use USDA shredded cheese as available	712131

Preparation Instructions

Either use Ham or Turkey (depending on school preference). Place everything in containers/boats (GFS#273783). 20 containers will fit on a tray.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories	82.36		
Fat	5.50g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	20.38mg		
Sodium	193.88mg		
Carbohydrates	3.34g		
Fiber	1.00g		
Sugar	1.41g		
Protein	6.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	121.04mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Chef Salad (Turkey)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30870
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
Turkey Breast Deli	1/2 Ounce	1/2 ounce weight of Turkey 0.25 Meat/Meat Alternative Equivalents	100121
CHEESE BLND CHED/MONTRY JK SHRD	1/8 Cup	1/8 cup equals 1 ounce weight .50 Meat/Meat Alternative Equivalents Use USDA shredded cheese as available	712131

Preparation Instructions

Either use Ham or Turkey (depending on school preference). Place everything in containers/boats (GFS#273783). 20 containers will fit on a tray.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	84.81
Fat	5.31g
SaturatedFat	3.43g
Trans Fat	0.00g
Cholesterol	21.81mg
Sodium	183.39mg
Carbohydrates	2.83g
Fiber	1.00g
Sugar	1.00g
Protein	7.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.04mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry, Raspberry or Strawberry Banana Yogurt Cup

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29316
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	1 Each		551770
YOGURT STRAWB BAN BASH L/F	1 Each		551760
YOGURT DANIMAL STRAWB BAN N/F	1 Each		869921
YOGURT DANIMAL STRAWB N/F	1 Each		885750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	75.00
Fat	0.25g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	60.00mg
Carbohydrates	14.50g
Fiber	0.00g
Sugar	9.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Chicken Taco Meat

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30887
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
SEASONING TACO	9 Ounce		413429
Tap Water for Recipes	1 1/2 Quart		000001WTR

Preparation Instructions

Bring Chicken to temp. Stir in taco seasoning and water. Reduce heat and simmer for 15 to 20 minutes. Serving size is 2 ounce weight of chicken

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	73.13		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	83.00mg		
Carbohydrates	0.23g		
Fiber	0.06g		
Sugar	0.06g		
Protein	12.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.04mg

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

Nutrition - Per 100g

Calories	128.97		
Fat	3.53g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	74.08mg		
Sodium	146.39mg		
Carbohydrates	0.40g		
Fiber	0.10g		
Sugar	0.10g		
Protein	21.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.07mg

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

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30739
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE CINN IW WGRAIN	1 Package		642230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	350.00
Fat	10.33g
SaturatedFat	1.67g
Trans Fat	0.00g
Cholesterol	6.67mg
Sodium	370.00mg
Carbohydrates	60.00g
Fiber	4.33g
Sugar	14.67g
Protein	6.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 53.33mg	Iron 2.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34392
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
PANCAKE MINI MAPL IW	1 Package		284831

Preparation Instructions

Heat & Serve: Heat frozen in oven-able pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

NOTE: DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	200.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	190.00mg		
Carbohydrates	35.50g		
Fiber	3.50g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry or Chocolate Chip Muffin

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29318
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOCOLATE CHP WGRAIN IW	1 Each		273681
MUFFIN BLUEBERRY IW	1 Each		273442

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	165.00		
Fat	4.75g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	105.00mg		
Carbohydrates	27.50g		
Fiber	1.00g		
Sugar	14.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	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

Super Bakery Flavored Bread Slice

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41783
School:	Westview Schools K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each		319413
BREAD BLUEB IW 75-3.45Z SUPBAK	1 Each		319418
BREAD LEM IW 75-3.45Z SUPBAK	1 Each		320907

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	253.33
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	246.67mg
Carbohydrates	44.67g
Fiber	2.00g
Sugar	21.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.67mg	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

Uncrustable, String Cheese, & Cheez-It Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34826
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422
CHEESE STRING MOZZ IW	1 Each		786580

Preparation Instructions

Package all items together.

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	480.00
Fat	25.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	630.00mg
Carbohydrates	48.00g
Fiber	5.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 341.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruitable, Mango Wango, or Dragon Punch Juice

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30741
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO	1 Each		510571
JUICE WANGO MANGO ECO	1 Each		510562
JUICE SUN SPLASH 100 VEG	1 Each		214513
JUICE BOX PARADS PNCH	1 Each		698261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	13.75g		
Fiber	0.00g		
Sugar	12.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	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

Homemade Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41790

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2IN	2 Slice		231053
BUTTER PRINT SLTD GRD AA	1 Tablespoon		191205
CHEESE AMER 160CT SLCD R/F	3 Slice		722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.250
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	405.00
Fat	19.00g
SaturatedFat	10.75g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	1060.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	5.50g
Protein	16.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	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

Homemade Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30754
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 #10 CAN	BAKE	100307
BASE HAM NO ADDED MSG	1/4 Cup		686691

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	17.31		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	154.36mg		
Carbohydrates	3.24g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
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

Tomato Soup

Servings:	195.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	6 #10 CAN 1 1/14 #5 CAN (12 #5 CAN)		101427
Tomato Sauce cnd	3 #10 CAN		100334
1 % White Milk	2 Gallon		3601
Tap Water for Recipes	3 Gallon		000001WTR
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce		225037

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 195.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	90.34		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.01mg		
Sodium	475.40mg		
Carbohydrates	20.28g		
Fiber	1.67g		
Sugar	12.10g		
Protein	2.16g		
Vitamin A	0.96IU	Vitamin C	0.00mg
Calcium	17.80mg	Iron	0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29223
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW	1 Each		863880
SLUSHIE STRAWB-MANG	1 Each		863890
SLUSHIE BL RASP/LEM	1 Each		794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.33mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.67g
Protein	0.00g
Vitamin A 1250.00IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Graham Snack

