

Cookbook for Calumet School District 132

Created by HPS Menu Planner

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Hard Shell Tacos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40911
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC	3 Ounce	FOR BOIL-IN-BAG FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR STEAM-IN-BAG PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	768230
SHELL TACO CORN WGRAIN 5IN	1 Each		714350
6-2 LETTUCE ROMAINE COMM 15D44	1/4 Cup		381403
Diced Tomatoes cnd	1/5 Cup	BAKE	100329
CHEESE CHED MLD SHRD FTHR	1/5 Cup		411841

Preparation Instructions

1. Heat ground turkey according to manufacturer's directions. CCP: Heat to 165 F or higher.
2. Warm tortillas.
3. To serve, fill each tortilla with 3 oz taco meat.

Meal Components (SLE)

Amount Per Serving

Meat	1.993
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	259.63
Fat	14.54g
SaturatedFat	5.83g
Trans Fat	0.00g
Cholesterol	78.82mg
Sodium	477.89mg
Carbohydrates	11.96g
Fiber	1.32g
Sugar	1.45g
Protein	20.97g
Vitamin A 1023.43IU	Vitamin C 0.47mg
Calcium 191.28mg	Iron 1.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Creamy Cajun Alfredo Pasta

Servings:	50.00	Category:	Entree
Serving Size:	1.00 #6 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40917
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX ALFREDO	1 Pound 12 Ounce (28 Ounce)		685442
Water	1 Gallon	READY_TO_DRINK	Water
SEASONING CAJUN	1/4 Cup		514012
CHIX DCD 1/2IN 60WHT CKD	6 Pound 13 Ounce (109 Ounce)		313262
CHEESE MOZZ 3 SHRD FTHR	1 Quart 1 Cup (5 Cup)		780995
PASTA ROTINI	3 Pound 2 Ounce (50 Ounce)		413360

Preparation Instructions

1. Cook noodles al dente, and drain.
2. Stir alfredo mix, cajun seasoning,, hot water. Whisk or mix on low until smooth.
3. Mix half the sauce & noodles together, and divide mixture into 2 greased pans.
4. Combine chicken and remaining sauce, spread evenly over noodles.
5. Spread cheese evenly over the top of both pans.
6. Bake at 400°F until internal temperature 135°F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 #6 Scoop

Amount Per Serving

Calories	175.93
Fat	5.37g
SaturatedFat	2.46g
Trans Fat	0.00g
Cholesterol	59.41mg
Sodium	263.91mg
Carbohydrates	9.92g
Fiber	0.37g
Sugar	0.93g
Protein	22.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 87.98mg	Iron 0.92mg

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Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40918
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce		163020
SAUCE CHS NACHO DLX	1 Ounce		323616
TURKEY TACO MEAT FC	3 5/11 Ounce		768230
CORN BLK BEAN FLME RSTD	1/2 Cup	MICROWAVE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. STOVE TOPHeat 2 Tbsp. oil in a large skillet on MED-HIGH heat. Add ½ bag of product and cover for 6-8 minutes, stirring frequently. MICROWAVE (1100 WATTS)Microwave ½ bag of product on HIGH for 9 minutes, covered, stirring halfway through cook time. Let stand for 1 minute. CONVECTION OVENBake vegetables at 350°F for 8-11 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.	163760

Preparation Instructions

1. Heat meat and cheese to 155°F. Hold 135°F.
2. Prepare salsa recipe. Hold < 41°F.

UPON SERVICE:

3. Pour 2oz chips on plate.
4. Top with #10 scoop taco meat.
5. Drizzle 1oz cheese sauce over chips and meat.
6. Top with 4oz spoodle of corn salsa.

