

# **Cookbook for Knox High School**

**Created by HPS Menu Planner**

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# Pop Tart

<b>Servings:</b>	3.00	<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-30220
<b>School:</b>	Knox Elementary		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.750
<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

\*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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# Blueberry or Chocolate Muffin

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31501
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEBERRY IW	1 Each	273442
MUFFIN DBL CHOC WGRAIN IW	1 Each	262343

## 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 muffin

Amount Per Serving	
<b>Calories</b>	170.00
<b>Fat</b>	5.25g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	110.00mg
<b>Carbohydrates</b>	26.50g
<b>Fiber</b>	1.50g
<b>Sugar</b>	13.50g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 7.21IU	<b>Vitamin C</b> 0.03mg
<b>Calcium</b> 19.88mg	<b>Iron</b> 1.17mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Variety of Juice

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31349
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH	1 Each	118940
JUICE ORNG 100 FRSH	1 Each	118930
JUICE APPLE 100 FRSH	1 Each	118921

## 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: 1.00 Each

Amount Per Serving			
<b>Calories</b>	63.33		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.40mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.07mg	<b>Iron</b>	0.33mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheeseburger

<b>Servings:</b>	1.00	<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-31441
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

No Preparation Instructions available.

### 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 Sandwich

Amount Per Serving			
<b>Calories</b>	338.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	5.60g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	46.50mg		
<b>Sodium</b>	649.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.00mg	<b>Iron</b>	4.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham Chef Salad with Cheez-It and Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31438
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ROMAINE MXD	1 Pint	755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
Ham, Cubed Frozen	1 1/2 Ounce	100188-H
MUFFIN BLUEBERRY IW	1 Each	273442
CRACKER CHEEZ-IT WGRAIN IW	1 Ounce	282422

## 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>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	438.83
<b>Fat</b>	17.63g
<b>SaturatedFat</b>	7.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.13mg
<b>Sodium</b>	813.57mg
<b>Carbohydrates</b>	52.13g
<b>Fiber</b>	4.97g
<b>Sugar</b>	16.87g
<b>Protein</b>	21.45g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 186.97mg	<b>Iron</b> 1.96mg

\*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, String Cheese, & Cheez-It

<b>Servings:</b>	1.00	<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-31385

## Ingredients

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

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	480.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	48.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 341.00mg	<b>Iron</b> 1.72mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Ham & Cheese Sub

<b>Servings:</b>	1.00	<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-30189
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD	6 Slice	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	100018
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

## Preparation Instructions

No Preparation Instructions available.

### 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>	315.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.50mg
<b>Sodium</b>	805.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<b>Iron</b> 2.72mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey & Cheese Sub

<b>Servings:</b>	1.00	<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-30188
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
BUN SUB SLCD WGRAIN 5IN	1 Each	276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Each	100036

## Preparation Instructions

No Preparation Instructions available.

### 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>	9.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<b>Iron</b> 2.40mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Seasoned Green Beans

<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-31519
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
Green Beans, Low Sodium Canned	4 #10 CAN	100307
SEASONING GARLIC PEPR	1 Fluid Ounce	655252

## Preparation Instructions

### 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>	26.94		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	168.39mg		
<b>Carbohydrates</b>	4.31g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	1.08g		
<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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### Nutrition - Per 100g

No 100g Conversion Available

# Seasoned Corn

<b>Servings:</b>	82.00	<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-31518
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound	100348
SEASONING GARLIC PEPR	1 Tablespoon	655252

## Preparation Instructions

STEAM

Divide 30# case into 2 vented steam table pans and put into preheated steam unit.

CCP: Heat through until internal temperature reaches 145° or higher

Remove from steamer and put in non vented steam table pans and cover with plastic wrap.

