

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

**Created by HPS Menu Planner**

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# Eggs Scrambled USDA

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 #16 Scoop	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1601
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD	100 Each		206539
MILK PWD FF INST	6 1/2 Ounce		311065
SALT KOSHER 12-3 DIAC	1 Tablespoon		424307

## Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #16 Scoop

#### Amount Per Serving

<b>Calories</b>	54.65
<b>Fat</b>	2.78g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	103.76mg
<b>Sodium</b>	97.11mg
<b>Carbohydrates</b>	2.36g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.36g
<b>Protein</b>	4.91g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 73.79mg	<b>Iron</b> 0.52mg

\*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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1IN 60WHT 40DK	12 Pound		290599
SAUCE ALFREDO FZ	7/8 Package	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> 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

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Chicken Sandwich

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Blueberry Muffin and LF Mozzarella String Cheese



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger Deluxe

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan 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	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
TOMATO 6X6 LRG	1 Gallon 1 Quart (20 Cup)	1 Slice	199001
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)	1 Leaf	307769

## Preparation Instructions

WASH HANDS.

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

,1. Cook beef patty as directed on package.

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

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

,Updated October 2013

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Taco Salad

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.020
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	291.36
<b>Fat</b>	10.03g
<b>SaturatedFat</b>	2.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.45mg
<b>Sodium</b>	346.56mg
<b>Carbohydrates</b>	36.15g
<b>Fiber</b>	6.26g
<b>Sugar</b>	3.26g
<b>Protein</b>	13.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 103.55mg	<b>Iron</b> 1.85mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast English Muffin Sandwich

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

To assemble

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

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Romaine Side Salad

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	140.41		
<b>Fat</b>	9.25g		
<b>SaturatedFat</b>	6.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	195.67mg		
<b>Carbohydrates</b>	6.41g		
<b>Fiber</b>	2.39g		
<b>Sugar</b>	4.15g		
<b>Protein</b>	8.01g		
<b>Vitamin A</b>	944.62IU	<b>Vitamin C</b>	15.54mg
<b>Calcium</b>	27.34mg	<b>Iron</b>	0.31mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Casserole

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	57 Each		206547
Prairie Farms 1% Low Fat White Milk	3 Quart		
Ham, Cubed Frozen	7 Pound		100188-H
SPICE MUSTARD GRND	1 Pint 1 Tablespoon 1 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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Taco Walking MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-134
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	100 Package		696871
TACO FILLING BEEF	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		191043
SALSA 103Z	7 Pound	READY_TO_EAT	452841
LETTUCE SHRD TACO 1/8CUT	1 3/5 Ounce		242489

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.187
<b>OtherVeg</b>	0.008
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	248.86
<b>Fat</b>	11.75g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	440.26mg
<b>Carbohydrates</b>	24.52g
<b>Fiber</b>	3.01g
<b>Sugar</b>	1.77g
<b>Protein</b>	10.50g
<b>Vitamin A</b> 22.50IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 111.16mg	<b>Iron</b> 2.05mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe on WW Bun



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

## Ingredients

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

## Preparation Instructions

### Directions:

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

### Notes:

1: \* See Marketing Guide

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Nacho Supreme

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	12 1/2 Pound	<b>BOIL</b> KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	776548
CHEESE CHED MLD SHRD FINE	6 1/4 Pound		191043
LETTUCE SHRD TACO 1/8CUT	1 9/16 Pound		242489
TOMATO ROMA 2	1 Cup		588381
BEAN REFRD VEGTAR	1 Ounce	<b>RECONSTITUTE</b> 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
SAUCE CHS CHED MILD	1 Cup	<b>READY_TO_EAT</b> Ready to eat. Serve at a minimum temperature of 140 °F.	563005
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Each		133273

## Preparation Instructions

Directions:

WASH HANDS.

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

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

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

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

3. Crush individual bags of chips and open.

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

4. Serve.

Child Nutrition: 1 Each provides=

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

OR

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

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Side Salad Elementary

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Lunchable



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 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 &amp; Serve</p> <p>MIX</p> <p>Heat &amp; Serve</p> <p>READY_TO_DRINK</p> <p>Heat &amp; Serve</p> <p>READY_TO_EAT</p> <p>Heat &amp; Serve</p> <p>UNPREPARED</p> <p>Heat &amp; Serve</p> <p>UNSPECIFIED</p> <p>Heat &amp; 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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Kit

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog on Bun

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available