

Cookbook for Midview west, east, north

Created by HPS Menu Planner

Table of Contents

Chicken Patty on bun

Hot Pretzel with cheese sauce

american cheese sandwich

cheese sandwich

frosted cinnamon cereal/bug bite

Hot Pretzel with cheese sauce

chicken nuggets dinner roll

Hamburger on bun 100650

taco

macaroni and cheese dinner roll

breakfast bar/cheese sticke

single pop tart /cheese stick

Baby Carrots fresh

green beans

Hot dog on bun

Meatball sandwich

apple

Walking Taco-Elem

goldchrist chicken popcorn roll

banana loaf and cheese stick

pancakes eggs

broccoli fresh

grilled cheese sandwich

french toast omlet

Chicken Patty on bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4170
School:	midview middle school		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	1 1	BAKE	3354
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061

Preparation Instructions

BAKE

PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET

CONVECTION OVEN: 350 DEGREES F

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	14.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.00mg	Iron 10.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Pretzel with cheese sauce

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46581
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHLWHE	1 Each	CONVENTIONAL OVEN: HEAT AT 400 DEGREES FOR 3-4 MINUTES. MICROWAVE: 30-40 SECONDS ON HIGH.	142411
SAUCE CHS CHED	4 Ounce	BOIL KEEP FROZENPlace 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.	271081

Preparation Instructions

pretzel:

CONVENTIONAL OVEN: HEAT AT 400 DEGREES FOR 3-4 MINUTES. MICROWAVE: 30-40 SECONDS ON HIGH.

Cheese sauce:

BOIL

KEEP FROZENPlace 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. Follow haccp guideline.

put 4 oz cheese in 4 ounce cup and serve warm with warm pretzel

Meal Components (SLE)

Amount Per Serving

Meat	2.198
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	377.36		
Fat	18.08g		
SaturatedFat	10.11g		
Trans Fat	0.00g		
Cholesterol	61.54mg		
Sodium	1055.49mg		
Carbohydrates	34.40g		
Fiber	3.00g		
Sugar	3.20g		
Protein	20.38g		
Vitamin A	852.75IU	Vitamin C	0.00mg
Calcium	463.96mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

american cheese sandwich

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5520
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	4 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BREAD WHL WHE PULLMAN SLCD	2 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650

Preparation Instructions

Place 1 slice bread on tray, 2 slices of American Cheese on bread and top with slice of bread. Cut in half

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	360.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1100.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

cheese sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43665
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2"	3 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	231053
CHEESE SLCD YEL	4 Slice		334450

Preparation Instructions

Place i slice bread on food safe counter

Place cheese on top of bread

Place bread on top of cheese

cut in 1/2 and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.750
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	520.00
Fat	21.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1050.00mg
Carbohydrates	64.00g
Fiber	6.00g
Sugar	8.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 183.00mg	Iron 3.00mg

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Nutrition - Per 100g

No 100g Conversion Available

frosted cinnamon cereal/bug bite



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47260
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD CINN FLKS R/S WGRAIN	1 Each		498190
CRACKER GRHM BUG BITES	1 Package		859560

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	295.00mg		
Carbohydrates	45.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Pretzel with cheese sauce

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46582
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHLWHE	1 Each	CONVENTIONAL OVEN: HEAT AT 400 DEGREES FOR 3-4 MINUTES. MICROWAVE: 30-40 SECONDS ON HIGH.	142411
SAUCE CHS CHED DIP CUP	1 Each		528690
CHEESE STRING MOZZ LT IW	1 Each		786801

Preparation Instructions

pretzel:

CONVENTIONAL OVEN: HEAT AT 400 DEGREES FOR 3-4 MINUTES. MICROWAVE: 30-40 SECONDS ON HIGH.

Cheese cup served with pretzel warmed. 1 cheese stick

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	390.00
Fat	13.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	920.00mg
Carbohydrates	45.00g
Fiber	3.00g
Sugar	12.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 551.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

chicken nuggets dinner roll



Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47322
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

Preparation Instructions

Follow HACCP guidelines.

