

Cookbook for Prairie Heights Elementary

Created by HPS Menu Planner

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Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48674
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
BEEF GRND 80/20	3 Ounce	158704
CHEESE AMER 160CT SLCD R/F	1 Slice	722360
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty with slice of cheese on each bun.

Updated 3.17.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	362.50
Fat	20.00g
SaturatedFat	8.00g
Trans Fat	1.13g
Cholesterol	63.75mg
Sodium	438.75mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.50g
Protein	23.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.00mg	Iron 2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB & J w/Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48288
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ LT IW	1 Each	786801
SAND UNCRUST PB&J GRP WGRAIN	1 Each	527462
CRACKER GLDFSH GRHM VAN	1 Each	198472

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00
Fat	23.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	575.00mg
Carbohydrates	52.00g
Fiber	5.00g
Sugar	22.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	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

Chicken Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48284
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
TORTILLA FLOUR 6IN	1 Each	713320

Preparation Instructions

Assembly: place 6" tortilla on deli paper. Add 2.7 oz chicken, .5oz cheese. Fold tortilla. Wrap in deli paper for grab and go

Can be assembled bulk on service line.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	233.50		
Fat	10.55g		
SaturatedFat	4.30g		
Trans Fat	0.00g		
Cholesterol	79.50mg		
Sodium	567.50mg		
Carbohydrates	16.05g		
Fiber	0.00g		
Sugar	1.00g		
Protein	18.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.35mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48295
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	550.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Ranch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48304
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
DRESSING RNCH HMSTYL	1 Tablespoon	223158
TORTILLA FLOUR 8IN	1 Each	713330

Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of ranch sauce down center, top with lettuce, 2.7oz strips chicken fajita meat, top with .5 oz. shredded cheese.

Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	327.25
Fat	17.05g
SaturatedFat	5.55g
Trans Fat	0.00g
Cholesterol	84.50mg
Sodium	765.00mg
Carbohydrates	24.30g
Fiber	1.25g
Sugar	1.75g
Protein	20.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 99.85mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48285
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW	1 Each	786580
YOGURT DANIMAL STRAWB N/F	4 Ounce	885750
CRACKER ANIMAL WGRAIN	1 Package	682840

Preparation Instructions

Place all 3 items in a bag. Seal. Place in refrigerator until serving time.

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	270.00
Fat	9.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	370.00mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	19.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.00mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47990
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	501851
SAUCE ORNG GINGR	1 Tablespoon	802860
RICE FRIED VEG WGRAIN	4 Ounce	676463

Preparation Instructions

Rice:
Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Chicken nuggets:
BAKE FROM FROZEN: CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Cover with sauce.

Serve: 1/2 cup rice and 5 nuggets in sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.356
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 Serving

Amount Per Serving

Calories	413.05
Fat	11.69g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	763.31mg
Carbohydrates	57.61g
Fiber	4.71g
Sugar	9.03g
Protein	19.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.78mg	Iron 2.27mg

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Nutrition - Per 100g

No 100g Conversion Available

Bosco and marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47971
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	677721
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	235411

Preparation Instructions

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Serve 2 sticks with 1 marinara cup.

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	350.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	680.00mg
Carbohydrates	44.00g
Fiber	4.00g
Sugar	8.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	Iron 2.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48296
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	16W37

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	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	14.00
Fat	0.08g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.00mg
Carbohydrates	2.32g
Fiber	1.40g
Sugar	0.52g
Protein	1.28g
Vitamin A 624.00IU	Vitamin C 32.40mg
Calcium 16.00mg	Iron 0.30mg

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

Nutrition - Per 100g

Calories	12.35		
Fat	0.07g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.35mg		
Carbohydrates	2.05g		
Fiber	1.23g		
Sugar	0.46g		
Protein	1.13g		
Vitamin A	550.27IU	Vitamin C	28.57mg
Calcium	14.11mg	Iron	0.26mg

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

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27342

Ingredients

Description	Measurement	DistPart #
CHEESE MOZZ SHRD	1/2 Cup	645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 1 Ea	644182

Preparation Instructions

Add all items in container together to be served.

Updated 3.17.23

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	13.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	600.00mg
Carbohydrates	12.00g
Fiber	0.00g
Sugar	8.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48294
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z	1 Each	656882
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each	266536

Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	11.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	430.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 60.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48693
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 8IN	1 Each	713330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CARNITA PORK CHPD	2 1/2 Ounce	549412

Preparation Instructions

Pork:

Reheat in oven at 350 degrees F for 30 minutes or until internal temperature is 160 degrees F.

