

# **Cookbook for Midview west, east, north**

**Created by HPS Menu Planner**

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# Chicken Patty 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-4170
<b>School:</b>	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

<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: 1.00 Each

### Amount Per Serving

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



<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-46581
<b>School:</b>	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

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

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## Nutrition - Per 100g

No 100g Conversion Available

# american cheese sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5520
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# cheese sandwich

NO IMAGE

<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-43665
<b>School:</b>	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

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

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## Nutrition - Per 100g

No 100g Conversion Available

# frosted cinnamon cereal/bug bite



<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>	Breakfast	<b>Recipe ID:</b>	R-47260
<b>School:</b>	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

<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Hot Pretzel with cheese sauce

NO IMAGE

<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-46582
<b>School:</b>	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

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

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## Nutrition - Per 100g

No 100g Conversion Available

# chicken nuggets dinner roll



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47322
<b>School:</b>	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](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

<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: 5.00 Each

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Hamburger on bun 100650



<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-5566
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	1 Each	<b>BAKE</b> 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	<b>BAKE</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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 Each

### Amount Per Serving

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



<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-46594
<b>School:</b>	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	<b>BOIL</b> 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

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

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## Nutrition - Per 100g

No 100g Conversion Available

# macaroni and cheese dinner roll

NO IMAGE

<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-46593
<b>School:</b>	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

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

<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>	Breakfast	<b>Recipe ID:</b>	R-47067
<b>School:</b>	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

<b>Meat</b>	1.000
<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 Each

### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	135.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 262.00mg	<b>Iron</b> 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



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ea	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45672
<b>School:</b>	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

<b>Meat</b>	1.000
<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 Ea

### Amount Per Serving

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



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4388
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.000
<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 Cup

### Amount Per Serving

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

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5601
<b>School:</b>	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

<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>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00 Ounce

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

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

## Nutrition - Per 100g

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

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# Hot dog 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-5551
<b>School:</b>	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

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

NO IMAGE

<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-5554
<b>School:</b>	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	<b>BAKE</b> 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. <b>UNSPECIFIED</b> 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

<b>Meat</b>	2.200
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	15.90g
<b>SaturatedFat</b>	3.85g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.00mg
<b>Sodium</b>	2240.00mg
<b>Carbohydrates</b>	58.90g
<b>Fiber</b>	8.60g
<b>Sugar</b>	23.60g
<b>Protein</b>	23.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 445.50mg	<b>Iron</b> 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



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48138
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	50.00	<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-41792
<b>School:</b>	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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.322
<b>Grain</b>	0.025
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.043
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<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-47065
<b>School:</b>	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

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# banana loaf and cheese stick



<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>	Breakfast	<b>Recipe ID:</b>	R-47874
<b>School:</b>	midview middle school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ELFIN BAN LOAF WGRAIN IW	1 Each	<b>READY_TO_EAT</b> 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

<b>Meat</b>	1.000
<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 Each

### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	340.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 238.00mg	<b>Iron</b> 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



<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-46595
<b>School:</b>	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

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# broccoli fresh



<b>Servings:</b>	15.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5558
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.067
<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 Cup

### Amount Per Serving

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

<b>Servings:</b>	13.00	<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-5547
<b>School:</b>	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

<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: 13.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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\*\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 2a	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47066
<b>School:</b>	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

<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 2a

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available