

Cookbook for K-5

Created by HPS Menu Planner

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Popcorn Chicken K-5 M/MA 2.00oz / Grain 2.00oz



Servings:	285.000	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42373
School:	LYON COUNTY ELE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	2850 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ROLL DNNR WGRAIN WHT 1Z 10-12CT	285 Each		266548

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: 285.000

Serving Size: 1.00 Piece

Amount Per Serving

Calories	330.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	660.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	22.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger Sliders



Servings:	25.000	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42404

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESEBURGER SLIDER	25 Package		422742

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: 25.000

Serving Size: 1.00 Package

Amount Per Serving			
Calories		272.00	
Fat		9.20g	
SaturatedFat		3.00g	
Trans Fat		0.00g	
Cholesterol		31.00mg	
Sodium		475.00mg	
Carbohydrates		30.00g	
Fiber		2.40g	
Sugar		3.00g	
Protein		18.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	114.22mg	Iron	3.09mg

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger wg M/MA 2.00 Grain 2.00 oz



Servings:	20.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46805
School:	K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	20 Each		266546
BEEF PTY CKD LO SOD 2.25Z 6-5 JTM	20 Each		655482

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: 20.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.50
Fat	11.60g
SaturatedFat	4.40g
Trans Fat	0.58g
Cholesterol	36.00mg
Sodium	401.40mg
Carbohydrates	26.00g
Fiber	3.80g
Sugar	4.00g
Protein	17.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 3.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Smucker Bag Grab-And-Go



Servings:	20.000	Category:	Entree
Serving Size:	1.00 Bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42908

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	20 Each		516761
TOMATO GRAPE	2 Pound 8 Ounce (40 Ounce)		802040

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00 Bag

Amount Per Serving

Calories	610.10		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	532.60mg		
Carbohydrates	66.20g		
Fiber	7.60g		
Sugar	31.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	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

Baby Bakers

NO IMAGE

Servings:	250.000	Category:	Vegetable
Serving Size:	3.29 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42457

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL	51 Pound 6 1/2 Ounce (822 1/2 Ounce)	BAKE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN Bake potatoes at 375°F for 15 minutes in a single layer on a greased sheet pan. Remove from oven and let stand for 2 minutes. DEEP FRYER Fry frozen potatoes at 345°F for 9 ½ minutes, shaking basket after 1 minute. Remove from fryer and let stand for 3 minutes. MICROWAVE (1100 WATTS) Microwave ½ bag of potatoes on HIGH for 10 minutes, covered, stirring halfway through cook time. Let stand for 1 minute.	697990

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	0.500

Nutrition Facts

Servings Per Recipe: 250.000

Serving Size: 3.29 Ounce

Amount Per Serving			
Calories	100.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.80mg

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

Nutrition - Per 100g

Calories	107.22		
Fat	2.14g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	192.99mg		
Carbohydrates	18.23g		
Fiber	1.07g		
Sugar	0.00g		
Protein	3.22g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.72mg	Iron	0.86mg

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

Carrots Fresh IW



Servings:	50.000	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42422

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY IW	50 Package		168819

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	0.940
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	29.63
Fat	0.19g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	65.81mg
Carbohydrates	7.50g
Fiber	2.44g
Sugar	3.75g
Protein	0.56g
Vitamin A 11635.43IU	Vitamin C 2.19mg
Calcium 27.00mg	Iron 0.75mg

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Nutrition - Per 100g

Calories	34.83		
Fat	0.22g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	77.38mg		
Carbohydrates	8.82g		
Fiber	2.87g		
Sugar	4.41g		
Protein	0.66g		
Vitamin A	13680.92IU	Vitamin C	2.58mg
Calcium	31.75mg	Iron	0.88mg

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

Tossed Salad

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Servings:	50.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33815
School:	LYON COUNTY ELE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	200 Each		129631
CARROT MATCHSTICK SHRED	3 Pound 2 Ounce (50 Ounce)		198161
LETTUCE ROMAINE RIBBONS	3 Gallon 1 Pint (50 Cup)		451730

Preparation Instructions

Wash and Rinse all ingredients. In 8 oz bowl clear square hinged container , layer lettuce, tomatoes, carrots. Hold in cooler.

Hold at Cold Service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	26.51		
Fat	0.07g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.50mg		
Carbohydrates	5.83g		
Fiber	2.26g		
Sugar	3.17g		
Protein	1.49g		
Vitamin A	5005.46IU	Vitamin C	5.84mg
Calcium	28.33mg	Iron	0.16mg

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Nutrition - Per 100g

No 100g Conversion Available

Lettuce, Tomato & Onion

NO IMAGE

Servings:	10.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Quart 1 Cup (5 Cup)		451730
TOMATO RANDOM 2	20 Slice		508616
ONION VIDALIA SWT	10 Slice		558133

Preparation Instructions

Place veggies in a clear bag and seal.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.200
OtherVeg	0.050
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	18.04		
Fat	0.16g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.62mg		
Carbohydrates	3.82g		
Fiber	1.38g		
Sugar	2.51g		
Protein	1.14g		
Vitamin A	599.76IU	Vitamin C	9.88mg
Calcium	15.25mg	Iron	0.20mg

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Nutrition - Per 100g

No 100g Conversion Available

Lettuce & Sliced Tomatoes



Servings:	10.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Quart 1 Cup (5 Cup)		451730
TOMATO RANDOM 2	20 Slice	2 slices tomatoes = 0.25 veggie	508616

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.96		
Fat	0.16g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.60mg		
Carbohydrates	3.80g		
Fiber	1.38g		
Sugar	2.50g		
Protein	1.14g		
Vitamin A	599.76IU	Vitamin C	9.86mg
Calcium	15.20mg	Iron	0.20mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety Craisins IW

NO IMAGE

Servings:	275.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48034
School:	K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY	137 1/2 Package		636402
CRANBERRY DRIED STRAWB	137 1/2 Each		531681

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: 275.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	24.00g		
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