

Cookbook for Prairie Heights High School

Created by HPS Menu Planner

Table of Contents

Yogurt Parfait

Chicken Patty Sandwich

Spicy Chicken Sandwich

Yogurt Combo

Salad, Chef (L)

Wrap - Chicken Bacon Ranch

PB & J w/Cheese Stick

Ranch Dressing

Salad - Chicken

Wrap - Club

Pulled Pork Burrito

Cheeseburger on Bun*

Salad - Caesar (L)

Wrap - Chicken BBQ

Buffalo Chicken Dip w house ranch

Philly Steak Sandwich

General Tso Stir fry

Wrap - Chicken Buffalo

Brunch for Lunch Fr Toast

Muffin, Chocolate

Mozz stix & marinara

Nacho Bar Beef

Pulled Pork Sliders

Teriyaki dumplings

Brunch for Lunch Burrito

Bosco and marinara

BBQ Rib Sandwich

Orange Chicken Bowl

Brunch for Lunch B&G

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47961
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860
granola	2 Serving	R-49183

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
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	313.61
Fat	9.12g
SaturatedFat	5.33g
Trans Fat	0.00g
Cholesterol	24.98mg
Sodium	88.03mg
Carbohydrates	53.55g
Fiber	2.33g
Sugar	36.67g
Protein	6.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.66mg	Iron 0.53mg

*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

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

Yogurt Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47966
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6" 2.2Z	1 Each	644182
PAN COAT SPRAY	1 Each	112828
SPICE CINN-MAPL SPRINKLE	1 Tablespoon	565911
YOGURT VAN L/F PARFPR	4 Ounce	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860
CHEESE STRING MOZZ LT IW	1 Each	786801

Preparation Instructions

Spray flatbread with butter spray and sprinkle cinnamon sugar over bread. Bake for 5 minutes. Cut into 4 triangles. Package flatbread triangles, yogurt, and fruit together in container.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
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	421.74
Fat	8.85g
SaturatedFat	3.27g
Trans Fat	0.06g
Cholesterol	13.73mg
Sodium	583.20mg
Carbohydrates	67.63g
Fiber	3.70g
Sugar	33.92g
Protein	16.63g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 360.64mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad, Chef (L)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47967
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
TOMATO GRAPE SWT	1/4 Cup	129631
EGG HRD CKD DCD IQF	1/2 Ounce	192198
TURKEY BRST DCD	1 Ounce	451300
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.341
Grain	2.000
Fruit	0.000
GreenVeg	0.692
RedVeg	0.250
OtherVeg	0.692
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	353.65
Fat	12.52g
SaturatedFat	3.98g
Trans Fat	0.00g
Cholesterol	100.16mg
Sodium	794.04mg
Carbohydrates	38.88g
Fiber	4.32g
Sugar	8.35g
Protein	22.49g
Vitamin A 374.85IU	Vitamin C 6.83mg
Calcium 181.30mg	Iron 5.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Bacon Ranch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47968
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9"	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CHIX STRP FAJT DK MT FC	2 1/2 Ounce	860390
BACON CKD THN SLCD	1 Slice	874124
Ranch dressing	2 Serving	R-49134

Preparation Instructions

Mix chicken with sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 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	2.750
Grain	2.000
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	475.81
Fat	22.57g
SaturatedFat	11.37g
Trans Fat	0.01g
Cholesterol	114.44mg
Sodium	976.86mg
Carbohydrates	43.89g
Fiber	4.25g
Sugar	6.06g
Protein	28.63g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 334.96mg	Iron 3.17mg

*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

Ranch Dressing

Servings:	12.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49134
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
YOGURT PLN FF NAT	1 Cup	551813
MAYONNAISE LT	1/2 Cup	429406
SPICE ONION GRANULATED	1/2 Tablespoon	138300
SPICE GARLIC GRANULATED	1/2 Tablespoon	514047
SPICE DILL WEED	1/2 Teaspoon	513938
SAUCE WORCESTERSHIRE	1/2 Teaspoon	109843
SALT KOSHER COARSE	3/8 Teaspoon	153550
SUGAR CANE GRANUL	3/8 Teaspoon	108642

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: 12.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	26.03		
Fat	0.67g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	7.22mg		
Sodium	110.24mg		
Carbohydrates	5.24g		
Fiber	0.00g		
Sugar	1.90g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.90mg	Iron	0.01mg

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

Nutrition - Per 100g

Calories	45.91		
Fat	1.18g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	12.74mg		
Sodium	194.44mg		
Carbohydrates	9.24g		
Fiber	0.00g		
Sugar	3.36g		
Protein	1.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.07mg	Iron	0.02mg

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

Salad - Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47978
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250

Preparation Instructions

Dice chicken patty, Place on bed of lettuce. Add other veg and cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	440.77
Fat	21.60g
SaturatedFat	5.53g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	747.25mg
Carbohydrates	40.78g
Fiber	5.32g
Sugar	7.02g
Protein	23.17g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 187.97mg	Iron 5.12mg

