

Cookbook for Tami Elementary School K-4

Created by HPS Menu Planner

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Chicken Patty Sandwich



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 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.	558061
TOMATO 6X6 LRG	100 Slice	1 Slice of Tomato	199001
LETTUCE ICEBERG FS	200 Piece	2 Lettuce leaf's	307769

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.

4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.333
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	389.81		
Fat	14.58g		
SaturatedFat	2.52g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	643.47mg		
Carbohydrates	42.07g		
Fiber	6.77g		
Sugar	6.33g		
Protein	20.32g		
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	71.93mg	Iron	3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast English Muffin Sandwich



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	100 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY GRLLD	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036

Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

French toast sticks

NO IMAGE

Servings:	100.00	Category:	Grain
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41641
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	2 Each	Preheat oven to 400 degrees F. Place on flat or shallow pan and bake 10-12 minutes, turning after 5 minutes for more even browning. Convection oven: Bake at 375 degrees for 10 minutes. To fry: Deep fry at 350 degrees for 1-1/2 to 2 minutes or until golden brown.	652370
SYRUP MAPL CUP 100-1.5Z FLVR FRSH	1 0	READY_TO_EAT Open package and dispense onto food item.	346801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.018
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00

Amount Per Serving

Calories	2.10		
Fat	0.08g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.60mg		
Carbohydrates	0.30g		
Fiber	0.02g		
Sugar	0.06g		
Protein	0.05g		
Vitamin A	0.04IU	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

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Nutrition - Per 100g

No 100g Conversion Available

Blueberry Muffin and LF Mozzarella String Cheese



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41642
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	100 Each		557970
CHEESE STRING MOZZ LT IW 168-1Z COMM	100 Each		862680

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	330.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	17.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.00mg	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

Cheeseburger on WW Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41643
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE UNSPECIFIED Not currently available	658622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHEESE SLCD BLND 6-5 COMM	1 Slice		150600

Preparation Instructions

COOKING GUIDELINES: Cook from frozen state. Combi-Oven: Preheat oven to 350 F. Bake for 8 - 9 minutes with light steam or until internal temperature reaches 165°F when using a meat thermometer.

CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165°F when using a meat thermometer.

Hold at 140°F

Place 1 beef patty and 1 slice of cheese between hamburger bun to serve.

Meal Components (SLE)

Amount Per Serving

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	12.50g
SaturatedFat	5.50g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	480.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Salad

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41644
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	12 Gallon 2 Quart (200 Cup)		600504
CARROT SHRD MED	3 Quart 1 Cup (13 Cup)		313408
CUCUMBER SELECT	1 Gallon 2 Quart 1 Cup (25 Cup)		592323
TOMATO GRAPE SWT	3 Quart 1 Cup (13 Cup)		129631
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)	READY_TO_EAT Preshredded. Use cold or melted	150250
PRETZEL SFTSTIX BAVRN WGRAIN 72-2Z	100 0		193890

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.065
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	255.68
Fat	12.55g
SaturatedFat	5.01g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	546.80mg
Carbohydrates	12.16g
Fiber	3.20g
Sugar	4.53g
Protein	23.67g
Vitamin A 6311.93IU	Vitamin C 5.09mg
Calcium 161.57mg	Iron 3.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on WW Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41657
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	22 Pound 11 Ounce (363 Ounce)	132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve. Open bags place in 2 inch pan heat to 140.	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	Remove from freezer day before. Place amount needed for day in plastic container to be ready for service	676151

Preparation Instructions

Directions:

Pour ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Portion is 1 sandwich.

Notes:

1: * See Marketing Guide

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
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	245.10
Fat	6.80g
SaturatedFat	2.20g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	803.80mg
Carbohydrates	29.00g
Fiber	3.80g
Sugar	11.00g
Protein	17.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 2.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41708
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	12 1/2 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	776548
CHEESE CHED MLD SHRD FINE	6 1/4 Pound		191043
LETTUCE SHRD TACO 1/8CUT	1 9/16 Pound		242489
TOMATO ROMA 2	1 Cup		588381
BEAN REFRD VEGTAR	1 Ounce	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.	703753
SAUCE CHS CHED MILD	1 Cup	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Each		133273

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.020
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.083
Legumes	0.010
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	300 Piece	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.</p>	533830
CHEESE AMER 160CT SLCD	100 Slice	<p>READY_TO_EAT Pre-sliced Use Cold or Melted</p>	150260
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)		451730
TORTILLA FLOUR 10" ULTRGR	100 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL BRTHARB	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)	READY_TO_EAT Open, pour and enjoy!	222970

