

# **Cookbook for Millersburg Elementary-Middle School**

**Created by HPS Menu Planner**

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# Assorted Juices

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31139
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100	1 Cup		577270
JUICE ORNG 100	1 Cup		577281
JUICE APPLE 100	1 Each		577230

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	57.73		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.53mg		
<b>Carbohydrates</b>	14.67g		
<b>Fiber</b>	0.13g		
<b>Sugar</b>	14.67g		
<b>Protein</b>	0.63g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.46mg	<b>Iron</b>	0.42mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable with Yogurt & Goldfish Crackers

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37187
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	2 Each		527462
SAND UNCRUST PBJ STRAWB	2 Each		536012
CHEESE STRING MOZZ LT IW	2 Each	OR GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN	4 Package		736280
YOGURT DANIMAL STRAWB BAN N/F	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT DANIMAL STRAWB N/F	1 Each		885750

## Preparation Instructions

Meal consist of 1 uncrustable, 1 yogurt cup or String Cheese, and 1 package of goldfish crackers.

Updated 8.10.23

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	465.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	577.50mg
<b>Carbohydrates</b>	54.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	20.50g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 212.50mg	<b>Iron</b> 1.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Flavored Yogurt Cup

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40126
<b>School:</b>	Benton 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 CHERRY TRPL L/F	1 Each		186911
YOGURT DANIMAL STRAWB N/F	1 Each		885750

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	77.50
<b>Fat</b>	0.38g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.75mg
<b>Sodium</b>	62.50mg
<b>Carbohydrates</b>	14.75g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.25g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Cereal Bars

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31141
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL GLDN GRHM WGRAIN	1 Each	READY_TO_EAT Ready to eat cereal bars	265921

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	155.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	110.00mg
<b>Carbohydrates</b>	29.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 255.00mg	<b>Iron</b> 1.40mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted 1 Count Pop Tarts

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31140
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.167
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Pancakes

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33676
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE CINN IW WGRAIN	1 Package		642230

## Preparation Instructions

Heat according to manufacture's direction on box

Updated 5.20.24

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	6.33g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	3.67g		
<b>Sugar</b>	11.33g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.67mg	<b>Iron</b>	1.68mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sidekick Slushie

<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27773
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE SR CHRY-LEM	1 Each	N/A	667911
SLUSHIE STRAWB-KW	1 Each	N/A	863880

## Preparation Instructions

Remove from freezer and let sit out a short time before serving

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.50mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Doritos or Cheetos

<b>Servings:</b>	5.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31215
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT	1 Ounce	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHIP COOL RNCH REDC FAT	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502
CHIP SPCY SWT REDC	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	788670
CHIP FLAMAS SPCY LIM R/F	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	737611
SNACK CHS PUFF CHED R/F	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	537871

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	122.00
<b>Fat</b>	4.70g
<b>SaturatedFat</b>	0.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	184.00mg
<b>Carbohydrates</b>	18.60g
<b>Fiber</b>	1.80g
<b>Sugar</b>	0.80g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.00mg	<b>Iron</b> 0.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Meatball Sub

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42022
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	40 Each	N/A	276142
MEATBALL CKD .65Z 6-5 COMM	200 Each	N/A	785860
SAUCE SPAGHETTI FCY	1 #10 CAN	N/A	852759
CHEESE MOZZ SHRD	1 Quart 1 Cup (5 Cup)	N/A	645170

## Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—  
Add Meatballs and spaghetti sauce to pan. Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

—  
Fill each Sub Bun with...

5 meatballs and 1 fl. ounce of cheese (1/8 cup or 2 Tablespoons)

—  
Wrap tray of subs and place in warmer until ready to serve.

CCP: Hold for hot service at 135 degrees F or higher.

