

Cookbook for Tami's Elementary School K-4

Created by HPS Menu Planner

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Chicken Patty Sandwich

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-3936 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC | 100 Each | THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved. | 517810 |
| CHIX PTY BRD WGRAIN 3.26Z | 100 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 558061 |
| TOMATO 6X6 LRG | 100 Slice | 1 Slice of Tomato | 199001 |
| LETTUCE ICEBERG FS | 200 Piece | 2 Lettuce leaf's | 307769 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 3.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.200 |
| OtherVeg | 0.333 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 389.81 | | |
| Fat | 14.58g | | |
| SaturatedFat | 2.52g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 643.47mg | | |
| Carbohydrates | 42.07g | | |
| Fiber | 6.77g | | |
| Sugar | 6.33g | | |
| Protein | 20.32g | | |
| Vitamin A | 299.88IU | Vitamin C | 4.93mg |
| Calcium | 71.93mg | Iron | 3.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast English Muffin Sandwich

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-41639 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| MUFFIN ENG WGRAIN SLCD 2Z | 100 Each | READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate. | 687131 |
| EGG SCRMBD PTY GRLLD | 100 Each | BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 663091 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Ounce | READY_TO_EAT | 100036 |

Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 170.80 |
| Fat | 5.05g |
| SaturatedFat | 1.03g |
| Trans Fat | 0.00g |
| Cholesterol | 100.15mg |
| Sodium | 397.80mg |
| Carbohydrates | 21.02g |
| Fiber | 1.00g |
| Sugar | 1.01g |
| Protein | 9.06g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 111.00mg | Iron 1.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

French toast sticks

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Grain |
| Serving Size: | 4.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-41641 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| FRENCH TST STIX WGRAIN 6-2 RICH | 2 Each | Preheat oven to 400 degrees F. Place on flat or shallow pan and bake 10-12 minutes, turning after 5 minutes for more even browning. Convection oven: Bake at 375 degrees for 10 minutes. To fry: Deep fry at 350 degrees for 1-1/2 to 2 minutes or until golden brown. | 652370 |
| SYRUP MAPL CUP 100-1.5Z FLVR FRSH | 1 0 | READY_TO_EAT Open package and dispense onto food item. | 346801 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.018 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 2.10 | | |
| Fat | 0.08g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.60mg | | |
| Carbohydrates | 0.30g | | |
| Fiber | 0.02g | | |
| Sugar | 0.06g | | |
| Protein | 0.05g | | |
| Vitamin A | 0.04IU | Vitamin C | 0.00mg |
| Calcium | 0.19mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Blueberry Muffin and LF Mozzarella String Cheese

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41642 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| MUFFIN BLUEB WGRAIN IW | 100 Each | | 557970 |
| CHEESE STRING MOZZ LT IW 168-1Z COMM | 100 Each | | 862680 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 250.00 | | |
| Fat | 9.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 330.00mg | | |
| Carbohydrates | 31.00g | | |
| Fiber | 2.00g | | |
| Sugar | 17.00g | | |
| Protein | 10.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 228.00mg | Iron | 0.90mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on WW Bun

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41643 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| BEEF STKBRGR PTY CKD | 1 Each | COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE UNSPECIFIED Not currently available | 658622 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | | 266546 |
| CHEESE SLCD BLND 6-5 COMM | 1 Slice | | 150600 |

Preparation Instructions

COOKING GUIDELINES: Cook from frozen state. Combi-Oven: Preheat oven to 350 F. Bake for 8 - 9 minutes with light steam or until internal temperature reaches 165°F when using a meat thermometer.

CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165°F when using a meat thermometer.

Hold at 140°F

Place 1 beef patty and 1 slice of cheese between hamburger bun to serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 310.00 | | |
| Fat | 12.50g | | |
| SaturatedFat | 5.50g | | |
| Trans Fat | 0.50g | | |
| Cholesterol | 47.50mg | | |
| Sodium | 480.00mg | | |
| Carbohydrates | 26.00g | | |
| Fiber | 3.00g | | |
| Sugar | 4.50g | | |
| Protein | 18.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 3.08mg |

