

Cookbook for Westview Elementary

Created by HPS Menu Planner

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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

Sausage Egg Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41977
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	N/A	138941
EGG PTY RND 3.5IN	1 Each		741320
CHEESE AMER 160CT SLCD R/F	1 Slice		722360
CROISSANT SLCD 2Z	1 Each	**Non-Whole Grain**	600410

Preparation Instructions

Cook each product according to directions on package.

Assemble sandwiches: 1 sausage patty, 1 egg patty, 1 slice of cheese on 1 croissant

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	385.00
Fat	20.00g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	142.50mg
Sodium	770.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	3.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	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

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

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

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31829
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR	1 Pound 11 1/11 Ounce (27 1/11 Ounce)		703753
Tap Water for Recipes	1/2 Gallon		000001WTR

Preparation Instructions

- 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.

Updated 8.22.23

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	138.99		
Fat	1.49g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	546.03mg		
Carbohydrates	22.83g		
Fiber	8.94g		
Sugar	0.00g		
Protein	8.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.64mg	Iron	2.08mg

*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

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Nutrition - Per 100g

No 100g Conversion Available

Confetti Cake Filled or Triple Chocolate Fudge Filled Cookie

Servings:	2.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42652
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE CONFET CK FRSTNG STFD	1 Each		411692
COOKIE TRPL CHOC FUDG WGRAIN	1 Each		864022

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 cookie

Amount Per Serving			
Calories	194.75		
Fat	7.30g		
SaturatedFat	1.95g		
Trans Fat	0.07g		
Cholesterol	6.50mg		
Sodium	145.90mg		
Carbohydrates	30.00g		
Fiber	2.40g		
Sugar	14.00g		
Protein	2.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.33mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42612
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS CRMY EXCEL	1 Pound 12 1/5 Ounce (28 1/5 Ounce)	1 Package	142204
Tap Water for Recipes	1 Gallon 1 Cup (17 Cup)		000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

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: 37.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.39		
Fat	1.34g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	473.41mg		
Carbohydrates	0.89g		
Fiber	0.89g		
Sugar	0.00g		
Protein	1.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.93mg	Iron	0.27mg

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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

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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

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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

Broccoli

Servings:	70.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42989

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	10 Pound		110473
CHEESE CHED MLD SHRD 4-5 LOL	2/3 Cup		150250

Preparation Instructions

Sprinkle cheese over vegetables. Cook.

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: 70.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.15		
Fat	0.34g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	1.13mg		
Sodium	29.17mg		
Carbohydrates	5.04g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.51mg	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

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9824
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	3 Ounce	Weight	680656
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

Preparation Instructions

Updated 8.22.23

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	235.00
Fat	4.75g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	790.00mg
Carbohydrates	30.50g
Fiber	2.00g
Sugar	5.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.60mg

*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

Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47841
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	3 Ounce	Weight	680656
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Updated 5.6.24

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	245.00
Fat	6.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	747.00mg
Carbohydrates	31.50g
Fiber	4.00g
Sugar	3.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47842
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Updated 5.6.24

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	280.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	517.00mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	2.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	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

Sausage Gravy

Servings:	400.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9826
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC	8 Package		281719
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	20 Pound	Thaw under refrigeration.	125302
Tap Water for Recipes	10 Gallon	24 quarts boiling water 16 quarts cold water	000001WTR

Preparation Instructions

1. HEAT SAUSAGE CRUMBLES TO 150°
2. BRING 24 QUARTS OF WATER TO A FULL ROLLING BOIL.
3. COMBINE 16 QUART COOL TAP WATER AND 8 PACKAGES OF GRAVY MIX IN A SEPARATE CONTAINER. MIX WITH A WIRE WHISK UNTIL LUMP FREE.
4. POUR WATER AND GRAVY MIX BLEND INTO BOILING WATER.
5. STIR UNTIL GRAVY RETURNS TO A BOIL. SIMMER FOR ONE MINUTE WHILE STIRRING CONSTANTLY.
6. ADD HOT COOKED SAUSAGE CRUMBLES TO GRAVY MIXTURE. MAKE SURE TEMPERATURE IS AT 165° OR BRING MIXTURE UP TO TEMPERATE.
7. REMOVE FROM HEAT. POUR GRAVY INTO SERVING CONTAINER AND MAINTAIN INTERNAL GRAVY TEMPERATURE AT 165°F DURING SERVICE.

Updated 8.23.23

Meal Components (SLE)

Amount Per Serving

Meat	0.250
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: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	99.83		
Fat	9.77g		
SaturatedFat	3.29g		
Trans Fat	0.00g		
Cholesterol	12.00mg		
Sodium	150.11mg		
Carbohydrates	0.91g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.26mg	Iron	0.80mg

*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

Roasted Baby Carrots

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9825
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	5 Pound		768146
OIL BLND CNOLA/XVRGN 90/10	1/3 Cup		732900
SEASONING GARLIC HRB NO SALT	1 Tablespoon		565164
SALT SEA	1/2 Teaspoon		748590
SPICE PEPR BLK REST GRIND	1/4 Teaspoon		225061

Preparation Instructions

Toss ingredients until well coated. Put on full sheet pan and bake at 350 degrees for 20-30 minutes or until mostly tender.

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	77.90		
Fat	3.70g		
SaturatedFat	0.26g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	133.22mg		
Carbohydrates	11.27g		
Fiber	3.56g		
Sugar	5.33g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.56mg	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