*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-47979
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD	1 1/2 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce	244190
BACON CKD THN SLCD	1 Slice	874124
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1/2 Cup	15D44
TORTILLA FLOUR ULTRGR 9"	1 Each	523610

Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (turkey, ham, bacon slices, and then 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	2.250
Fruit	0.000
GreenVeg	0.060
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	297.35
Fat	11.10g
SaturatedFat	4.94g
Trans Fat	0.01g
Cholesterol	55.25mg
Sodium	650.83mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	2.00g
Protein	21.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	Iron 2.61mg

*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

Cheeseburger on Bun*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27343
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
BEEF GRND 80/20	3 Ounce	158704
CHEESE AMER 160CT SLCD R/F	1 Slice	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

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	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	402.50
Fat	20.50g
SaturatedFat	8.50g
Trans Fat	1.13g
Cholesterol	63.75mg
Sodium	498.75mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	24.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 3.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad - Caesar (L)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47988
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
CHIX STRP FAJT DK MT FC	3 1/2 Ounce	860390
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
DRESSING ITAL LT	1 Each	195685

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.125
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	449.10		
Fat	18.27g		
SaturatedFat	2.86g		
Trans Fat	0.00g		
Cholesterol	93.33mg		
Sodium	1188.92mg		
Carbohydrates	42.62g		
Fiber	4.32g		
Sugar	11.02g		
Protein	30.00g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	89.80mg	Iron	5.29mg

*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-47989
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9"	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
SAUCE BBQ SWEET	1 Tablespoon	435170
CHIX STRP FAJT DK MT FC	3 Ounce	860390

Preparation Instructions

Mix chicken with bbq sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 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	2.500
Grain	2.250
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	408.75
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	799.50mg
Carbohydrates	43.25g
Fiber	4.25g
Sugar	11.25g
Protein	25.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.00mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip w house ranch

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49174
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
Ranch dressing	1/2 Serving	R-49134
CHEESE NEUFCHATEL BULK	1/14 Pound	585432
SAUCE HOT	1/14 Cup	263030
CHEESE MOZZ SHRD	1/7 Cup	645170
CHEESE CHED MLD SHRD 4-5 LOL	1/7 Cup	150250
CHIP TORTL RND YEL	2 Ounce	163020
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	570533

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.500
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: 0.50 Cup

Amount Per Serving

Calories	485.37
Fat	25.74g
SaturatedFat	11.05g
Trans Fat	0.00g
Cholesterol	68.29mg
Sodium	783.61mg
Carbohydrates	45.13g
Fiber	4.34g
Sugar	2.57g
Protein	20.90g
Vitamin A 277.35IU	Vitamin C 0.00mg
Calcium 332.60mg	Iron 2.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Steak Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49185
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
BEEF TERIYAKI DIPPERS .7Z	4 Each	136591
BUN SUB SLCD WGRAIN 5"	1 Each	276142
VEG BLND FAJITA	1 Ounce	876331

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	353.33
Fat	10.50g
SaturatedFat	4.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	636.67mg
Carbohydrates	41.67g
Fiber	4.33g
Sugar	12.00g
Protein	20.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 65.33mg	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

General Tso Stir fry

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48323
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
ENTREE KIT GEN TSO'S CHIX	4 Ounce	199341
RICE FRIED VEG WGRAIN	4 Ounce	676463
COOKIE FORTUNE WGRAIN	1 Each	565142

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.

Gen Tso chick:

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN.

FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

Serve: 1/2 cup rice and 4oz of chicken.

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	2.035
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 Bowl

Amount Per Serving

Calories	410.10
Fat	8.87g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	51.28mg
Sodium	759.84mg
Carbohydrates	63.89g
Fiber	3.74g
Sugar	18.06g
Protein	16.54g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.79mg	Iron 1.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Buffalo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47972
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9"	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
SAUCE HOT	2 Teaspoon	263030
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
DRESSING RNCH LT 4-1GAL LTHSE	1/2 Tablespoon	861850

Preparation Instructions

Mix chicken with sauces, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 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	2.750
Grain	2.250
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	434.05
Fat	21.30g
SaturatedFat	11.05g
Trans Fat	0.00g
Cholesterol	103.25mg
Sodium	871.90mg
Carbohydrates	35.55g
Fiber	4.45g
Sugar	3.00g
Protein	26.55g
Vitamin A 39.24IU	Vitamin C 0.00mg
Calcium 264.81mg	Iron 3.19mg

*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-47975
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN	2 Each	646262
SAUSAGE TKY LNK BKFST CKD	2 Each	352740
SYRUP PANCK CUP	1 Each	160090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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	660.00
Fat	24.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	280.00mg
Sodium	780.00mg
Carbohydrates	82.00g
Fiber	4.00g
Sugar	44.00g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin, Chocolate