CCP: Hold for hot service at 140° or higher for no longer than 4 hours

### 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: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	67.41		
<b>Fat</b>	1.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.25mg		
<b>Carbohydrates</b>	16.10g		
<b>Fiber</b>	2.01g		
<b>Sugar</b>	3.02g		
<b>Protein</b>	2.01g		
<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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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Breaded Chicken Sandwich

<b>Servings:</b>	1.00	<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-31439
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

## 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>	0.000
<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 Sandwich

### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	680.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	3.90mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Seasoned Steamed Broccoli

<b>Servings:</b>	81.00	<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-31520
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	15 Pound	110473
SEASONING GARLIC PEPR	1 Tablespoon	655252

## Preparation Instructions

### 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: 81.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	26.32		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	32.64mg		
<b>Carbohydrates</b>	5.06g		
<b>Fiber</b>	3.04g		
<b>Sugar</b>	1.01g		
<b>Protein</b>	3.04g		
<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

No 100g Conversion Available

# Refried Beans

<b>Servings:</b>	16.00	<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-38820
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	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

### RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

### 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>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	173.78		
<b>Fat</b>	1.86g		
<b>SaturatedFat</b>	0.62g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	682.71mg		
<b>Carbohydrates</b>	28.55g		
<b>Fiber</b>	11.17g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	11.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.06mg	<b>Iron</b>	2.61mg

\*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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# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PARFAIT	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31522
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR	3/4 Cup	811500
BERRIES THREE BLEND	1/2 Cup	221020
GRANOLA BAG IW	1 Package	649742

## Preparation Instructions

Use 12 oz cup. Put 3/4 cup yogurt and 1/2 cup frozen mixed berries and serve a bag of the granola on the side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.000
<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: 1.00

Serving Size: 1.00 PARFAIT

#### Amount Per Serving

<b>Calories</b>	322.91
<b>Fat</b>	4.87g
<b>SaturatedFat</b>	0.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.60mg
<b>Sodium</b>	164.55mg
<b>Carbohydrates</b>	63.20g
<b>Fiber</b>	5.00g
<b>Sugar</b>	35.13g
<b>Protein</b>	9.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 215.49mg	<b>Iron</b> 1.22mg

\*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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# Salisbury Steak

<b>Servings:</b>	30.00	<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-39659
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each	451400
GRAVY MIX BROWN	2 Quart	242450
Tap Water for Recipes	2 Quart	000001WTR

## Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<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: 30.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	256.67		
<b>Fat</b>	17.53g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	743.33mg		
<b>Carbohydrates</b>	4.27g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.07g		
<b>Protein</b>	16.00g		
<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**

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**No 100g Conversion Available**

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# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<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-31440
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

## 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>	0.000
<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 Sandwich

### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	4.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	38.00	<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-31350
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL	1 Pound 12 Ounce (28 Ounce)	613738
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

<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>	0.027

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	78.34		
<b>Fat</b>	0.87g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	322.07mg		
<b>Carbohydrates</b>	14.80g		
<b>Fiber</b>	0.87g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.74g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.70mg	<b>Iron</b>	0.26mg

\*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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# Glazed Carrots

<b>Servings:</b>	98.00	<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-31503
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
Carrots fzn	20 Pound	100352
BUTTER PRINT SLTD GRD AA	1 Pound	191205
SUGAR BROWN LT	2 Pound	860311

## Preparation Instructions

Divide all ingredients between two pans.

### 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	90.49		
<b>Fat</b>	4.60g		
<b>SaturatedFat</b>	2.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.99mg		
<b>Sodium</b>	72.74mg		
<b>Carbohydrates</b>	14.21g		
<b>Fiber</b>	2.02g		
<b>Sugar</b>	11.19g		
<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**

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**No 100g Conversion Available**

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# Chicken Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30186
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX	1 Package	290025
Tap Water for Recipes	1 Gallon	000001WTR

## Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER, BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.

### 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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
<b>Calories</b>	19.45		
<b>Fat</b>	0.28g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	133.40mg		
<b>Carbohydrates</b>	3.89g		
<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

No 100g Conversion Available

# Grilled Cheese Sandwich

<b>Servings:</b>	24.00	<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-37303
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	48 Each	266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	96 Slice	100036
BUTTER PRINT SLTD GRD AA	1 Cup	191205

## Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).

Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

## 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: 24.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	386.67
<b>Fat</b>	19.33g
<b>SaturatedFat</b>	10.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	890.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tomato Soup

<b>Servings:</b>	47.00	<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-37304
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
SOUP TOMATO	2 #10 CAN 5/14 #5 CAN (4 #5 CAN)	488232
1% Low Fat White Milk	1 Quart	4752

## Preparation Instructions

Open tomato soup cans and put in a 6" pan. Add 4 cartons of white milk to each pan, stir well and cook in steamer for 40 minutes or until it reaches temperature. Hold in warmer until ready to 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	93.62		
<b>Fat</b>	1.15g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.85mg		
<b>Sodium</b>	376.17mg		
<b>Carbohydrates</b>	17.96g		
<b>Fiber</b>	0.94g		
<b>Sugar</b>	10.38g		
<b>Protein</b>	2.55g		
<b>Vitamin A</b>	42.55IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	34.89mg	<b>Iron</b>	0.37mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hot Ham & Cheese on Pretzel Bun

<b>Servings:</b>	1.00	<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-32601
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD	6 Slice	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	100018
ROLL PRTZL WGRAIN	1 Each	500162

## Preparation Instructions

No Preparation Instructions available.

### 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

<b>Amount Per Serving</b>			
<b>Calories</b>	335.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.50mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	3.12mg

\*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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# Seasoned Mixed Vegetables

<b>Servings:</b>	81.00	<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-34796
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
Mixed Vegetables	16 1/4 Pound	111230
SEASONING GARLIC PEPR	1 Tablespoon	655252

## Preparation Instructions

### 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>	0.125
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 81.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	59.01		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	42.37mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<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

No 100g Conversion Available

# Eggo Bites® Mini 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>	Lunch	<b>Recipe ID:</b>	R-31436
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841
PANCAKE MINI MAPL IW	1 Package	284831

## Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

CONVENTIONAL OVEN\*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN\*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

\*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

## 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>	206.67		
<b>Fat</b>	6.33g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	240.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<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>	2.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# RF Doritos

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bag	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32653
<b>School:</b>	Knox Community After School Snack		

## Ingredients

Description	Measurement	DistPart #
CHIP COOL RNCH REDC FAT	1 Package	541502
CHIP FLAMAS SPCY LIM R/F	1 Package	737611
CHIP NACHO REDC FAT	1 Package	456090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 3.00

Serving Size: 1.00 Bag

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	193.33mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.33mg	<b>Iron</b>	0.30mg

\*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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# Seasoned Peas

<b>Servings:</b>	82.00	<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-32488
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	15 Pound	100350
SEASONING GARLIC PEPR	1 Tablespoon	655252

## Preparation Instructions

### 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: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	64.29		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.39mg		
<b>Carbohydrates</b>	11.41g		
<b>Fiber</b>	4.15g		
<b>Sugar</b>	4.15g		
<b>Protein</b>	4.15g		
<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

No 100g Conversion Available

# Pizza Burger

<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-48017
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
SAUCE MARINARA A/P	1 Tablespoon	592714
PEPPERONI SLCD 18-20/Z	3 Slice	730025
Cheese, Mozzarella, Part Skim, Shredded	1 Fluid Ounce	100021
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

No Preparation Instructions available.

### 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>	377.25		
<b>Fat</b>	18.29g		
<b>SaturatedFat</b>	7.40g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	57.50mg		
<b>Sodium</b>	734.75mg		
<b>Carbohydrates</b>	28.50g		
<b>Fiber</b>	4.25g		
<b>Sugar</b>	5.13g		
<b>Protein</b>	23.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.63mg	<b>Iron</b>	4.20mg

\*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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# Chicken & Noodles

<b>Servings:</b>	280.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48042
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
Tap Water	15 Gallon	
BASE CHIX LO SOD NO MSG	3 Pound	580589
PASTA NOODL KLUSKI AMISH	26 Pound	456632
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	45 Pound	570533

## Preparation Instructions

Heat water and chicken base in large steam kettle. Bring to boil. Add noodles. Cook on low heat till noodles are tender. Add chicken and heat to 160 degrees.

