

# **Cookbook for Tami Elementary School K-4**

**Created by HPS Menu Planner**

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# Chicken Patty Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3936
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.333
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	389.81
<b>Fat</b>	14.58g
<b>SaturatedFat</b>	2.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	643.47mg
<b>Carbohydrates</b>	42.07g
<b>Fiber</b>	6.77g
<b>Sugar</b>	6.33g
<b>Protein</b>	20.32g
<b>Vitamin A</b> 299.88IU	<b>Vitamin C</b> 4.93mg
<b>Calcium</b> 71.93mg	<b>Iron</b> 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

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41639
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	100 Each	<b>READY_TO_EAT</b> 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	<b>BAKE</b> 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	<b>READY_TO_EAT</b>	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

<b>Meat</b>	1.000
<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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	170.80
<b>Fat</b>	5.05g
<b>SaturatedFat</b>	1.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.15mg
<b>Sodium</b>	397.80mg
<b>Carbohydrates</b>	21.02g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.01g
<b>Protein</b>	9.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 111.00mg	<b>Iron</b> 1.60mg

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## Nutrition - Per 100g

No 100g Conversion Available

# French toast sticks

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41641
<b>School:</b>	Tami 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**

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No 100g Conversion Available

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# Blueberry Muffin and LF Mozzarella String Cheese

<b>Servings:</b>	100.00	<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-41642
<b>School:</b>	Tami 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

<b>Meat</b>	1.000
<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: 100.00

Serving Size: 1.00 Each

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on WW Bun

<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-41643
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD	1 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. <b>BAKE UNSPECIFIED</b> 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

<b>Meat</b>	2.500
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 3.08mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Chicken Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41644
<b>School:</b>	Tami 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 1 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

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.065
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	252.63
<b>Fat</b>	12.58g
<b>SaturatedFat</b>	5.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	547.05mg
<b>Carbohydrates</b>	11.66g
<b>Fiber</b>	3.28g
<b>Sugar</b>	4.28g
<b>Protein</b>	23.74g
<b>Vitamin A</b> 6300.58IU	<b>Vitamin C</b> 4.86mg
<b>Calcium</b> 158.65mg	<b>Iron</b> 2.95mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe on WW Bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41657
<b>School:</b>	Tami 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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	245.10
<b>Fat</b>	6.80g
<b>SaturatedFat</b>	2.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.00mg
<b>Sodium</b>	803.80mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.80g
<b>Sugar</b>	11.00g
<b>Protein</b>	17.30g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 2.80mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Nacho Supreme

<b>Servings:</b>	100.00	<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-41708
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	12 1/2 Pound	<b>BOIL</b> 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 3/4 Pound		242489
TOMATO ROMA 2	1 Cup		588381
BEAN REFRD VEGTAR	1 Ounce	<b>RECONSTITUTE</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	0.020
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.083
<b>Legumes</b>	0.010
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	137.52
<b>Fat</b>	9.52g
<b>SaturatedFat</b>	3.81g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.70mg
<b>Sodium</b>	271.96mg
<b>Carbohydrates</b>	4.78g
<b>Fiber</b>	2.40g
<b>Sugar</b>	1.46g
<b>Protein</b>	8.77g
<b>Vitamin A</b> 37.49IU	<b>Vitamin C</b> 0.25mg
<b>Calcium</b> 86.28mg	<b>Iron</b> 1.06mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Wrap

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41714
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	300 Piece	<p><b>BAKE</b> 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><b>CONVECTION</b> 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><b>READY_TO_EAT</b> 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><b>STEAM</b> 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 Tablespoon (100 Tablespoon)	<p><b>READY_TO_EAT</b> 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

<b>Meat</b>	3.500
<b>Grain</b>	2.000
<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: 100.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	610.21
<b>Fat</b>	30.00g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	1115.00mg
<b>Carbohydrates</b>	52.04g
<b>Fiber</b>	6.02g
<b>Sugar</b>	7.02g
<b>Protein</b>	38.02g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 206.34mg	<b>Iron</b> 4.40mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog on Bun

<b>Servings:</b>	100.00	<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-41715
<b>School:</b>	Tami 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

<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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	290.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	662.60mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	13.00g

**Vitamin A** 11.07IU      **Vitamin C** 0.01mg

**Calcium** 81.08mg      **Iron** 10.88mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti w/ Meat Sauce

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41717
<b>School:</b>	Tami 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

<b>Meat</b>	2.388
<b>Grain</b>	1.200
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	2.029
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	430.91
<b>Fat</b>	14.93g
<b>SaturatedFat</b>	4.78g
<b>Trans Fat</b>	2.39g
<b>Cholesterol</b>	62.09mg
<b>Sodium</b>	1235.07mg
<b>Carbohydrates</b>	52.10g
<b>Fiber</b>	11.06g
<b>Sugar</b>	18.57g
<b>Protein</b>	26.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.84mg	<b>Iron</b> 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

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41718
<b>School:</b>	Tami 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

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.315
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

\*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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# Grilled Cheese Sandwich and Tomato soup

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 .5 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41719
<b>School:</b>	Tami 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

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.509
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 .5 sandwich

Amount Per Serving	
<b>Calories</b>	419.80
<b>Fat</b>	11.80g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	1237.20mg
<b>Carbohydrates</b>	62.80g
<b>Fiber</b>	5.34g
<b>Sugar</b>	23.08g
<b>Protein</b>	13.68g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.80mg	<b>Iron</b> 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