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Salad

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 salad | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41644 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|---|--|------------|
| LETTUCE BLND ICEBERG/ROMN | 12 Gallon 2 Quart (200 Cup) | | 600504 |
| CARROT SHRD MED | 3 Quart 1 Cup (13 Cup) | | 313408 |
| CUCUMBER SELECT | 1 Gallon 2 Quart 1 Cup (25 Cup) | | 592323 |
| TOMATO GRAPE SWT | 3 Quart 1 Cup (13 Cup) | | 129631 |
| CHIX PTY GRLLD 2.5Z 6-5 GLDKST | 100 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. | 786520 |
| CHEESE CHED MLD SHRD 4-5 LOL | 3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon) | READY_TO_EAT Preshredded. Use cold or melted | 150250 |
| PRETZEL SFTSTIX BAVRN WGRAIN 72-2Z | 100 0 | | 193890 |

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 1.000 |
| RedVeg | 0.065 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving

| | |
|----------------------------|-------------------------|
| Calories | 252.63 |
| Fat | 12.58g |
| SaturatedFat | 5.01g |
| Trans Fat | 0.00g |
| Cholesterol | 80.00mg |
| Sodium | 547.05mg |
| Carbohydrates | 11.66g |
| Fiber | 3.28g |
| Sugar | 4.28g |
| Protein | 23.74g |
| Vitamin A 6300.58IU | Vitamin C 4.86mg |
| Calcium 158.65mg | Iron 2.95mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on WW Bun

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41657 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------------------------|---|------------|
| SLOPPY JOE REDUCED FAT 6-5 COMM | 22 Pound 11 Ounce (363 Ounce) | 132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve. Open bags place in 2 inch pan heat to 140. | 564790 |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | 100 Each | Remove from freezer day before. Place amount needed for day in plastic container to be ready for service | 676151 |

Preparation Instructions

Directions:

Pour ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Portion is 1 sandwich.

Notes:

1: * See Marketing Guide

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 245.10 |
| Fat | 6.80g |
| SaturatedFat | 2.20g |
| Trans Fat | 0.00g |
| Cholesterol | 44.00mg |
| Sodium | 803.80mg |
| Carbohydrates | 29.00g |
| Fiber | 3.80g |
| Sugar | 11.00g |
| Protein | 17.30g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 50.00mg | Iron 2.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41708 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|--|------------|
| TACO FILLING BEEF | 12 1/2 Pound | BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned. | 776548 |
| CHEESE CHED MLD SHRD FINE | 6 1/4 Pound | | 191043 |
| LETTUCE SHRD TACO 1/8CUT | 1 9/16 Pound | | 242489 |
| TOMATO ROMA 2 | 1 Cup | | 588381 |
| BEAN REFRD VEGTAR | 1 Ounce | RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve. | 703753 |
| SAUCE CHS CHED MILD | 1 Cup | READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F. | 563005 |
| CHIP TORTL CRN YEL RND REST 72-1.5Z | 1 Each | | 133273 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable
OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 0.020 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.083 |
| Legumes | 0.010 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 137.52 |
| Fat | 9.52g |
| SaturatedFat | 3.81g |
| Trans Fat | 0.00g |
| Cholesterol | 22.70mg |
| Sodium | 271.96mg |
| Carbohydrates | 4.78g |
| Fiber | 2.40g |
| Sugar | 1.46g |
| Protein | 8.77g |
| Vitamin A 37.49IU | Vitamin C 0.25mg |
| Calcium 86.28mg | Iron 1.06mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Wrap | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41714 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--|---|------------|
| CHIX TNDR BRD WGRAIN 2.07Z | 300 Piece | <p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.</p> | 533830 |
| CHEESE AMER 160CT SLCD | 100 Slice | <p>READY_TO_EAT Pre-sliced Use Cold or Melted</p> | 150260 |
| LETTUCE ROMAINE RIBBONS | 6 Gallon 1 Quart (100 Cup) | | 451730 |
| TORTILLA FLOUR 10IN ULTRGR | 100 Each | <p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p> | 690141 |
| DRESSING RNCH LT 4-1GAL BRTHARB | 1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon) | <p>READY_TO_EAT Open, pour and enjoy!</p> | 222970 |

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 1 T of Ranch Dressing on the tortilla,

cut 1 slice of American cheese in half and place on tortilla, add 3 pieces of chicken tenders and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Wrap

