

# **Cookbook for Prairie Heights High School**

**Created by HPS Menu Planner**

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# Yogurt Parfait

<b>Servings:</b>	1.00	<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-47961
<b>School:</b>	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

Layer 4oz fruit and 4oz yogurt in 9oz cup. Serve with 2oz granola. Keep at 41F or below.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	313.61
<b>Fat</b>	9.12g
<b>SaturatedFat</b>	5.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.98mg
<b>Sodium</b>	88.03mg
<b>Carbohydrates</b>	53.55g
<b>Fiber</b>	2.33g
<b>Sugar</b>	36.67g
<b>Protein</b>	6.15g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 164.66mg	<b>Iron</b> 0.53mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Patty Sandwich

<b>Servings:</b>	1.00	<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-47963
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	350.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	3.80mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<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-47964
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	380.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	4.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Combo

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47966
<b>School:</b>	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, 4oz yogurt & 4oz fruit parfait, and cheese stick together in container.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	421.74
<b>Fat</b>	8.85g
<b>SaturatedFat</b>	3.27g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	13.73mg
<b>Sodium</b>	583.20mg
<b>Carbohydrates</b>	67.63g
<b>Fiber</b>	3.70g
<b>Sugar</b>	33.92g
<b>Protein</b>	16.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 360.64mg	<b>Iron</b> 1.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Salad, Chef (L)

<b>Servings:</b>	1.00	<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-47967
<b>School:</b>	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

2 C lettuce; 2oz tomato; .5oz egg, 1oz ham, 1oz turkey, .5oz cheese, 2 pkg crouton, 1 dinner roll

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Wrap - Chicken Bacon Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47968
<b>School:</b>	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

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<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: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	475.81
<b>Fat</b>	22.57g
<b>SaturatedFat</b>	11.37g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	114.44mg
<b>Sodium</b>	976.86mg
<b>Carbohydrates</b>	43.89g
<b>Fiber</b>	4.25g
<b>Sugar</b>	6.06g
<b>Protein</b>	28.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 334.96mg	<b>Iron</b> 3.17mg

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## Nutrition - Per 100g

No 100g Conversion Available

# PB & J w/Cheese Stick

<b>Servings:</b>	1.00	<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-48288
<b>School:</b>	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

<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	575.00mg
<b>Carbohydrates</b>	52.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.00mg	<b>Iron</b> 1.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ranch Dressing

<b>Servings:</b>	12.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49134
<b>School:</b>	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

<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>	0.000

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 2.00 Ounce

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

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

## Nutrition - Per 100g

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

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# Salad - Chicken

<b>Servings:</b>	1.00	<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-47978
<b>School:</b>	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 2oz tomato, .5oz cheese and 2 pkg croutons.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Wrap - Club

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47979
<b>School:</b>	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, layer ingredients (turkey, ham, bacon slice, and cheese). Fold, wrap with sandwich paper. Hold under refrigeration (41F or lower) until ready for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.060
<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: 1.00

Serving Size: 1.00 Wrap

### Amount Per Serving

<b>Calories</b>	297.35		
<b>Fat</b>	11.10g		
<b>SaturatedFat</b>	4.94g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	55.25mg		
<b>Sodium</b>	650.83mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	21.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	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

<b>Servings:</b>	1.00	<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-48693
<b>School:</b>	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

<b>Meat</b>	2.250
<b>Grain</b>	1.250
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	296.50		
<b>Fat</b>	13.25g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.50mg		
<b>Sodium</b>	334.50mg		
<b>Carbohydrates</b>	22.25g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	91.75mg	<b>Iron</b>	1.54mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheeseburger on Bun\*

<b>Servings:</b>	1.00	<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-27343
<b>School:</b>	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

<b>Meat</b>	2.500
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<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-47988
<b>School:</b>	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

2 C lettuce, 2oz tomato, 3.5oz chicken, 2 pkg crouton and 1 roll

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47989
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<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: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	408.75
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.00mg
<b>Sodium</b>	799.50mg
<b>Carbohydrates</b>	43.25g
<b>Fiber</b>	4.25g
<b>Sugar</b>	11.25g
<b>Protein</b>	25.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 164.00mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49174
<b>School:</b>	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
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	570533
CHIP TORTL RND YEL	2 Ounce	163020

## Preparation Instructions

Mix all ingredients, put in 2" full pan. Bake covered at 350F for 40-50 minutes or until temp reaches 160F. Serve 4oz dip with 2oz chips.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<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: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

<b>Servings:</b>	1.00	<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-49185
<b>School:</b>	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
CHEESE MOZZ SHRD	1/2 Ounce	645170

## Preparation Instructions

Dippers: heat from frozen - 350F for 5-7 minutes. veg: warm in oven. Place 4 dippers, 1oz veg, .5oz cheese on bun. Wrap and hold at 140F or above.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	398.33
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	726.67mg
<b>Carbohydrates</b>	42.17g
<b>Fiber</b>	4.33g
<b>Sugar</b>	12.50g
<b>Protein</b>	23.83g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 167.83mg	<b>Iron</b> 2.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# General Tso Stir fry

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48323
<b>School:</b>	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: warm in steamer 30-40 min. until internal temp 160.

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

<b>Meat</b>	2.051
<b>Grain</b>	2.035
<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: 1.00

Serving Size: 1.00 Bowl

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47972
<b>School:</b>	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

<b>Meat</b>	2.750
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<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: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	434.05
<b>Fat</b>	21.30g
<b>SaturatedFat</b>	11.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	103.25mg
<b>Sodium</b>	871.90mg
<b>Carbohydrates</b>	35.55g
<b>Fiber</b>	4.45g
<b>Sugar</b>	3.00g
<b>Protein</b>	26.55g
<b>Vitamin A</b> 39.24IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 264.81mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<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-47975
<b>School:</b>	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

Serve 2 french toast and 2 sausage links with 1 syrup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Muffin, Chocolate

<b>Servings:</b>	15.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<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: 15.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48333
<b>School:</b>	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

Bake frozen mozz sticks at 350F for 9-10 minutes. DO NOT OVERCOOK! Serve 6 sticks with 1 cup marinara.

### 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: 1.00

Serving Size: 6.00 Each

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48332
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.100
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	584.87
<b>Fat</b>	32.30g
<b>SaturatedFat</b>	14.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	97.54mg
<b>Sodium</b>	856.48mg
<b>Carbohydrates</b>	47.52g
<b>Fiber</b>	6.21g
<b>Sugar</b>	2.21g
<b>Protein</b>	30.13g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 519.21mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<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-48309
<b>School:</b>	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

<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	370.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48325
<b>School:</b>	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: Heat in steamer 30 minutes

Dumplings: Heat in steamer 20 minutes; toss with sauce.

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

Serve: 1/2 cup rice with 6 dumplings and a cookie.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.500
<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: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	1.00	<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-49148
<b>School:</b>	Prairie Heights High School		

## Ingredients

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

## Preparation Instructions

Place 3oz egg and 1oz cheese in tortilla.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bosco and marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47971
<b>School:</b>	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

<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: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Rib Sandwich

<b>Servings:</b>	1.00	<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-47991
<b>School:</b>	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

<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	860.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	3.80mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Orange Chicken Bowl

<b>Servings:</b>	1.00	<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-47990
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<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: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Brunch for Lunch B&G

<b>Servings:</b>	1.00	<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-47962
<b>School:</b>	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

Serve 2 biscuit, 2oz gravy, and 2 sausage links.

### 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: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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