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41737
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1IN 60WHT 40DK	12 Pound		290599
SAUCE ALFREDO FZ	1 Package	<b>BOIL</b> 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 1/4 Pound		413380

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	222.11
<b>Fat</b>	4.05g
<b>SaturatedFat</b>	1.52g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	49.18mg
<b>Sodium</b>	147.04mg
<b>Carbohydrates</b>	24.91g
<b>Fiber</b>	1.13g
<b>Sugar</b>	2.07g
<b>Protein</b>	22.12g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.25mg
<b>Iron</b>	1.53mg

\*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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# Grilled Chicken Sandwich

<b>Servings:</b>	100.00	<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-41738
<b>School:</b>	Tami 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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	276.55
<b>Fat</b>	9.55g
<b>SaturatedFat</b>	2.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	552.38mg
<b>Carbohydrates</b>	23.38g
<b>Fiber</b>	2.53g
<b>Sugar</b>	3.88g
<b>Protein</b>	23.20g
<b>Vitamin A</b>	187.43IU
<b>Vitamin C</b>	3.08mg
<b>Calcium</b>	6.75mg
<b>Iron</b>	8.78mg

\*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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# Taco Salad

<b>Servings:</b>	100.00	<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-41739
<b>School:</b>	Tami 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

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.020
<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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	271.78
<b>Fat</b>	10.03g
<b>SaturatedFat</b>	2.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.45mg
<b>Sodium</b>	346.56mg
<b>Carbohydrates</b>	32.24g
<b>Fiber</b>	4.30g
<b>Sugar</b>	1.30g
<b>Protein</b>	11.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 72.23mg	<b>Iron</b> 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

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41746
<b>School:</b>	Tami 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 1/4 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

<b>Meat</b>	2.000
<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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	92.07
<b>Fat</b>	5.83g
<b>SaturatedFat</b>	2.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	116.40mg
<b>Sodium</b>	304.98mg
<b>Carbohydrates</b>	2.28g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.08g
<b>Protein</b>	10.09g
<b>Vitamin A</b> 0.15IU	<b>Vitamin C</b> 0.03mg
<b>Calcium</b> 14.70mg	<b>Iron</b> 0.57mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sandwich Cheesy Bean Twister WGrain MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41763
<b>School:</b>	Tami 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 For best results thaw out to room temperature prior to heating Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen For 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 3/4 Gallon		246131
CHEESE CHED MLD SHRD FINE	1 Quart 1 Cup (5 Cup)		191043

## Preparation Instructions

WASH HANDS.

- Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
- Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
- Roll up to form a log. Cut the log in 1/2.
- 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.
- 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

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	330.40
<b>Fat</b>	6.88g
<b>SaturatedFat</b>	1.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.00mg
<b>Sodium</b>	877.80mg
<b>Carbohydrates</b>	53.19g
<b>Fiber</b>	9.24g
<b>Sugar</b>	4.09g
<b>Protein</b>	14.03g
<b>Vitamin A</b> 18.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.38mg	<b>Iron</b> 4.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger Deluxe

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41801
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	<b>BAKE</b> 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	<b>THAW</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	326.48
<b>Fat</b>	14.58g
<b>SaturatedFat</b>	5.02g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	406.80mg
<b>Carbohydrates</b>	30.40g
<b>Fiber</b>	5.44g
<b>Sugar</b>	6.00g
<b>Protein</b>	18.32g
<b>Vitamin A</b> 299.88IU	<b>Vitamin C</b> 4.93mg
<b>Calcium</b> 74.60mg	<b>Iron</b> 3.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Side Salad Elementary

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41916
<b>School:</b>	Tami 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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	1.125
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

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

\*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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# Pizza Lunchable

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41935
<b>School:</b>	Tami 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

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Kit

Amount Per Serving	
<b>Calories</b>	365.10
<b>Fat</b>	14.25g
<b>SaturatedFat</b>	5.15g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	983.50mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	2.70g
<b>Sugar</b>	9.50g
<b>Protein</b>	19.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 245.31mg	<b>Iron</b> 2.63mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pepperoni and Pineapple Pizza

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43993
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.125
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

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

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Broccoli Salad

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44023
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	42.00		
<b>Fat</b>	2.40g		
<b>SaturatedFat</b>	0.41g		
<b>Trans Fat</b>	0.00g**		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	279.93mg		
<b>Carbohydrates</b>	4.87g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.33g		
<b>Vitamin A</b>	20.10IU	<b>Vitamin C</b>	0.89mg
<b>Calcium</b>	11.27mg	<b>Iron</b>	0.09mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# RO - Sloppy Joe Meat

<b>Servings:</b>	420.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 portion	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44664
<b>School:</b>	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	1/4 Cup		225037
SUGAR BROWN LT	1 1/4 Pound		860311
RELISH DILL PICKLE FCY	1/2 Gallon		156248
SPICE CHILI POWDER MILD	3/4 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

<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>	0.000

## Nutrition Facts

Servings Per Recipe: 420.00

Serving Size: 1.00 portion

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Steamed Broccoli

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47035
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CROWNS 1-20#	50 0	Steam in water	755884

## 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>	0.500
<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: 50.00

Serving Size: 1.00 Ounce

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

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

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