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 610.21 |
| Fat | 30.00g |
| SaturatedFat | 6.50g |
| Trans Fat | 0.00g |
| Cholesterol | 75.00mg |
| Sodium | 1115.00mg |
| Carbohydrates | 52.04g |
| Fiber | 6.02g |
| Sugar | 7.02g |
| Protein | 38.02g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 206.34mg | Iron 4.40mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41715 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--------------------------------------|------------|
| FRANKS TURKEY CN 8/ 2Z | 100 Each | | 681894 |
| Hot Dog Bun, Whole Grain 24 oz/12 ct | 100 Each | READY_TO_EAT No baking necessary. | 4040 |

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 290.00 |
| Fat | 11.00g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 45.00mg |
| Sodium | 662.60mg |
| Carbohydrates | 31.00g |
| Fiber | 3.00g |
| Sugar | 5.00g |
| Protein | 13.00g |
| Vitamin A 11.07IU | Vitamin C 0.01mg |
| Calcium 81.08mg | Iron 10.88mg |

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41717 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|----------------------------|--|------------|
| 85/15 Ground Beef, Frozen | 20 Pound | | 100158 |
| SALT IODIZED | 2 Teaspoon | READY_TO_EAT used to salt food | 108286 |
| SPICE PEPR BLK REST GRIND | 1 Tablespoon | | 225061 |
| Tap Water for Recipes | 2 Gallon | UNPREPARED | 000001WTR |
| Tomato Sauce cnd | 8 #10 CAN | | 100334 |
| SEASONING SPAGHETTI ITAL | 1 Pint 1/4 Cup (2 1/4 Cup) | | 413453 |
| PASTA SPAG 51 WGRAIN | 7 1/2 Pound | | 221460 |
| SAUCE SPAGHETTI FCY | 4 1/2 #10 CAN | HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 852759 |

Preparation Instructions

Brown Ground Beef and drain.

Combine all other ingredients and add to cooked ground beef. Heat to 165F for 15 seconds

Steam spaghetti or boil until almost done.

Combine the pasta and the meat sauce. Serve immediately or hold in warmer at 135F or warmer until ready to portion or serve

Serve using a 8 ounce disher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.388 |
| Grain | 1.200 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 2.029 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 430.91 | | |
| Fat | 14.93g | | |
| SaturatedFat | 4.78g | | |
| Trans Fat | 2.39g | | |
| Cholesterol | 62.09mg | | |
| Sodium | 1235.07mg | | |
| Carbohydrates | 52.10g | | |
| Fiber | 11.06g | | |
| Sugar | 18.57g | | |
| Protein | 26.96g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 33.84mg | Iron | 1.58mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Romaine Side Salad

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41718 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-----------------------------|-------------------|------------|
| LETTUCE ROMAINE RIBBONS | 6 Gallon 1 Quart (100 Cup) | | 451730 |
| TOMATO GRAPE SWT | 25 Pound | | 129631 |
| Cucumber | 200 Slice | | 16P98 |
| Shredded Cheddar Cheese | 6 Pound 4 Ounce (100 Ounce) | | 100003 |

Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.315 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|---------------------------|--------------------------|
| Calories | 130.62 |
| Fat | 9.25g |
| SaturatedFat | 6.06g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 195.67mg |
| Carbohydrates | 4.45g |
| Fiber | 1.41g |
| Sugar | 3.17g |
| Protein | 7.03g |
| Vitamin A 944.62IU | Vitamin C 15.54mg |
| Calcium 11.68mg | Iron 0.31mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich and Tomato soup

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 .5 sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41719 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------------------------|--|------------|
| 380 - Aunt Millie's WG Honey White Bread | 200 Each | | 380 |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 6 Pound 4 Ounce (100 Ounce) | READY_TO_EAT | 100018 |
| SOUP TOMATO | 4 Gallon 1 Pint 1 Cup (67 Cup) | UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally. | 101427 |
| PAN COAT SPRAY BUTTERY 6-14Z VEGLN | 100 Gram | | 827021 |

Preparation Instructions

Assemble sandwich with 2 pieces of wheat bread and 1 slice of American cheese

Lightly Spray each piece of bread with buttery pan coat spray

Bake in oven (or cook on flat top) at 350 for approx. 10 minutes or until bread is toasted and cheese is melted.