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 1 T of Ranch Dressing on the tortilla, cut 1 slice of American cheese in half and place on tortilla, add 3 pieces of chicken tenders and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	620.00
Fat	30.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	1115.00mg
Carbohydrates	54.00g
Fiber	7.00g
Sugar	8.00g
Protein	39.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.00mg	Iron 4.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41715
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TURKEY CN 8/ 2Z	100 Each		681894
Hot Dog Bun, Whole Grain 24 oz/12 ct	100 Each	READY_TO_EAT No baking necessary.	4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	662.60mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	5.00g
Protein	13.00g
Vitamin A 11.07IU	Vitamin C 0.01mg
Calcium 81.08mg	Iron 10.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41717
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	20 Pound		100158
SALT IODIZED	2 Teaspoon	READY_TO_EAT used to salt food	108286
SPICE PEPR BLK REST GRIND	1 Tablespoon		225061
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR
Tomato Sauce cnd	8 #10 CAN		100334
SEASONING SPAGHETTI ITAL	1 Pint 1/4 Cup (2 1/4 Cup)		413453
PASTA SPAG 51 WGRAIN	7 1/2 Pound		221460
SAUCE SPAGHETTI FCY	4 1/2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759

Preparation Instructions

Brown Ground Beef and drain.

Combine all other ingredients and add to cooked ground beef. Heat to 165F for 15 seconds

Steam spaghetti or boil until almost done.

Combine the pasta and the meat sauce. Serve immediately or hold in warmer at 135F or warmer until ready to portion or serve

Serve using a 8 ounce disher.

Meal Components (SLE)

Amount Per Serving

Meat	2.388
Grain	1.200
Fruit	0.000
GreenVeg	0.000
RedVeg	2.029
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	430.91
Fat	14.93g
SaturatedFat	4.78g
Trans Fat	2.39g
Cholesterol	62.09mg
Sodium	1235.07mg
Carbohydrates	52.10g
Fiber	11.06g
Sugar	18.57g
Protein	26.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.84mg	Iron 1.58mg

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Nutrition - Per 100g

No 100g Conversion Available

Romaine Side Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41718
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)		451730
TOMATO GRAPE SWT	25 Pound		129631
Cucumber	200 Slice		16P98
Shredded Cheddar Cheese	6 Pound 4 Ounce (100 Ounce)		100003

Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.315
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	140.41		
Fat	9.25g		
SaturatedFat	6.06g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	195.67mg		
Carbohydrates	6.41g		
Fiber	2.39g		
Sugar	4.15g		
Protein	8.01g		
Vitamin A	944.62IU	Vitamin C	15.54mg
Calcium	27.34mg	Iron	0.31mg

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich and Tomato soup



Servings:	100.00	Category:	Entree
Serving Size:	1.00 .5 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41719
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	200 Each		380
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT	100018
SOUP TOMATO	4 Gallon 1 Pint 1 Cup (67 Cup)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	100 Gram		827021

Preparation Instructions

Assemble sandwich with 2 pieces of wheat bread and 1 slice of American cheese

Lightly Spray each piece of bread with buttery pan coat spray

Bake in oven (or cook on flat top) at 350 for approx. 10 minutes or until bread is toasted and cheese is melted.

Cut sandwich in half and Serve with tomato soup

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.509
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 .5 sandwich

Amount Per Serving

Calories	419.80
Fat	11.80g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	1237.20mg
Carbohydrates	62.80g
Fiber	5.34g
Sugar	23.08g
Protein	13.68g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.80mg	Iron 12.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1IN 60WHT 40DK	12 Pound		290599
SAUCE ALFREDO FZ	7/8 Package	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	155661
PASTA LINGUINE 10"	7 0.04 Pound		413380

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41738
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
3.5 WG Hamburger Bun	100 Each		3354
TOMATO 5X6 XL	100 Slice		438197
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)		307769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41739
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	12 Gallon 2 Quart (200 Cup)		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	12 Pound 8 Ounce (200 Ounce)	Weigh	722330
CHIP TORTL RND R/F	100 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.020
RedVeg	0.000
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	291.36
Fat	10.03g
SaturatedFat	2.14g
Trans Fat	0.00g
Cholesterol	21.45mg
Sodium	346.56mg
Carbohydrates	36.15g
Fiber	6.26g
Sugar	3.26g
Protein	13.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 103.55mg	Iron 1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Casserole

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41746
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	57 Each		206547
Prairie Farms 1% Low Fat White Milk	3 Quart		
Ham, Cubed Frozen	7 Pound		100188-H
SPICE MUSTARD GRND	1 Pint 1 Tablespoon 1 0.030680172444744 Teaspoon (100 Teaspoon)		224928
Cheese, Cheddar Reduced fat, Shredded	1 Quart 1 Pint 1 Cup (7 Cup)		100012

Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

Meal Components (SLE)

Amount Per Serving

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Cheesy Bean Twister WGrain MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41763
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5"	100 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
BEAN REFRD 6-10 ROSARITA	3 1/4 Gallon		293962
TOMATO DCD I/JCE	1 3/5 Gallon		246131
CHEESE CHED MLD SHRD FINE	1 Quart 1 Cup (5 Cup)		191043

Preparation Instructions

WASH HANDS.

