

Cookbook for East Porter County School Corporation-Middle/High School

Created by HPS Menu Planner

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Doritos®

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Assorted Variety of Flavored Bread

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43188
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD LEM IW 75-3.45Z SUPBAK	1 Each		320907
BREAD BLUEB IW 75-3.45Z SUPBAK	1 Each		319418
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each		319413

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	253.33		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	246.67mg		
Carbohydrates	44.67g		
Fiber	2.00g		
Sugar	21.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	117.67mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Assorted Pop-Tarts®

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 Whole Grain Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.25 Whole Grain Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 Whole Grain Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB	1 Package	2.25 Whole Grain Grain Equivalents	865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini WG Donuts

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43190
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW	1 Package		738181
DONUT PWDRD MINI IW	1 Package		738201
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	282.50		
Fat	12.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	265.00mg		
Carbohydrates	41.00g		
Fiber	2.25g		
Sugar	19.25g		
Protein	4.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.25mg	Iron	1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43192
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL	1 Each	N/A	509396
CEREAL CINN TOAST CRNCH BWL	1 Each	N/A	595934
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	N/A	265811
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	111.63		
Fat	1.43g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	158.12mg		
Carbohydrates	23.33g		
Fiber	1.72g		
Sugar	7.33g		
Protein	1.97g		
Vitamin A	33.33IU	Vitamin C	0.40mg
Calcium	80.58mg	Iron	3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43193
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN BLUEBERRY WGRAIN IW	1 Each		262370
MUFFIN BANANA WGRAIN IW	1 Each		262362
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN DBL CHOC WGRAIN IW	1 Each		262343
MUFFIN CHOCOLATE CHP WGRAIN IW	1 Each		273681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.71
Fat	6.29g
SaturatedFat	1.57g
Trans Fat	0.03g
Cholesterol	22.14mg
Sodium	118.57mg
Carbohydrates	29.86g
Fiber	1.57g
Sugar	15.57g
Protein	2.71g
Vitamin A 2.06IU	Vitamin C 0.01mg
Calcium 16.57mg	Iron 0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal Bar (2 Grain)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43196
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each		368248
BAR CEREAL CHEERIOS PCH 48-2.5Z	1 Each		368353
BAR CEREAL CINN TST 48-2.5Z GENM	1 Each		811411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	273.33		
Fat	5.67g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	51.33g		
Fiber	5.00g		
Sugar	15.00g		
Protein	4.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	423.33mg	Iron	3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Goldfish® Grahams

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43195
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN	1 Each		198472
CRACKER GLDFSH CINN	1 Package		194510
CRACKER GLDFSH GRHM FREN TST	1 Package		288252

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	123.33		
Fat	4.17g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	125.00mg		
Carbohydrates	19.67g		
Fiber	1.33g		
Sugar	7.00g		
Protein	1.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.91mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Yogurt Cups

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43194
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F	1 Each		551760
YOGURT DANIMAL STRAWB N/F	1 Each		885750
YOGURT RASPB RNBW L/F	1 Each		551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	76.67		
Fat	0.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	3.33mg		
Sodium	61.67mg		
Carbohydrates	14.67g		
Fiber	0.00g		
Sugar	9.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	126.67mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with Cheese Stick and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
SAND UNCRUST PBJ STRAWB	1 Each		536012
CHEESE STRING MOZZ LT IW	2 Each	Or use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN	2 Package		736280

Preparation Instructions

Note: Kit consist of 1 Uncrustable, a Cheese Stick, and 1 package of goldfish crackers

Updated 9.18.23

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: 2.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	460.00
Fat	22.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	650.00mg
Carbohydrates	47.50g
Fiber	4.00g
Sugar	16.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43206
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce	Weight Commodity Brown Box	100101
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	301.70
Fat	11.18g
SaturatedFat	6.12g
Trans Fat	0.00g
Cholesterol	57.60mg
Sodium	303.47mg
Carbohydrates	31.02g
Fiber	4.17g
Sugar	2.33g
Protein	20.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice	Or use 2.90 ounce weight of brown box commodity Sliced Deli Breast Turkey	689541
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Updated 9.18.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	311.36
Fat	10.20g
SaturatedFat	6.63g
Trans Fat	0.00g
Cholesterol	56.43mg
Sodium	706.78mg
Carbohydrates	31.02g
Fiber	4.17g
Sugar	2.33g
Protein	26.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43205
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD	3 0 Ounce	Weight	202150
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	339.70
Fat	14.18g
SaturatedFat	7.62g
Trans Fat	0.00g
Cholesterol	70.60mg
Sodium	727.47mg
Carbohydrates	31.02g
Fiber	4.17g
Sugar	2.33g
Protein	22.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.98mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad with Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43202
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
TURKEY BRST DCD	2 Ounce	Weight	451300
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