Cut sandwich in half and Serve with tomato soup

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.509 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 .5 sandwich

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 419.80 |
| Fat | 11.80g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 1237.20mg |
| Carbohydrates | 62.80g |
| Fiber | 5.34g |
| Sugar | 23.08g |
| Protein | 13.68g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.80mg | Iron 12.80mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41737 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|--------------|---|------------|
| CHIX DCD 1IN 60WHT 40DK | 12 Pound | | 290599 |
| SAUCE ALFREDO FZ | 7/8 Package | BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned. | 155661 |
| PASTA LINGUINE 10IN | 7 0.04 Pound | | 413380 |

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 222.11 |
| Fat | 4.05g |
| SaturatedFat | 1.52g |
| Trans Fat | 0.01g |
| Cholesterol | 49.18mg |
| Sodium | 147.04mg |
| Carbohydrates | 24.91g |
| Fiber | 1.13g |
| Sugar | 2.07g |
| Protein | 22.12g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 62.25mg | Iron 1.53mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41738 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-----------------------------|--|------------|
| CHIX PTY GRLLD 2.5Z 6-5 GLDKST | 100 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. | 786520 |
| 3.5 WG Hamburger Bun | 100 Each | | 3354 |
| TOMATO 5X6 XL | 100 Slice | | 438197 |
| LETTUCE ICEBERG FS | 6 Pound 4 Ounce (100 Ounce) | | 307769 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.125 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 276.55 | | |
| Fat | 9.55g | | |
| SaturatedFat | 2.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 65.00mg | | |
| Sodium | 552.38mg | | |
| Carbohydrates | 23.38g | | |
| Fiber | 2.53g | | |
| Sugar | 3.88g | | |
| Protein | 23.20g | | |
| Vitamin A | 187.43IU | Vitamin C | 3.08mg |
| Calcium | 6.75mg | Iron | 8.78mg |

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Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41739 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|------------------------------|---|------------|
| LETTUCE ROMAINE RIBBONS | 12 Gallon 2 Quart (200 Cup) | | 451730 |
| TACO FILLING BEEF REDC FAT 6-5 COMM | 12 Pound 8 Ounce (200 Ounce) | Weigh | 722330 |
| CHIP TORTL RND R/F | 100 Each | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED | 662512 |

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.250 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.020 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 271.78 |
| Fat | 10.03g |
| SaturatedFat | 2.14g |
| Trans Fat | 0.00g |
| Cholesterol | 21.45mg |
| Sodium | 346.56mg |
| Carbohydrates | 32.24g |
| Fiber | 4.30g |
| Sugar | 1.30g |
| Protein | 11.12g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 72.23mg | Iron 1.85mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Casserole

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-41746 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|---|-------------------|------------|
| EGG SHL MED A GRD | 57 Each | | 206547 |
| Prairie Farms 1% Low Fat White Milk | 3 Quart | | |
| Ham, Cubed Frozen | 7 Pound | | 100188-H |
| SPICE MUSTARD GRND | 1 Pint 1 Tablespoon 1 0.030680172444744 Teaspoon (100 Teaspoon) | | 224928 |
| Cheese, Cheddar Reduced fat, Shredded | 1 Quart 1 Pint 1 Cup (7 Cup) | | 100012 |

Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 92.07 |
| Fat | 5.83g |
| SaturatedFat | 2.92g |
| Trans Fat | 0.00g |
| Cholesterol | 116.40mg |
| Sodium | 304.98mg |
| Carbohydrates | 2.28g |
| Fiber | 0.00g |
| Sugar | 1.08g |
| Protein | 10.09g |
| Vitamin A 0.15IU | Vitamin C 0.03mg |
| Calcium 14.70mg | Iron 0.57mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sandwich Cheesy Bean Twister WGrain MTG

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41763 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-----------------------|---|------------|
| BREAD ULTRA LOCO WGRAIN 6.5IN | 100 Each | THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen | 696831 |
| BEAN REFRD 6-10 ROSARITA | 3 1/4 Gallon | | 293962 |
| TOMATO DCD I/JCE | 1 3/5 Gallon | | 246131 |
| CHEESE CHED MLD SHRD FINE | 1 Quart 1 Cup (5 Cup) | | 191043 |

Preparation Instructions

WASH HANDS.