BAKE

Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.

AP Chix, Chnk, Brd, WGrain, FC, Tyson

Rounding:

Nutrition Facts

Serving Size

5 each (85g)

Amount Per Serving

Calories

240

% Daily Value*

Total Fat 14g

22%

Saturated Fat 2.5g

13%

Trans Fat 0g

PolyUnsat. Fat n/a

MonoUnsat Fat n/a

Cholesterol 25mg

8%

Sodium 440mg

18%

Total Carbohydrate 16g

5%

Fiber 3g

12%

Total Sugars 1g

Includes 0g Added Sugars

0%

Protein 14g

28%

Vitamin D mcg 0.1mcg

n/a

Calcium 30mg

3%

Iron 1.9mg

11%

Potassium 600mg

17%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tyson Crispy Whole Grain Chicken Nuggets, Breaded, Cooked, Frozen, 8 Lb Bag, 4/Case

#281831 | GTIN: 00023700033765

| 8 Pounds/Bag, 4 Bags/Case

CO

Case

\$75.99

\$0.15/oz

Keep hungry kids happy with Tyson Breaded Golden Crispy Chicken Nuggets. Made with no artificial ingredients, this commodity eligible product will extend your dollars further and provide you with a delicious lunch menu option.

Product Description

Made with no artificial ingredients.

Available for commodity reprocessing - USDA 100103.

Utilizes white and dark meat to keep commodity pounds in balance and is also available for Independent Drawdown. Consistent piece sizes for easy CN portioning and cost control.

Great Golden Crispy breading profile that is Kid Tested, Kid Approved.

Five 0.70 oz. fully cooked whole grain golden crispy chicken chunk fritters chunk-shaped chicken pattie fritters provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements.

Five 0.70 oz. fully cooked whole grain golden crispy chicken chunk fritters chunk-shaped chicken pattie fritters provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

Item Yield

1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen

Shelf Life

270 days

Packaging & Storage

Weight

32.81 lb

Dimensions

8.38 x 15.63 x 23.50 inches / 21.27 x 39.69 x 59.69 cm

Vendor

Name: Tyson Foods Inc TYSON FOODS INC

Item #: 10703640928

Ingredients

Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: WHEAT, SOY. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2022. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://drive.google.com/file/d/1kqpMckAYSZjuC44_abCZF8a511ewuwQK/view?usp=drivesdk

School Equivalents

Serving Size

5 Each

Meat/Meat Alternative

2 oz

Fruit

n/a

Grain/Breads

1 oz eq
 Red/Orange
 n/a
 Dark Green
 n/a
 Starchy
 n/a
 Beans/Peas
 n/a
 Other
 n/a
 Notes:
 n/a
 Place in warmer. Serve 5 nuggets and 1 dinner roll

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: 5.00 Each

Amount Per Serving

Calories	270.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	510.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger on bun 100650



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5566
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
3.5 WG Hamburger Bun	1 1	BAKE	3354

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.

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

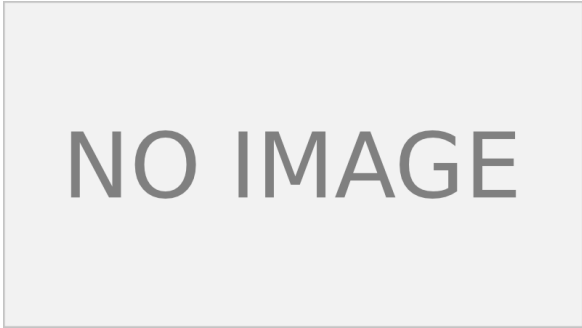
Calories	290.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	1.00g
Cholesterol	35.00mg
Sodium	360.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.00mg	Iron 10.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

taco



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46594
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6"	2 Each		882690
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330
CHEESE CHED SHRD	1 Ounce		199720
LETTUCE ICEBERG SHRD 1/8IN	2 Ounce		492241

Preparation Instructions

cook meat as directed.