Allergens: milk, wheat, soy

Meal Components (SLE)

Amount Per Serving

Meat	2.292
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.189
Legumes	0.098
Starch	0.098

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	476.84
Fat	18.87g
SaturatedFat	3.10g
Trans Fat	0.00g
Cholesterol	63.04mg
Sodium	907.84mg
Carbohydrates	57.41g
Fiber	7.03g
Sugar	4.79g
Protein	24.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.42mg	Iron 4.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40919
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL CKD	2 Package	BAKE Appliances vary, adjust accordingly. Pizza Oven 6 minutes at 500°F from thawed. CONVECTION Appliances vary, adjust accordingly. Convection Oven 13-14 minutes at 350°F from frozen on a lined sheet pan DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 5 - 6 minutes at 350°F from frozen. Do not overpack chicken in basket. Shake basket occasionally while frying.	182640
SAUCE ORNG	1 Package		202813

Preparation Instructions

1. Heat fully cooked chicken to an internal temp of 135°F
 2. Prepare and heat sauce according to package.
 3. Serve ½ cup rice (if listed on menu)
 4. Serve chicken over rice and top with sauce
- Serving Size - 2 Tbsp sauce over 5 pieces of chicken

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	2.83		
Fat	0.08g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.53mg		
Sodium	7.88mg		
Carbohydrates	0.31g		
Fiber	0.00g		
Sugar	0.17g		
Protein	0.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	35.00	Category:	Entree
Serving Size:	1.00 #6 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40920
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI WHLWHE	13 Pound 2 Ounce (210 Ounce)		400367
BEEF CRMBL CKD 80/Z W/TVP	4 Pound 6 Ounce (70 Ounce)	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	499587
SAUCE MARINARA A/P	4 Pound 6 Ounce (70 Ounce)	SIMMER Fully Cooked, Heat to 165 degrees	254500

Preparation Instructions

1. Cook pasta (if using uncooked) al dente. Drain.
2. Heat fully cooked beef crumbles 30-40 min on stovetop
3. Add marinara to beef crumbles
4. Heat to 135°F
5. Mix in pasta and hold until service 135°F

Meal Components (SLE)

Amount Per Serving

Meat	0.125
Grain	6.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 #6 Scoop

Amount Per Serving

Calories	155.00
Fat	10.25g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	285.00mg
Carbohydrates	8.50g
Fiber	2.50g
Sugar	6.00g
Protein	5.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40921
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
SAUCE PIZZA W/BASL	1/4 Cup	READY_TO_EAT ready to use	100234
CHEESE MOZZ 3 SHRD FTHR	1/2 Ounce		780995
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

1. BAKE COOKED CHICKEN PATTY TO 135F.
2. TOP WITH PIZZA SAUCE & CHEESE
3. PLACE IN THE OVEN TO MELT THE CHEESE.
4. ASSEMBLE ON HAMBURGER BUN. SERVE.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	432.50
Fat	18.25g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	31.25mg
Sodium	920.00mg
Carbohydrates	49.25g
Fiber	6.00g
Sugar	8.00g
Protein	23.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.25mg	Iron 3.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheesy Beef Taco Pasta Bake

Servings:	50.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40922
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR CKD	1 Package		464350
TURKEY TACO MEAT FC	3 Pound 12 Ounce (60 Ounce)		768230
MILK WHT 2	1 Cup		504602
SEASONING TACO MIX	4 1/2 Ounce		159204
SAUCE CHS CHED SHRP	1 Pound 10 Ounce (26 Ounce)		150991

Preparation Instructions

1. Layer elbow macaroni, taco meat, taco seasoning, milk and cheese sauce. Mix together.
2. Taste and add milk, taco seasoning and meat as needed.
3. Bake at 350F for 30 minutes or until heated through.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	106.59		
Fat	4.31g		
SaturatedFat	1.09g		
Trans Fat	0.00g		
Cholesterol	22.33mg		
Sodium	942.86mg		
Carbohydrates	9.99g		
Fiber	2.59g		
Sugar	1.29g		
Protein	6.73g		
Vitamin A	10.00IU	Vitamin C	0.05mg
Calcium	36.91mg	Iron	1.40mg