Assembly:

place 8" tortilla on deli paper, add 4oz pork and 1 oz shredded cheese. Fold tortilla and wrap in paper.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.250
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	296.50		
Fat	13.25g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.50mg		
Sodium	334.50mg		
Carbohydrates	22.25g		
Fiber	1.00g		
Sugar	2.00g		
Protein	20.50g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	91.75mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48659
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
APTZR BITE PIZZA CHS WGRAIN 240-1Z	4 Each	116933
SAUCE MARINARA DIPN CUP	1 Each	677721

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	330.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	700.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	6.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 452.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch Fr Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48289
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN	3 Each	548732
SYRUP PANCK CUP	1 Each	160090
SAUSAGE TKY LNK BKFST CKD	2 Each	352740

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	0.000
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	410.00		
Fat	12.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	185.00mg		
Sodium	500.00mg		
Carbohydrates	55.00g		
Fiber	2.00g		
Sugar	27.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48292
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
American Cheese Sliced RF	1 Slice	666204
TURKEY HAM SLCD	2 1/2 Ounce	556121
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

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	0.000
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	226.70
Fat	7.58g
SaturatedFat	2.48g
Trans Fat	0.00g
Cholesterol	56.52mg
Sodium	782.16mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.50g
Protein	18.94g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 125.00mg	Iron 1.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Philly

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48298
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 1/2 Ounce	100117
PEPPERS STRIPS BLND	2 Ounce	261548
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce	100021
BUN SUB SLCD WGRAIN 5"	1 Each	276142

Preparation Instructions

Fajita Chicken:

BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET

CONVECTION OVEN 400 DEGREES F

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Peppers:

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER.

Assembly: Place sub bun on deli paper. Add 2.5oz fajita chicken and 1oz mozzarella cheese. Add peppers on request. Wrap in paper.

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.471
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	379.71
Fat	12.44g
SaturatedFat	6.97g
Trans Fat	0.00g
Cholesterol	79.41mg
Sodium	832.25mg
Carbohydrates	42.14g
Fiber	2.00g
Sugar	11.80g
Protein	24.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	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

Green Beans

Servings:	432.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9560
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	18 #10 CAN	100307
Tap Water for Recipes	1 Quart	000001WTR
BASE BEEF RSTD NO ADDED MSG	1 Pound	110611

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.86		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	288.90mg		
Carbohydrates	3.41g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.22mg	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

Wrap - Chicken BBQ

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48282
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
SAUCE BBQ SWEET	1 Tablespoon	435170
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 7/10 Ounce	100117
TORTILLA FLOUR 8IN	1 Each	713330

Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of BBQ sauce down center, top with lettuce, 4 strips chicken fajita meat = 2 oz., top with 1/4 cup = 1 oz. shredded cheese.

Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
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

Amount Per Serving

Calories	311.88
Fat	10.68g
SaturatedFat	6.09g
Trans Fat	0.00g
Cholesterol	73.76mg
Sodium	961.24mg
Carbohydrates	33.09g
Fiber	1.00g
Sugar	11.59g
Protein	20.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.50mg	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

Beef Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48301
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
TORTILLA FLOUR 6IN	1 Each	713320

Preparation Instructions

Taco filling:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION. PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Assembly: Place 6" tortilla on deli paper. Add 2oz scoop of taco filling and 1oz shredded to tortilla. Fold tortilla and wrap in paper.

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	261.36
Fat	14.03g
SaturatedFat	8.14g
Trans Fat	0.00g
Cholesterol	51.45mg
Sodium	536.56mg
Carbohydrates	18.15g
Fiber	1.26g
Sugar	2.26g
Protein	16.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 252.55mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bologna & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48286
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
BOLOGNA STICK	1 1/2 Ounce	330493
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545
CHEESE AMER 160CT SLCD	1 Slice	150260

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	18.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	38.75mg
Sodium	847.50mg
Carbohydrates	22.25g
Fiber	2.00g
Sugar	5.00g
Protein	11.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 112.94mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47964
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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	380.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47963
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	501861
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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	350.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	640.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Club

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48665
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD	1 1/2 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce	244190
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
TORTILLA FLOUR 8IN	1 Each	713330

Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (turkey, ham, and cheese). Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
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 Wrap

Amount Per Serving

Calories	251.52
Fat	9.95g
SaturatedFat	4.24g
Trans Fat	0.00g
Cholesterol	59.41mg
Sodium	697.79mg
Carbohydrates	21.25g
Fiber	1.00g
Sugar	1.00g
Protein	19.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 81.75mg	Iron 1.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47970
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY	1 Each	451660
BUN SUB SLCD WGRAIN 5"	1 Each	276142

Preparation Instructions

BAKE

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Place rib patty on hamburger bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00		
Fat	14.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	850.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Flatbread Hawaiian

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48283
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6" 2.2Z	1 Each	644182
SAUCE TERYK	1 Tablespoon	895868
TURKEY HAM SLCD	2 1/2 Ounce	556121
PINEAPPLE TIDBITS IN WTR	1/4 Cup	612464

Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories	309.19		
Fat	9.08g		
SaturatedFat	2.13g		
Trans Fat	0.06g		
Cholesterol	49.02mg		
Sodium	1105.66mg		
Carbohydrates	39.60g		
Fiber	3.07g		
Sugar	11.22g		
Protein	18.34g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.92mg	Iron	2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available