Lay out tortilla , 1 ounce lettuce, 1 ounce meat, .5 ounce cheese Roll and serve. Made to order. 2 shells per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.620
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	362.40
Fat	18.15g
SaturatedFat	11.26g
Trans Fat	0.00g
Cholesterol	52.08mg
Sodium	529.27mg
Carbohydrates	33.15g
Fiber	5.26g
Sugar	3.26g
Protein	18.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

macaroni and cheese dinner roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46593
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	6 Ounce	BOIL KEEP FROZENPlace 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. HEAT_AND_SERVE	609121
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

bake as directed

Serve 6 oz of macaroni and cheese and 1 dinner roll 2 if requested.

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	13.00g
SaturatedFat	7.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	760.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	10.00g
Protein	18.00g
Vitamin A 650.00IU	Vitamin C 0.60mg
Calcium 398.00mg	Iron 2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

breakfast bar/cheese sticke

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47067
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY SFT BKD IW	1 Each		359534
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce		347211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	290.00
Fat	14.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	135.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	16.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 262.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

single pop tart /cheese stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ea	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45672
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890

Preparation Instructions

pop tart 1 pack and 1 cheese stick

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Ea

Amount Per Serving

Calories	250.00
Fat	8.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	315.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	15.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 328.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots fresh



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4388
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	1 Cup		510637

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	89.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	21.36g
Fiber	7.12g
Sugar	10.72g
Protein	0.00g
Vitamin A 42800.00IU	Vitamin C 15.60mg
Calcium 74.72mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

green beans

NO IMAGE

Servings:	72.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5601
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Bean fzn	3 #10 CAN	BAKE	100351
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691

Preparation Instructions

pour green pans in pan add ham base and steam.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories	20.51		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.81mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	9.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.24mg		
Carbohydrates	1.90g		
Fiber	0.95g		
Sugar	0.48g		
Protein	0.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Hot dog on bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5551
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536
FRANKS TURKEY CN 8/ 2Z	1 Each		681894

Preparation Instructions

BOIL

boil to internal temp of 165

Place hot dog on bun and serve.

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	260.00		
Fat	10.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	830.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	11.00g		
Vitamin A	11.07IU	Vitamin C	0.01mg
Calcium	95.08mg	Iron	1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5554
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
SAUCE MRNR CLSC	2 Ounce		587882
CHEESE MOZZ 2% SHRD FTHR	1 Ounce		421812
MEATBALL BEEF PRECKD	3 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f. UNSPECIFIED Heat product to an internal temperature of 165°F as measured with the use of a meat thermometer.	147681

Preparation Instructions

Follow Haccp guidelines.

BAKE

Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.

UNSPECIFIED

Heat product to an internal temperature of 165°F as measured with the use of a meat thermometer.

Prep: bun, 3 meatballs, sauce then top with cheese. Serve, Made to order

2 m/ma 2 grains

Meal Components (SLE)

Amount Per Serving

Meat	2.200
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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	15.90g
SaturatedFat	3.85g
Trans Fat	0.00g
Cholesterol	31.00mg
Sodium	2240.00mg
Carbohydrates	58.90g
Fiber	8.60g
Sugar	23.60g
Protein	23.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 445.50mg	Iron 5.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

apple



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48138
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI	1 Piece		735612

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco-Elem

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41792
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	3 Pound 2 Ounce (50 Ounce)		242489
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
CHIP CORN	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105040
TURKEY TACO MEAT FC	6 Pound 4 Ounce (100 Ounce)		768230

Preparation Instructions

Wash hands. Refer to our Standard Operation Procedures (SOP).