Serve 6 oz or 3/4 cup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.250
<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: 280.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	284.98		
<b>Fat</b>	7.26g		
<b>SaturatedFat</b>	2.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	143.71mg		
<b>Sodium</b>	137.36mg		
<b>Carbohydrates</b>	30.19g		
<b>Fiber</b>	0.74g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	22.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.15mg

\*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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# Meatball Sub

<b>Servings:</b>	50.00	<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-32659
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
BUN SUB SLCD WGRAIN 5IN	50 Each	276142
MEATBALL CKD 6-5 JTM	250 Each	135071
SAUCE SPAGHETTI FCY	3 Pound 12 Ounce (60 Ounce)	852759
CHEESE MOZZ SHRD 30 COMM	1 Pound 9 Ounce (25 Ounce)	150620

## 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.

—  
Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

—  
Fill each Sub Bun with...

5 meatballs

1.2 ounces of spaghetti sauce

1/8 cup or 1 fluid ounce of cheese

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

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

## 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>	0.250
<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 Sandwich

### Amount Per Serving

<b>Calories</b>	381.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	6.80g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	50.50mg
<b>Sodium</b>	637.00mg
<b>Carbohydrates</b>	37.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	7.50g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 7.00IU	<b>Vitamin C</b> 1.00mg
<b>Calcium</b> 101.00mg	<b>Iron</b> 4.00mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Apple Crisp

<b>Servings:</b>	48.00	<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-37243

## Ingredients

Description	Measurement	DistPart #
SUGAR BROWN LT	3 Pound	860311
BUTTER PRINT SLTD GRD AA	1 Pound	191205
FLOUR HR A/P	1 Quart	227528
OATS QUICK HOT CEREAL	1 Pint 1 Cup (3 Cup)	240869
SPICE CINNAMON GRND	1 Fluid Ounce	224723
SPICE NUTMEG GRND	1 1/2 Teaspoon	224944
SALT IODIZED	1 Teaspoon	350732
APPLE SLCD W/P	1 #10 CAN	117773
Applesauce cnd	1/2 #10 CAN	110541comm

## Preparation Instructions

Day Prior to service

Combine the first 7 ingredients until crumbly and set aside (or do the day before and store in the refrigerator)

Prep:

Clean and sanitize prep area

Gather the pans, ingredients, topping and turn convection oven to 300 degrees to preheat Spray a 26x18x2 baking pan and add the apples and the applesauce to the pan.

Sprinkle with topping and bake in preheated 300 oven for 30 minutes.

Remove from oven and let cool on rack

Cut into 48 pieces and plate them

Yield: 48 servings per pan

Note: Non-Whole Grain item

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.750
<b>Fruit</b>	0.250
<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: 48.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	250.98		
<b>Fat</b>	7.71g		
<b>SaturatedFat</b>	4.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	114.59mg		
<b>Carbohydrates</b>	45.10g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	32.17g		
<b>Protein</b>	1.79g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.50mg	<b>Iron</b>	0.64mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Stove Top Stuffing

<b>Servings:</b>	48.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37302
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
STUFFING MIX CHIX FLEX	3 Pound	173582
Tap Water for Recipes	3 Quart	000001WTR
BUTTER PRINT SLTD GRD AA	1 Pint	191205

## Preparation Instructions

Bring water and butter to boil in saucepan. Stir in stuffing mix; cover. Remove from heat and let stand 5 minutes before fluffing.

### 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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	176.67		
<b>Fat</b>	9.83g		
<b>SaturatedFat</b>	4.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.30mg

\*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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# Mini French Toast

<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>	Lunch	<b>Recipe ID:</b>	R-40961
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
FRENCH TST MINI BRY IW	1 Package	150281
FRENCH TST MINI CINN IW	1 Package	150291
FRENCH TST MINI CHOC CHIP IW	1 Package	498492

## 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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	206.67
<b>Fat</b>	6.33g
<b>SaturatedFat</b>	1.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	2.67g
<b>Sugar</b>	10.67g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 136.67mg	<b>Iron</b> 2.27mg

\*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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# Italian Beef Sub

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34789
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	3 Package	593591
SAUCE CHS QUESO BLANCO FZ	1 Package	722110
BUN SUB SLCD WGRAIN 5IN	96 Each	276142

## Preparation Instructions

Prepare meat from thawed or frozen state.