1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
3. Roll up to form a log. Cut the log in 1/2.
4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.
CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.
CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.
5. Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.000 |
| Legumes | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 330.40 |
| Fat | 6.88g |
| SaturatedFat | 1.52g |
| Trans Fat | 0.00g |
| Cholesterol | 6.00mg |
| Sodium | 877.80mg |
| Carbohydrates | 53.19g |
| Fiber | 9.24g |
| Sugar | 4.09g |
| Protein | 14.03g |
| Vitamin A 18.00IU | Vitamin C 0.00mg |
| Calcium 170.38mg | Iron 4.03mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41801 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-----------------------------|---|------------|
| BEEF PTY CKD W/SOY CN | 100 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100650 |
| BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC | 100 Each | THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved. | 517810 |
| TOMATO 6X6 LRG | 1 Gallon 1 Quart (20 Cup) | 1 Slice | 199001 |
| LETTUCE ICEBERG FS | 6 Pound 4 Ounce (100 Ounce) | 1 Leaf | 307769 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

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Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.200 |
| OtherVeg | 1.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 326.48 | | |
| Fat | 14.58g | | |
| SaturatedFat | 5.02g | | |
| Trans Fat | 1.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 406.80mg | | |
| Carbohydrates | 30.40g | | |
| Fiber | 5.44g | | |
| Sugar | 6.00g | | |
| Protein | 18.32g | | |
| Vitamin A | 299.88IU | Vitamin C | 4.93mg |
| Calcium | 74.60mg | Iron | 3.10mg |

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Nutrition - Per 100g

No 100g Conversion Available

Side Salad Elementary

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41916 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|---------------------------------|-------------------|------------|
| LETTUCE ROMAINE CHOP | 6 Gallon 1 Quart (100 Cup) | | 735787 |
| TOMATO GRAPE SWT | 1 Gallon 2 Quart 1 Cup (25 Cup) | | 129631 |
| CARROTS BABY PLD 72-3Z P/L | 1 Gallon 2 Quart 1 Cup (25 Cup) | | 241541 |
| CUCUMBER 1-24CT MARKON | 1 Gallon 2 Quart 1 Cup (25 Cup) | | 238653 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 1.125 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

| Amount Per Serving | |
|-----------------------------|---------------------------|
| Calories | 89.25 |
| Fat | 0.13g |
| SaturatedFat | 0.03g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 119.50mg |
| Carbohydrates | 20.25g |
| Fiber | 7.03g |
| Sugar | 10.50g |
| Protein | 2.88g |
| Vitamin A 23643.94IU | Vitamin C 146.07mg |
| Calcium 75.74mg | Iron 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pizza Lunchable

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Kit | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-41935 |
| School: | Tami's Elementary School K-4 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|---------------------------------|---|------------|
| FLATBREAD WGRAIN 6IN 2.2Z | 100 Each | READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients | 644182 |
| CHEESE MOZZ SHRD | 1 Gallon 2 Quart 1 Cup (25 Cup) | READY_TO_EAT Preshredded. Use cold or melted. | 645170 |
| SAUCE MARINARA DIPN CUP | 100 Each | HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 677721 |
| PEPPERONI TKY SLCD 15/Z | 4 Pound 2 Ounce (66 Ounce) | About 10 slices | 276662 |

Preparation Instructions

Package together in Container.

Note: Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.500 |
| 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: 100.00

Serving Size: 1.00 Kit

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 365.10 |
| Fat | 14.25g |
| SaturatedFat | 5.15g |
| Trans Fat | 0.06g |
| Cholesterol | 35.00mg |
| Sodium | 983.50mg |
| Carbohydrates | 40.00g |
| Fiber | 2.70g |
| Sugar | 9.50g |
| Protein | 19.40g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 245.31mg | Iron 2.63mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pepperoni and Pineapple Pizza

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Entree |
| Serving Size: | 1.00 1 Slice | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43993 |
| School: | Certification High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------------|-------------------|------------|
| SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN | 150 Piece | | 124246 |
| Pineapple, canned, juice pack, drained | 18 3/4 cup, chunks | | 9354 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.125 |
| GreenVeg | 0.000 |
| RedVeg | 0.125 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

| Amount Per Serving | |
|---------------------------|-------------------------|
| Calories | 292.98 |
| Fat | 11.07g |
| SaturatedFat | 3.56g |
| Trans Fat | 0.00g |
| Cholesterol | 15.24mg |
| Sodium | 539.98mg |
| Carbohydrates | 36.54g |
| Fiber | 4.23g |
| Sugar | 11.23g |
| Protein | 15.10g |
| Vitamin A 477.40IU | Vitamin C 2.13mg |
| Calcium 243.65mg | Iron 2.73mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Salad