Place lettuce in bottom of container and layer turkey (that has been diced up), shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	458.35
Fat	17.09g
SaturatedFat	7.27g
Trans Fat	0.00g
Cholesterol	50.41mg
Sodium	1018.64mg
Carbohydrates	51.20g
Fiber	8.98g
Sugar	10.53g
Protein	28.58g
Vitamin A 209.12IU	Vitamin C 3.59mg
Calcium 412.93mg	Iron 3.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad with Diced Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43203
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
TURKEY HAM DCD	1 3/4 Ounce	Weight	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022

Preparation Instructions

Place lettuce in bottom of container and layer diced ham, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	476.38
Fat	19.48g
SaturatedFat	7.89g
Trans Fat	0.00g
Cholesterol	61.98mg
Sodium	996.69mg
Carbohydrates	49.67g
Fiber	8.98g
Sugar	10.53g
Protein	28.04g
Vitamin A 209.12IU	Vitamin C 3.59mg
Calcium 412.93mg	Iron 3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

High School: Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F	1 Cup		881161
Strawberries IQF sliced	1/2 Cup	Commodity Brown Box	110860
CEREAL GRANOLA HNY OATS	2/3 Cup	N/A	818961

Preparation Instructions

Updated 8.7.24

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PARFAIT

Amount Per Serving	
Calories	517.96
Fat	9.99g
SaturatedFat	2.49g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	198.79mg
Carbohydrates	93.31g
Fiber	5.00g
Sugar	45.87g
Protein	14.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 308.96mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich (Ham and Turkey)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43199
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each		276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box or Use GFS#722360	100036
TURKEY BRST SLCD OVN RSTD	2 Slice		689541
TURKEY HAM UNCURED	2 Slice		690041

Preparation Instructions

Thaw meat out ahead of time.

Layer ham, turkey, and cheese slice on sub bun and hold for cold service.

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	308.27		
Fat	9.14g		
SaturatedFat	3.29g		
Trans Fat	0.00g		
Cholesterol	56.45mg		
Sodium	746.41mg		
Carbohydrates	31.56g		
Fiber	2.00g		
Sugar	5.54g		
Protein	23.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jell-O Fruit Cup

Servings:	110.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33336

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	3 #10 CAN	Can use any canned fruit	100220
Diced Pears 6-10	3 #10 CAN	Can use any canned fruit	100225
Tap Water for Recipes	1 Gallon	Follow gelatin directions for specific amounts of water. (Usually 2 quarts hot water and 2 quarts cold water.)	000001WTR
GELATIN MIX STRAWB	1 1/2 Pound	1 package of gelatin Can also use GFS#524638, GFS#524654, and GFS#554901	524581

Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add enough water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add remaining cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	85.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.45mg		
Carbohydrates	21.12g		
Fiber	1.52g		
Sugar	18.57g		
Protein	0.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Parsley Potatoes

Servings:	21.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WHL SMALL 100-120CT	1 #10 CAN	Drained	169501
SPICE PARSLEY FLAKES	1/2 Cup		513989

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	0.500

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.15		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	128.69mg		
Carbohydrates	12.87g		
Fiber	1.84g		
Sugar	0.00g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.77mg	Iron	0.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43210
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW	1 Package		269260

Preparation Instructions

Heat according to directions on case.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	5.67g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	183.33mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	11.33g		
Protein	3.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	2.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42211
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN	1 Package		642230
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW	1 Package		284831

Preparation Instructions

Cook pancakes according to directions on case.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	270.00mg		
Carbohydrates	36.00g		
Fiber	3.67g		
Sugar	11.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK	1 Each		451740
GRAVY SAUS PORK	1/4 Cup	or Use GFS#125350	751322

Preparation Instructions

Biscuit: Bake according to manufactures directions. Preheat convection oven to 325 degrees. If using a conventional oven, preheat to 375 degrees. Place sheet pan into oven. Allow biscuits to heat for 7 to 8 minutes from a thawed state, or 10 to 12 minutes from frozen. To keep remaining biscuits warm, place the entire sheet pan into a warming drawer, set at 50% moisture and 160 degrees.