CONVENTIONAL OVEN: Remove beef from bag. Preheat oven to 350 degrees and bake thawed product for 45 to 50 minutes. Convection oven: Preheat oven to 325 degrees and bake thawed for 30 minutes. NOT RECOMMENDED FOR FROZEN PRODUCT.

STEAMER: Frozen product heat for 40-50 minutes. Thawed product: 15-20 minutes

Add 1 bag of queso to 3 bags of meat.

For service: Place meat and cheese mixture on bun. Place top of sub on sandwich.

CCP: PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165°F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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: 96.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	317.30
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	6.83g
<b>Trans Fat</b>	0.34g
<b>Cholesterol</b>	25.41mg
<b>Sodium</b>	718.43mg
<b>Carbohydrates</b>	33.42g
<b>Fiber</b>	2.71g
<b>Sugar</b>	6.67g
<b>Protein</b>	11.79g
<b>Vitamin A</b> 66.65IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 156.83mg	<b>Iron</b> 2.48mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cherry Crisp

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37301
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
FLOUR HR A/P	13 1/2 Ounce	227528
OATS QUICK HOT CEREAL	9 Ounce	240869
SUGAR BROWN LT	15 Ounce	860311
SPICE CLOVES GRND	1/2 Teaspoon	224774
SALT IODIZED	1/2 Teaspoon	350732
BUTTER PRINT SLTD GRD AA	1 Pound	191205
CHERRY RED TART PITTED W/P	8 1/2 Pound	118125
SUGAR CANE GRANUL	10 Ounce	108642
JUICE ORNG 100 FRSH	1/4 Cup	118930
STARCH CORN BIB	3/8 Cup	704377
Tap Water for Recipes	1/2 Cup	000001WTR

## Preparation Instructions

1. For topping: Combine flour, rolled oats, brown sugar, cloves, salt, and butter. Mix until crumbly. Set aside for step 8.
2. For filling: Drain cherries, while 1 cup of juice reserving juice.
3. Place cherries into steam table pan (12" x 20" x 2 1/2").
4. Combine cherry juice with sugar and orange juice concentrate. Cook juice mixture over medium heat for 2 minutes.
5. Combine cornstarch and cold water. Stir until smooth.
6. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.
7. Pour liquid mixture over cherries in each pan.
8. Sprinkle topping evenly over cherries in pan.
9. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes. Convection oven: 350° F

for 25-35 minutes

10. Cool. Cut each pan 5 x 10 (50 pieces per pan).

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.750
<b>Fruit</b>	0.250
<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: 50.00

Serving Size: 1.00 Piece

### Amount Per Serving

<b>Calories</b>	312.76		
<b>Fat</b>	7.41g		
<b>SaturatedFat</b>	4.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	19.20mg		
<b>Sodium</b>	100.25mg		
<b>Carbohydrates</b>	61.20g		
<b>Fiber</b>	1.36g		
<b>Sugar</b>	50.64g		
<b>Protein</b>	2.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.17mg	<b>Iron</b>	0.55mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Parmesan

<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-44865
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	281622
CHEESE MOZZ SHRD	1 Fluid Ounce	645170
SAUCE SPAGHETTI FCY	1/4 Cup	852759

## Preparation Instructions

Cook chicken according to package directions.  
Top with sauce and cheese, cover and put in warmer.  
Hold at 135 degrees

### Meal Components (SLE)

Amount Per Serving

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

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	299.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	4.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	658.00mg
<b>Carbohydrates</b>	19.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	18.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 139.50mg	<b>Iron</b> 1.90mg

\*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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# Lasagna Roll-Ups

<b>Servings:</b>	18.00	<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-38120
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN	18 Each	234041
CHEESE MOZZ SHRD	1 Cup	645170
SAUCE MARINARA A/P	1/2 #10 CAN	592714

## Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

### 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: 18.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	578.55
<b>Fat</b>	16.89g
<b>SaturatedFat</b>	4.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	23.33mg
<b>Sodium</b>	2914.71mg
<b>Carbohydrates</b>	80.19g
<b>Fiber</b>	14.74g
<b>Sugar</b>	37.08g
<b>Protein</b>	29.30g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 479.35mg	<b>Iron</b> 7.45mg

\*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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