

# **Cookbook for K-5**

**Created by HPS Menu Planner**

# Table of Contents

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

**Cheeseburger Sliders**

**Hamburger wg M/MA 2.00 Grain 2.00 oz**

**Smucker Bag Grab-And-Go**

**Baby Bakers**

**Carrots Fresh IW**

**Tossed Salad**

**Lettuce, Tomato & Onion**

**Lettuce & Sliced Tomatoes**

**Variety Craisins IW**

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



<b>Servings:</b>	285.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42373
<b>School:</b>	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

<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: 285.000

Serving Size: 1.00 Piece

### Amount Per Serving

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



<b>Servings:</b>	25.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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: 25.000

Serving Size: 1.00 Package

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hamburger wg M/MA 2.00 Grain 2.00 oz



<b>Servings:</b>	20.000	<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-46805
<b>School:</b>	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

<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: 20.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Smucker Bag Grab-And-Go



<b>Servings:</b>	20.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bag	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.000
<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: 20.000

Serving Size: 1.00 Bag

### Amount Per Serving

<b>Calories</b>	610.10		
<b>Fat</b>	33.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	532.60mg		
<b>Carbohydrates</b>	66.20g		
<b>Fiber</b>	7.60g		
<b>Sugar</b>	31.50g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	88.00mg	<b>Iron</b>	2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Baby Bakers

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL	51 Pound 6 1/2 Ounce (822 1/2 Ounce)	<b>BAKE</b> 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

<b>Meat</b>	0.000
<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>	0.500

## Nutrition Facts

Servings Per Recipe: 250.000

Serving Size: 3.29 Ounce

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

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## Nutrition - Per 100g

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

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# Carrots Fresh IW



<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.940
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 3.00 Ounce

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

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## Nutrition - Per 100g

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

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# Tossed Salad

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<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33815
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<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: 50.000

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Lettuce, Tomato & Onion

NO IMAGE

<b>Servings:</b>	10.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.050
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Lettuce & Sliced Tomatoes



<b>Servings:</b>	10.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Variety Craisins IW

NO IMAGE

<b>Servings:</b>	275.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-48034
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 275.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	24.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available