

Cookbook for Knox Elementary

Created by HPS Menu Planner

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Assorted Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22758
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	265811
CEREAL GLDN GRAHAMS BWL	1 Each	509434
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL FROOT LOOPS R/S BWL	1 Each	283620
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	108.67
Fat	1.32g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	161.67mg
Carbohydrates	23.67g
Fiber	2.02g
Sugar	7.83g
Protein	1.57g
Vitamin A 50.00IU	Vitamin C 0.60mg
Calcium 75.73mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice Box

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36706
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
JUICE BOX ORNG TANGR 100	1 Each	698251
JUICE BOX APPL 100 40-4.23FLZ	1 Each	698744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.50mg
Carbohydrates	14.50g
Fiber	0.00g
Sugar	13.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 65.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22761
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	527462
CHEESE STRING MOZZ IW	1 Each	786580
CRACKER GLDFSH CHED WGRAIN	1 Package	736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	48.00g
Fiber	4.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28742
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ROMAINE MXD	1 Pint	755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
Ham, Cubed Frozen	1 1/4 Ounce	100188-H
CROUTON CHS GARL WGRAIN	1 Package	661022
MUFFIN BLUEBERRY IW	1 Each	273442
CRACKER GLDFSH CHED WGRAIN	1 Package	736280

Preparation Instructions

1. Cheese and ham put into individual portion cups.
 2. Lettuce placed in clamshell with ham cup, cheese cup, and 1 package of croutons.
- CCP: To be held at 41°F or below.
3. Salad should be served with muffin and goldfish cracker on the side.

Updated 10.27.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	457.91
Fat	18.05g
SaturatedFat	6.02g
Trans Fat	0.00g
Cholesterol	58.44mg
Sodium	886.02mg
Carbohydrates	56.05g
Fiber	3.64g
Sugar	17.66g
Protein	21.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.64mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30188
School:	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	310.00		
Fat	9.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	700.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

RF Doritos

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32653
School:	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

Meat	0.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Bag

Amount Per Serving

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

*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

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31436
School:	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

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	206.67		
Fat	6.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	240.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Yogurt

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32475
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Each	885750
YOGURT RASPB RNBW L/F	1 Each	551770
YOGURT STRAWB BAN BASH L/F	1 Each	551760

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	76.67
Fat	0.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	61.67mg
Carbohydrates	14.67g
Fiber	0.00g
Sugar	9.33g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.67mg	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

Graham Snack

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32478
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package	859550
CRACKER GRHM VAN CHAT	1 Each	774471
CRACKER GRHM GRIPZ CHOC IW	1 Package	282441
CRACKER GLDFSH GRHM FREN TST	1 Ounce	288252
CRACKER GRHM BUG BITES	1 Package	859560
CRACKER GLDFSH GRHM VAN	1 Each	198472
CRACKER GLDFSH CINN	1 Package	194510
CRACKER GRHM TIGER BITE CHOC	1 Package	123171
CRACKER GRHM HNY MAID LIL SQ	1 Package	503370
CRACKER GRHM GRIPZ	1 Package	805640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	121.00		
Fat	3.75g		
SaturatedFat	0.85g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.50mg		
Carbohydrates	20.60g		
Fiber	1.30g		
Sugar	7.10g		
Protein	1.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30220
School:	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

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31350
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.027

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.34		
Fat	0.87g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	322.07mg		
Carbohydrates	14.80g		
Fiber	0.87g		
Sugar	0.00g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	98.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31503
School:	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

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

Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	90.49		
Fat	4.60g		
SaturatedFat	2.29g		
Trans Fat	0.00g		
Cholesterol	33.99mg		
Sodium	72.74mg		
Carbohydrates	14.21g		
Fiber	2.02g		
Sugar	11.19g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Zee Zee Applesauce

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31442
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
APPLESAUCE BLUE RASPB	1 Each	358553
APPLESAUCE CINN	1 Each	358572
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each	250012
APPLESAUCE WTRMLN CUP	1 Each	276161
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each	726580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	68.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	17.80g		
Fiber	1.00g		
Sugar	14.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.20mg	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

Assorted BeneFIT Bars

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32474
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
BAR BKFST APPL CINN	1 Each	879671
BAR BKFST OATML CHOC CHP	1 Each	240721
BAR BKFST BAN CHOC CHNK IW	1 Each	875860
BAR BKFST FREN TST	1 Each	563413

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	282.50		
Fat	8.50g		
SaturatedFat	2.88g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	212.50mg		
Carbohydrates	47.00g		
Fiber	3.25g		
Sugar	21.50g		
Protein	4.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	Iron	3.93mg

*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:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30186
School:	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

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	19.45		
Fat	0.28g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	133.40mg		
Carbohydrates	3.89g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48017
School:	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	377.25		
Fat	18.29g		
SaturatedFat	7.40g		
Trans Fat	0.60g		
Cholesterol	57.50mg		
Sodium	734.75mg		
Carbohydrates	28.50g		
Fiber	4.25g		
Sugar	5.13g		
Protein	23.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.63mg	Iron	4.20mg

*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

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37303
School:	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

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	47.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37304
School:	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

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisp

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.750
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Stove Top Stuffing

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

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Crisp

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37301
School:	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

Meat	0.000
Grain	0.750
Fruit	0.250
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 Piece

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32601
School:	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30189
School:	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	315.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	805.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available