Updated 10.10.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	428.43
<b>Fat</b>	16.75g
<b>SaturatedFat</b>	6.63g
<b>Trans Fat</b>	0.75g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	857.79mg
<b>Carbohydrates</b>	43.63g
<b>Fiber</b>	5.46g
<b>Sugar</b>	11.42g
<b>Protein</b>	25.71g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 247.71mg	<b>Iron</b> 3.25mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli with Cheese

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20352
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	30 Pound	BAKE	285590
SAUCE CHS CHED SHRP	1 #10 CAN		150991

## Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 20 minutes or until it reaches temp. Drain the water from the pan and put cheddar cheese over it to coat. Usually about 1/2 of a 10# can.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	36.72		
<b>Fat</b>	1.58g		
<b>SaturatedFat</b>	0.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	179.12mg		
<b>Carbohydrates</b>	5.13g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	1.53g		
<b>Protein</b>	2.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.52mg	<b>Iron</b>	0.59mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable with String Cheese & Goldfish Crackers

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33627
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
SAND UNCRUST PBJ STRAWB	1 Each		536012
CHEESE STRING MOZZ LT IW	2 Each	Or Use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN	2 Package		736280

## Preparation Instructions

Meal consist of 1 uncrustable, string cheese, and 1 package of goldfish crackers.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	460.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	47.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.50mg	<b>Iron</b> 1.70mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Iced Donut

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31159
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	2 Each		556582
ICING VAN RTU HEAT NICE	1 Fluid Ounce		155722
ICING CHOC RTU HEAT NICE	1 Fluid Ounce		155711

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	432.30		
<b>Fat</b>	18.10g		
<b>SaturatedFat</b>	8.55g		
<b>Trans Fat</b>	0.12g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	305.60mg		
<b>Carbohydrates</b>	63.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	37.50g		
<b>Protein</b>	4.30g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.88mg	<b>Iron</b>	1.65mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Beans with bacon

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34040
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	4 #10 CAN		118737
BUTTER PRINT UNSLTD GRD AA	1/2 Pound		299405
SPICE PEPR BLK REG FINE GRIND	1 1/2 Tablespoon		225037
BACON TOPPING CKD 1/2IN DCD	1 Cup		814781

## Preparation Instructions

Place drained green beans in a 4 inch pan. Steam for 30 minutes. Make sure that temperature is to 155 degrees. Add butter, pepper and bacon to vegetables once reached temperature and place in hot hold until ready for service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	42.39		
<b>Fat</b>	2.08g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.83mg		
<b>Sodium</b>	169.22mg		
<b>Carbohydrates</b>	4.31g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	1.58g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.23mg
<b>Calcium</b>	32.83mg	<b>Iron</b>	0.43mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Apple Crisp

<b>Servings:</b>	156.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34041
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD HMSTYL SPCD	5 #10 CAN		507942
FLOUR HR GOLD MEDAL 14317	1 Pint		426253
OATS QUICK HOT CEREAL	1 Pint		240869
BUTTER PRINT UNSLTD GRD AA	1 Pint		299405
SUGAR BROWN MED	1 1/2 Cup		108626

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 156.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	169.57		
<b>Fat</b>	2.35g		
<b>SaturatedFat</b>	1.45g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.15mg		
<b>Sodium</b>	8.29mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	0.98g		
<b>Sugar</b>	30.03g		
<b>Protein</b>	0.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.25mg	<b>Iron</b>	0.11mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fruitables Juice Box

<b>Servings:</b>	2.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27774
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each		604802
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each		272122

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hamburger-M

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20338
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each		203270
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

Place 80 hamburger patties in a 4" pan, and let thaw over night in refrigerator. Place in steamer in the morning for 30 minutes or until the temp to proper temperature. When finished cooking drain the juice from the pan. Get out the hamburger buns and put a patty in between the bread and place it in a 4" pan , stacking them 2 high and 4 across.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	220.00
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	450.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 2.80mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Millersburg Mashed Potatoes

<b>Servings:</b>	41.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37227
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS PREM	1 Pound 13 3/10 Ounce (29 3/10 Ounce)	1 package	193610
Tap Water for Recipes	1 Gallon		000001WTR

## Preparation Instructions

- 1: Pour 1 gallon of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15-20 seconds.
- 3: Let stand for 5 minutes, stir and serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	79.40		
<b>Fat</b>	0.99g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	258.06mg		
<b>Carbohydrates</b>	13.90g		
<b>Fiber</b>	1.99g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.99g		
<b>Vitamin A</b>	1.93IU	<b>Vitamin C</b>	6.33mg
<b>Calcium</b>	8.36mg	<b>Iron</b>	0.29mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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