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3.17 oz taco meat, 1 bag of tortilla scoops, 1/2 oz lettuce, 1 oz salsa, and 1 oz shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours. Cold foods should be kept at 41° or less.

NOTE: Turkey taco filling can also be used. If the taco fillings are not available then use the taco recipe, D-13, in the school recipe book.

Meal Components (SLE)

Amount Per Serving

Meat	2.322
Grain	0.025
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.043
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	157.59
Fat	9.52g
SaturatedFat	5.03g
Trans Fat	0.00g
Cholesterol	56.54mg
Sodium	416.49mg
Carbohydrates	2.91g
Fiber	0.11g
Sugar	0.17g
Protein	17.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 15.39mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

goldchrist chicken popcorn roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47065
School:	Midview west, east, north		

Ingredients

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

Preparation Instructions

Follow HACCP guidelines BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

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

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

Nutrition - Per 100g

No 100g Conversion Available

banana loaf and cheese stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47874
School:	midview middle school		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ELFIN BAN LOAF WGRAIN IW	1 Each	READY_TO_EAT Banana Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Banana Loaves frozen until ready to use.	592072
CHEESE STRING MOZZ LT IW	1 Each		786801

Preparation Instructions

Thaw and serve

READY_TO_EAT

Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use.

Allergin: egg, gluten, dairy, nut

serve serve 1 loaf and 1 cheese stick

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	220.00
Fat	7.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	340.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	15.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 238.00mg	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

pancakes eggs



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46595
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	HEAT_AND_SERVE Thaw product night before	284831
EGG OMELET SCRMBD COLBY CHS 144-2.1Z	1 Each		426985

Preparation Instructions

bake as directed on package.

serving is 11 package of pancakes and 1 egg omlet

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	320.00
Fat	16.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	510.00mg
Carbohydrates	37.00g
Fiber	4.00g
Sugar	12.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.00mg	Iron 4.60mg

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Nutrition - Per 100g

No 100g Conversion Available

broccoli fresh



Servings:	15.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5558
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE	1 Cup		732451

Preparation Instructions

Clean and place in 4 oz soufflé or serve 4 oz bag.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.067
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	4.12		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.00mg		
Carbohydrates	0.80g		
Fiber	0.32g		
Sugar	0.27g		
Protein	0.35g		
Vitamin A	75.59IU	Vitamin C	10.82mg
Calcium	5.70mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

grilled cheese sandwich

NO IMAGE

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5547
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 OZ WGR SANDWICH BREAD (21C)	26 1 Slice		1292
MARGARINE &BTR BLND EURO 36-1 P/L	4 Fluid Ounce 2 0 Teaspoon (26 Teaspoon)	READY_TO_EAT Ready to use.	106471
Land O'Lakes Reduced Fat Pasteurized Process Yellow American Cheese, Sliced, 160 Count, 0.5 Ounce, 5 Lb Package, 6/Case	52 Slice		722360

Preparation Instructions

18 per wire rack. butter bottom, place on tray face down, place cheese, top with buttered bread. Butter on the top. Bake on oven 350 until golden brown.

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	346.67
Fat	18.00g
SaturatedFat	6.67g
Trans Fat	2.33g
Cholesterol	30.00mg
Sodium	1046.67mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	6.00g
Protein	20.00g
Vitamin A 333.33IU	Vitamin C 0.00mg
Calcium 4.00mg	Iron 12.00mg

*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

french toast omlet

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 2a	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47066
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI ORIG IW	1 Package		498442
EGG OMELET SCRMBD COLBY CHS 144-2.1Z	1 Each		426985

Preparation Instructions

eggs

350 degrees Basic Preparation

Bake until thoroughly heated.

french toast

Basic Preparation

USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE.

serve 1 egg, 1 package french toast

allergies:

eggs, gluten, dairy

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 2a

Amount Per Serving

Calories	310.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	510.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	13.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 343.00mg	Iron 4.60mg

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

Nutrition - Per 100g

No 100g Conversion Available