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Nutrition - Per 100g

Calories	62.66		
Fat	2.53g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	13.13mg		
Sodium	554.31mg		
Carbohydrates	5.87g		
Fiber	1.52g		
Sugar	0.76g		
Protein	3.95g		
Vitamin A	5.88IU	Vitamin C	0.03mg
Calcium	21.70mg	Iron	0.82mg

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Mashed Potato Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40923
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	327120
CORN CUT IQF	25 Pound	BAKE	285620
POTATO MASHED LO SOD	3 Gallon 1 Pint (50 Cup)		114764
CHEESE AMER SHRD R/F	1 Gallon 2 Quart 1 Cup (25 Cup)	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

1. Bake Popcorn Chicken to internal temp 135°F.
2. Prepare potatoes and heat corn.
3. Hold 135°F.
4. At service, layer 1/2c potatoes, top with a 1/2c corn, 1/4 cup shredded cheddar cheese and 12 pieces popcorn chicken in a bowl.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	532.53
Fat	22.53g
SaturatedFat	5.60g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	937.80mg
Carbohydrates	59.00g
Fiber	5.53g
Sugar	9.67g
Protein	27.50g
Vitamin A 109.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 2.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Gravy

Servings:	64.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40934
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
Water	1 Gallon	READY_TO_DRINK	Water
PEPPERS STRIPS BLND	1/4 Package		261548
CHIX DRMSTX BRD WGRAIN CKD	64 Piece	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
MIX GRAVY BRN LO SOD	1 Tablespoon	<p>Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE</p> <p>UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.</p>	552050

Preparation Instructions

For Gravy:

ADD ONE BAG GRAVY MIX TO ONE GALLON BOILING WATER AND BLEND WITH WIRE WHIP. SIMMER 1

MIN, STIRRING CONSTANTLY. ADD HERB SEASONING. TASTE AND SEASON AS NEEDED.

Preheat oven to 375°F. Add peppers and gravy to frozen chicken, place pieces in a single layer on sheet pan. Season lightly with herb seasoning. Heat for 35-40 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	220.86		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	532.34mg		
Carbohydrates	11.54g		
Fiber	1.00g		
Sugar	0.08g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Beef Mostaccoli

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40935
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO 6" FULL STEAM TABLE PANS AND HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F.	592714
SEASONING ITAL HRB	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		428574
SEASONING GARLIC HRB NO SALT	1 Fluid Ounce		565164
OIL BLND CNOLA/XVRGN 90/10	1/2 Cup		732900
BEEF CRMBL CKD 6-5	6 Pound 4 Ounce (100 Ounce)	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN- PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
Whole Wheat Penne	6 Gallon 1 Quart (100 Cup)	BOIL Case= 2/10# bag; 1 bag 160oz dry Use a full 6" steam table pan with perforated insert. Place 1/2 of bag of dry pasta in pan. Barely cover with boiling hot water. place steamer on max heat- at 4 minutes stir pasta, cook another 4 minutes. Take out of steamer and pour in colanderr and rinse with cool water-this stops the cooking process.	Wilkens Food Service
CHEESE MOZZ SHRD	1 Gallon 2 Quart 1 Cup (25 Cup)	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNE. 1-2 MINUTES	Wilkens Food Service

Preparation Instructions

COOKING INSTRUCTIONS:

1. MIX IN A 6' FULL STEAM TABLE PAN: WARM CARAMELIZED ONIONS AND COOKED GROUND BEEF CRUMBLES .
2. ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING, THOROUGHLY MIX WITH ONIONS AND BEEF CRUMBLES
3. PLACE BEEF CRUMBLES AND WARM MARINARA SAUCE TOGETHER.
4. PLACE DRAINED AND RINSE PASTA WITH COLD WATER, IN LARGE MIXING BOWL MIX IN A 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE THEN ADD TO THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 4 PORTIONS ADD TO 4" STEAM TABLE PANS, ADD 3 1/4 CUPS OF MOZZARELLA CHEESE AND STIR, PLACE THE REMAINING 3 1/4 CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	830.50		
Fat	23.44g		
SaturatedFat	5.08g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	2928.67mg		
Carbohydrates	126.77g		
Fiber	24.81g		
Sugar	38.62g		
Protein	40.81g		
Vitamin A	40.00IU	Vitamin C	0.12mg
Calcium	397.50mg	Iron	7.66mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Beef Slider

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40938
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Dinner Rolls	2 Each		33119
BEEF CRUMBLE 4-10 COMM	4 Ounce		460120
CHEESE AMER YEL 120CT SLCD	1 Slice		164216

Preparation Instructions

1. Heat crumble according to package. Internal temp 135.
2. Assemble slider; 2 oz of beef crumble in bun with 1/2 slice cheese on each slider.
3. Add additional toppings as requested by students.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	463.04
Fat	21.91g
SaturatedFat	11.20g
Trans Fat	0.06g
Cholesterol	96.52mg
Sodium	969.13mg
Carbohydrates	36.96g
Fiber	5.48g
Sugar	3.00g
Protein	29.87g
Vitamin A 0.02IU	Vitamin C 0.00mg
Calcium 177.84mg	Iron 1.58mg

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Nutrition - Per 100g

No 100g Conversion Available

Romaine Garden Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40940
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-2 LETTUCE ROMAINE COMM 15D44	1 Cup		381403
1x10 LB TOMATO GRAPE	8 Piece		749041

Preparation Instructions

Wash all vegetables, combine and include salad dressing packet

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories			0.08
Fat			0.00g
SaturatedFat			0.00g
Trans Fat			0.00g
Cholesterol			0.00mg
Sodium			0.04mg
Carbohydrates			0.02g
Fiber			0.01g
Sugar			0.01g
Protein			0.01g
Vitamin A	40.94IU	Vitamin C	0.02mg
Calcium	0.16mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40941
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE	2 Ounce		860166
BEEF CRMBL CKD 80/Z W/TVP	2 Ounce	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	499587
White Wheat Hamburger Bun	1 1 each	READY_TO_EAT	51535

Preparation Instructions

1. Add all ingredients together in a pot and cook until it reaches 165 degrees.
3. Transfer to pans, cover, and store in hot boxes until service.
4. Add one scoop to each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1100.00
Fat	68.00g
SaturatedFat	28.00g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	2280.00mg
Carbohydrates	24.00g
Fiber	12.00g
Sugar	19.00g
Protein	40.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 6.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Stir Fry

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40947
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE STIR FRY	1 Fluid Ounce	UNPREPARED Ready to eat. Shake well. Refrigerate after opening.	589527
CHIX DCD 1/2IN 60WHT CKD	3 Ounce		313262

Preparation Instructions

1. Combine ingredients together. Cook while stirring to temp of 165 for 15 sec. or more.
2. Divide into 4" half pans and hold in hot box at 140 or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	160.80		
Fat	4.20g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	68.00mg		
Sodium	512.80mg		
Carbohydrates	5.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	26.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.83mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41188
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
SAUCE PIZZA W/BASL	1/4 Cup	READY_TO_EAT ready to use	100234
CHEESE MOZZ 3 SHRD FTNR	1/2 Ounce		780995

Preparation Instructions

1. BAKE COOKED CHICKEN PATTY TO 135F.
2. TOP WITH PIZZA SAUCE & CHEESE
3. PLACE IN THE OVEN TO MELT THE CHEESE.
4. ASSEMBLE ON HAMBURGER BUN. SERVE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	292.50
Fat	15.75g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	31.25mg
Sodium	670.00mg
Carbohydrates	23.25g
Fiber	4.00g
Sugar	5.00g
Protein	17.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.25mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available