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30805
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM TIGER BITE CHOC	1 Package		123171
CRACKER GLDFSH CINN	1 Package		194510
CRACKER GRHM HNY CHOC BUNNY	1 Package		643012
CRACKER GRHM GRIPZ CHOC IW	1 Package		282441
CRACKER GRHM VAN CHAT	1 Each		774471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	126.67
Fat	4.17g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.67mg
Carbohydrates	21.00g
Fiber	1.50g
Sugar	7.50g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30743
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75IN SLCD	1 Ounce	5 slices = 1 ounce Use USDA Turkey cubed as well.	394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	BAKE	680130
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.40
Fat	10.96g
SaturatedFat	5.15g
Trans Fat	0.00g
Cholesterol	35.20mg
Sodium	478.94mg
Carbohydrates	15.00g
Fiber	1.00g
Sugar	0.00g
Protein	15.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 294.00mg	Iron 0.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30747
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER PRINT UNSLTD GRD AA	3/4 Cup		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	82.04		
Fat	2.62g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	4.39mg		
Sodium	1.01mg		
Carbohydrates	16.10g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	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

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.13 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30783
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX	15 Ounce		242390
Tap Water for Recipes	1 Gallon	3 Quarts boiling and 1 Quart cold	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
- 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
- 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
- 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

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	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.13 Cup

Amount Per Serving

Calories	11.72		
Fat	0.47g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	1.88g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.94mg	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

Baked Beans

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30784
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD KTTL BRN SUGAR	3 #10 CAN		822477
SAUCE BBQ	1 Pint		212071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.511
Starch	0.000

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	147.47		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	377.58mg		
Carbohydrates	30.13g		
Fiber	5.11g		
Sugar	9.49g		
Protein	7.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.09mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Build Your Own Cheese Pizza Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29224
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each		959048
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD	1/4 Cup		645170

Preparation Instructions

Package all items together for kit.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	300.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	720.00mg
Carbohydrates	37.00g
Fiber	2.00g
Sugar	9.00g
Protein	15.00g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 227.18mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41791
School:	Westview Schools K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP	1 Each		528690
CHIP TORTL TOP N GO WGRAIN	1 Package		818222
SALSA CUP	1 Each		677802

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	409.30
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	920.50mg
Carbohydrates	42.00g
Fiber	3.00g
Sugar	13.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 373.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli and Cheese Sauce

Servings:	146.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29319
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	30 Pound		285590
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute broccoli evenly among 3 pans.
4. Add the cheese sauce evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 146.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	317.32
Fat	20.34g
SaturatedFat	13.07g
Trans Fat	0.00g
Cholesterol	58.11mg
Sodium	1178.20mg
Carbohydrates	14.07g
Fiber	3.21g
Sugar	1.07g
Protein	17.74g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 644.71mg	Iron 1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Texas Straw Hats

Servings:	123.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41793
School:	Westview Schools K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	20 Pound		722330
BEAN REFRD 6-10 ROSARITA	1 #10 CAN		293962

Preparation Instructions

To serve:

1 bag dorito GFS#456090, 2 ounce meat mixture, and 1 oz cheddar sauce GFS#310668

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 123.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	122.26		
Fat	4.36g		
SaturatedFat	1.58g		
Trans Fat	0.00g		
Cholesterol	27.90mg		
Sodium	354.14mg		
Carbohydrates	8.94g		
Fiber	2.90g		
Sugar	1.85g		
Protein	12.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.50mg	Iron	2.05mg

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

Nutrition - Per 100g

Calories	215.64		
Fat	7.69g		
SaturatedFat	2.79g		
Trans Fat	0.00g		
Cholesterol	49.21mg		
Sodium	624.59mg		
Carbohydrates	15.77g		
Fiber	5.12g		
Sugar	3.27g		
Protein	21.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	89.06mg	Iron	3.61mg

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

Macaroni & Cheese

Servings:	216.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47752
School:	Westview Schools K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR	15 Pound		654550
1% Low Fat White Milk*	3 Gallon		13871
BUTTER PRINT SLTD GRD AA	1 1/2 Pound		191205
SAUCE CHS ULTIM YEL POU6-106Z LOL	3 Package		310668
MUSTARD PKT	6 Each		675562

Preparation Instructions

- 1 Boil the noodles according to package directions.
2. Drain the noodles.
3. Add the remaining ingredients and cook to 135 degrees.
4. Divide into 4 pans and store in warmer until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 216.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	222.87
Fat	8.27g
SaturatedFat	4.92g
Trans Fat	0.00g
Cholesterol	23.46mg
Sodium	243.69mg
Carbohydrates	27.80g
Fiber	1.11g
Sugar	3.56g
Protein	9.03g
Vitamin A 31.11IU	Vitamin C 0.00mg
Calcium 173.50mg	Iron 1.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sub

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30873
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	3 1/16 Ounce	1.5 ounce weight per sandwich Use USDA first GFS #556121 use 3 slices for 1.5 ounce weight	556121
CHEESE AMER 160CT SLCD R/F	1 Slice	Use USDA first	722360
CHEESE AMER WHT 160CT SLCD	1 Slice		861940
BUN SUB SLCD WGRAIN 5IN	2 Each	READY_TO_EAT	276142

Preparation Instructions

Note: Use either 1 slice of cheese (yellow or white) per sandwich.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sub

Amount Per Serving	
Calories	252.50
Fat	8.25g
SaturatedFat	3.13g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	645.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.25mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10759
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

Preparation Instructions

Updated 8.22.23

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	270.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	560.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	4.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	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

Doritos

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30789
School:	Westview School Corporation K-6		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT	1 Package		541502
CHIP NACHO REDC FAT	1 Package		456090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	5.00g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available