1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
3. Roll up to form a log. Cut the log in 1/2.
4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.

CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.

5. Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
TOMATO 6X6 LRG	1 Gallon 1 Quart (20 Cup)	1 Slice	199001
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)	1 Leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad Elementary

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41916
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	6 Gallon 1 Quart (100 Cup)		735787
TOMATO GRAPE SWT	1 Gallon 2 Quart 1 Cup (25 Cup)		129631
CARROTS BABY PLD 72-3Z P/L	1 Gallon 2 Quart 1 Cup (25 Cup)		241541
CUCUMBER 1-24CT MARKON	1 Gallon 2 Quart 1 Cup (25 Cup)		238653

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	1.125
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Lunchable



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41935
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6" 2.2Z	100 Each	<p>READY_TO_EAT</p> <p>KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold</p> <p>roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients</p>	644182
CHEESE MOZZ SHRD	1 Gallon 2 Quart 1 Cup (25 Cup)	<p>READY_TO_EAT</p> <p>Preshredded. Use cold or melted.</p>	645170
SAUCE MARINARA DIPN CUP	100 Each	<p>HEAT_AND_SERVE</p> <p>Heat & Serve</p> <p>MIX</p> <p>Heat & Serve</p> <p>READY_TO_DRINK</p> <p>Heat & Serve</p> <p>READY_TO_EAT</p> <p>Heat & Serve</p> <p>UNPREPARED</p> <p>Heat & Serve</p> <p>UNSPECIFIED</p> <p>Heat & Serve</p>	677721

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI TKY SLCD 15/Z	4 Pound 2 Ounce (66 Ounce)	About 10 slices	276662

Preparation Instructions

Package together in Container.

Note: Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Kit

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni and Pineapple Pizza



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	18 3/4 cup, chunks		9354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

Amount Per Serving

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

*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

Broccoli Salad



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44023
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	9 Gallon 1 Quart 1 Pint (150 Cup)		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)		42158

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

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

*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

RO - Sloppy Joe Meat



Servings:	420.00	Category:	Entree
Serving Size:	1.00 portion	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44664
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	78 1/2 Pound		110520
SPICE ONION MINCED	1/2 Quart		513997
SPICE GARLIC POWDER	1/2 Cup		224839
SAUCE TOMATO	2 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
WATER DISTILLED	3 Gallon		711143
SPICE MUSTARD GRND	1/2 Cup		224928
SPICE PEPR BLK REG FINE GRIND	1/8 Cup		225037
SUGAR BROWN LT	1 1/4 Pound		860311
RELISH DILL PICKLE FCY	1/2 Gallon		156248
SPICE CHILI POWDER MILD	2/3 Cup		331473

Preparation Instructions

1. Brown ground beef and drain.
2. Add onions and garlic. Cook for 5 minutes.
3. Mix all other ingredients in steam kettle. Cook for 30 minutes.
4. Ladle 1 gallon of sauce over meat mixture. Stir well.
5. Reheat to 165 degrees, stirring frequently.
6. 2 gal = 1 pan

Meal Components (SLE)

Amount Per Serving

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: 420.00

Serving Size: 1.00 portion

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Cookie

NO IMAGE

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-47820
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	13 Ounce		425311
SUGAR BROWN LT	13 Ounce		860311
MILK WHT 1	1/3 Cup		817801
WHOLE WHEAT FLOUR STONE GROUND	1 Pound		330094
FLOUR A/P	14 Ounce		585203
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Tablespoon		683700
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	108286
BAKING SODA	1 1/2 Teaspoon		513849
BUTTER BLND SLD EURO ZT	1 Cup 1 Tablespoon (17 Tablespoon)	READY_TO_EAT Ready to use.	648560

Preparation Instructions

No Preparation Instructions available.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	145.36		
Fat	4.34g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	184.40mg		
Carbohydrates	25.82g		
Fiber	1.23g		
Sugar	13.58g		
Protein	2.17g		
Vitamin A	3.22IU	Vitamin C	0.00mg
Calcium	6.51mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available