Servings:	15.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44666

Ingredients

Description	Measurement	DistPart #
COCOA PWD BAKING	57 Gram	269654
WHOLE WHEAT FLOUR STONE GROUND	120 Gram	330094
FLOUR H&R A/P	120 Gram	227528
SUGAR BROWN MED	213 Gram	108626
BAKING POWDER	1 Teaspoon	361032
SALT IODIZED	3/4 Teaspoon	125557
CHOC CHIPS SMISWT 1000/	128 Gram	874523
EGG SHL LRG A GRD	2 Each	209002
MILK WHT 1%	170 Gram	224881
FLAVORING VANILLA IMIT	2 Teaspoon	110736
VINEGAR APPLE CIDER 5%	2 Teaspoon	430795
BUTTER PRINT UNSLTD GRD AA	66 Gram	299405

Preparation Instructions

1. Preheat the oven to 400 degrees F. Line muffin pan with paper liners.
 2. In a large mixing bowl, whisk together cocoa, flour, sugar, baking powder, baking soda, salt and chocolate chips
 3. In a separate mixing bowl, whisk together the eggs, milk, vanilla and vinegar
 4. Add the wet ingredients along with melted butter to the dry ingredients, stirring just to blend.
 5. Using a #16 (2 oz scoop), scoop batter into prepared muffin pan. Batter will be thick.
 6. Bake for 5 minutes at 400 then turn the heat down to 350 degrees for 20 minutes.
 7. Allow muffins to cool on a rack before serving.
- 1 muffin= 1 oz. eq. whole grain rich

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 15.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	205.57		
Fat	7.24g		
SaturatedFat	3.86g		
Trans Fat	0.00g		
Cholesterol	34.56mg		
Sodium	169.30mg		
Carbohydrates	31.96g		
Fiber	1.79g		
Sugar	19.31g		
Protein	4.76g		
Vitamin A	23.23IU	Vitamin C	0.12mg
Calcium	42.12mg	Iron	1.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mozz stix & marinara

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48333
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	143261
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: 6.00 Each

Amount Per Serving	
Calories	360.00
Fat	12.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	800.00mg
Carbohydrates	43.00g
Fiber	3.00g
Sugar	8.00g
Protein	21.00g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 516.00mg	Iron 2.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Bar Beef

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-48332
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Ounce	722330
CHIP TORTL RND YEL	2 Ounce	163020
cheese sauce	2 Serving	R-49186

Preparation Instructions

Taco filling:

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

Cheese sauce:

Heat in steamer (covered).

Assembly: Place 2oz chips in 2# food boat. Top with 3.5oz taco filling and 2oz cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.100
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	584.87
Fat	32.30g
SaturatedFat	14.99g
Trans Fat	0.00g
Cholesterol	97.54mg
Sodium	856.48mg
Carbohydrates	47.52g
Fiber	6.21g
Sugar	2.21g
Protein	30.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 519.21mg	Iron 4.19mg

*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

Pulled Pork Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48309
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each	266548
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	498702

Preparation Instructions

Cut dinner rolls in half, add 4oz pulled pork. Place top of roll on to sandwich.

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	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	470.00mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Teriyaki dumplings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-48325
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
SAUCE TERYK	1 Tablespoon	895868
RICE FRIED VEG WGRAIN	4 Ounce	676463
COOKIE FORTUNE WGRAIN	1 Each	565142
APTZR POTSTKR CHIX TERYK DUMPL	6 Each	617910

Preparation Instructions

Rice:

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving.

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

Assembly: Mix chicken with sauce

Serve: 1/2 cup rice with 3.5oz chicken and sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
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 Serving

Amount Per Serving

Calories	459.72		
Fat	8.69g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1238.31mg		
Carbohydrates	76.28g		
Fiber	2.71g		
Sugar	7.70g		
Protein	22.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.28mg	Iron	0.47mg

*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 Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49148
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
ENTREE BKFST SCRMBD CNTRY	3 Ounce	788051
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
TORTILLA FLOUR ULTRGR 9"	1 Each	523610

Preparation Instructions

No Preparation Instructions available.

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	430.41
Fat	22.54g
SaturatedFat	12.78g
Trans Fat	0.00g
Cholesterol	126.99mg
Sodium	691.25mg
Carbohydrates	38.40g
Fiber	4.00g
Sugar	2.82g
Protein	20.04g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 360.71mg	Iron 2.82mg

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

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

Convection Oven

Preheat oven to 400° F.

Place Bosco Stick breadsticks on a baking sheet.

THAWED: 6-8 minutes.

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

*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-47991
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	276142
BEEF RIB BBQ HNY	1 Each	451410

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	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	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

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:

Heat in steamer 30 minutes or until internal temp of 135F.

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	2.250
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 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

*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 B&G

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47962
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
BISCUIT WGRAIN MINI FB 1Z	1 Each	521782
GRAVY SAUS PORK	2 Ounce	751322
SAUSAGE TKY LNK BKFST CKD	2 Each	352740

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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 Serving

Amount Per Serving			
Calories	297.85		
Fat	18.23g		
SaturatedFat	7.99g		
Trans Fat	0.09g		
Cholesterol	72.66mg		
Sodium	608.13mg		
Carbohydrates	15.05g		
Fiber	1.10g		
Sugar	1.51g		
Protein	17.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	85.19mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available