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44023 |
| School: | Certification High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|---|-------------------|------------|
| Broccoli, raw | 9 Gallon 1 Quart 1 Pint (150 Cup) | | 11090 |
| Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free | 1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon) | | 42158 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 42.00 | | |
| Fat | 2.40g | | |
| SaturatedFat | 0.41g | | |
| Trans Fat | 0.00g** | | |
| Cholesterol | 0.00mg | | |
| Sodium | 279.93mg | | |
| Carbohydrates | 4.87g | | |
| Fiber | 0.00g | | |
| Sugar | 1.00g | | |
| Protein | 0.33g | | |
| Vitamin A | 20.10IU | Vitamin C | 0.89mg |
| Calcium | 11.27mg | Iron | 0.09mg |

*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

RO - Sloppy Joe Meat

| | | | |
|----------------------|-----------------|-----------------------|-------------------|
| Servings: | 420.00 | Category: | Entree |
| Serving Size: | 1.00 portion | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-44664 |
| School: | Key High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|--------------|--|------------|
| BEEF GRND | 78 1/2 Pound | | 110520 |
| SPICE ONION MINCED | 1/2 Quart | | 513997 |
| SPICE GARLIC POWDER | 1/2 Cup | | 224839 |
| SAUCE TOMATO | 2 #10 CAN | HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat | 306347 |
| WATER DISTILLED | 3 Gallon | | 711143 |
| SPICE MUSTARD GRND | 1/2 Cup | | 224928 |
| SPICE PEPR BLK REG FINE GRIND | 1/8 Cup | | 225037 |
| SUGAR BROWN LT | 1 1/4 Pound | | 860311 |
| RELISH DILL PICKLE FCY | 1/2 Gallon | | 156248 |
| SPICE CHILI POWDER MILD | 2/3 Cup | | 331473 |

Preparation Instructions

1. Brown ground beef and drain.
2. Add onions and garlic. Cook for 5 minutes.
3. Mix all other ingredients in steam kettle. Cook for 30 minutes.
4. Ladle 1 gallon of sauce over meat mixture. Stir well.
5. Reheat to 165 degrees, stirring frequently.

6. 2 gal = 1 pan

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: 420.00

Serving Size: 1.00 portion

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 188.64 | | |
| Fat | 13.39g | | |
| SaturatedFat | 4.46g | | |
| Trans Fat | 2.23g | | |
| Cholesterol | 58.02mg | | |
| Sodium | 187.24mg | | |
| Carbohydrates | 2.09g | | |
| Fiber | 0.25g | | |
| Sugar | 0.68g | | |
| Protein | 15.87g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.76mg | Iron | 0.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Cookie

| | | | |
|----------------------|--------------------|-----------------------|-------------------|
| Servings: | 50.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-47820 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|------------------------------------|-----------------------------------|------------|
| SUGAR CANE GRANUL | 13 Ounce | | 425311 |
| SUGAR BROWN LT | 13 Ounce | | 860311 |
| MILK WHT 1 | 1/3 Cup | | 817801 |
| WHOLE WHEAT FLOUR STONE GROUND | 1 Pound | | 330094 |
| FLOUR A/P | 14 Ounce | | 585203 |
| BAKING POWDER DBL ACTION 6-5 RDSTR | 1 Tablespoon | | 683700 |
| SALT IODIZED | 1 Teaspoon | READY_TO_EAT used to salt food | 108286 |
| BAKING SODA | 1 1/2 Teaspoon | | 513849 |
| BUTTER BLND SLD EURO ZT | 1 Cup 1 Tablespoon (17 Tablespoon) | READY_TO_EAT Ready to use. | 648560 |

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 | 0.000 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 145.36 | | |
| Fat | 4.34g | | |
| SaturatedFat | 1.74g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.08mg | | |
| Sodium | 184.40mg | | |
| Carbohydrates | 25.82g | | |
| Fiber | 1.23g | | |
| Sugar | 13.58g | | |
| Protein | 2.17g | | |
| Vitamin A | 3.22IU | Vitamin C | 0.00mg |
| Calcium | 6.51mg | Iron | 0.71mg |

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Nutrition - Per 100g

No 100g Conversion Available