Gravy: Reheat gravy according to manufactures directions.

For service: Offer 1 warm biscuit with 1/4 cup of gravy.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.98
Fat	7.78g
SaturatedFat	3.44g
Trans Fat	0.01g
Cholesterol	1.58mg
Sodium	592.27mg
Carbohydrates	28.51g
Fiber	1.01g
Sugar	3.06g
Protein	4.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.90mg	Iron 2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

BeneFIT Bar

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43211
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST OATML CHOC CHP	1 Each		240721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	8.33g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	216.67mg		
Carbohydrates	47.00g		
Fiber	3.33g		
Sugar	21.67g		
Protein	4.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	213.00	Category:	Entree
Serving Size:	0.75 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32979
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	30 Pound	Weight Commodity/Brown Box	100101
PASTA MOSTACC RIG W/LINES	15 Pound	**Non-Whole Grain**	413350
SAUCE ALFREDO FZ	30 Pound	N/A	155661
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
SPICE GARLIC POWDER	2 Fluid Ounce		513857
CHEESE PARM GRTD	2 1/2 Pound		164259

Preparation Instructions

1. Heat chicken in steamer to temp.
2. Cook pasta in round kettle until done and drain.
3. Add the rest of the ingredients (sauce, spices, and cheese) to pasta and bring to 135 degrees.
4. Add Chicken and gently mix together.
5. Serve in 4 inch deep pans. 2 1/2 gallons per pan. 6 ounce scoop for portion.

Updated 8.6.24

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 213.00

Serving Size: 0.75 Serving

Amount Per Serving

Calories	328.36
Fat	11.31g
SaturatedFat	5.00g
Trans Fat	0.04g
Cholesterol	69.49mg
Sodium	632.29mg
Carbohydrates	28.59g
Fiber	1.13g
Sugar	4.82g
Protein	26.61g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.08mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43283
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN LT 4FLZ	1 Each		400783
ICE CRM CUP CHOC LT 4FLZ	1 Each		400713

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	2.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	42.50mg		
Carbohydrates	19.00g		
Fiber	0.50g		
Sugar	14.00g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	591.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32973
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	99 Pound	Commodity/Brown Box	100158
SEASONING TACO MIX	3 Quart		159204
Tap Water for Recipes	2 1/2 Gallon		000001WTR

Preparation Instructions

Cook beef, drain, and add seasoning.
Heat beef and seasoning until temperature.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 591.00
Serving Size: 2.00 ounce weight

Amount Per Serving			
Calories	173.76		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	2.00g		
Cholesterol	52.00mg		
Sodium	274.20mg		
Carbohydrates	1.95g		
Fiber	0.97g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco Meat

Servings:	450.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32975
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	60 Pound	Commodity/Brown Box	100101
SEASONING TACO MIX	2 Quart 1 Pint (10 Cup)		427446
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Defrost Chicken
2. Add 10 cups Taco Seasoning and 2 gallons of water to thawed diced chicken.
3. Bring to Boil, reduce to simmer and cook for 15 minutes stirring occasionally

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 450.00

Serving Size: 2.00 ounce weight

Amount Per Serving			
Calories	83.91		
Fat	2.13g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	44.80mg		
Sodium	287.33mg		
Carbohydrates	1.42g		
Fiber	0.00g		
Sugar	0.00g		
Protein	12.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.42mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carnitas (Pulled Pork)

Servings:	240.00	Category:	Entree
Serving Size:	4.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49460
School:	Washington Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	60 Pound	Commodity/Brown Box	110730*
SEASONING TACO MIX	2 Quart 1 Pint (10 Cup)		427446
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Defrost Chicken
2. Add 10 cups Taco Seasoning and 2 gallons of water to thawed diced chicken.
3. Bring to Boil, reduce to simmer and cook for 15 minutes stirring occasionally

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 240.00

Serving Size: 4.00 ounce weight

Amount Per Serving			
Calories	197.34		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	72.00mg		
Sodium	830.73mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	0.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.67mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Bean Corn Salsa

Servings:	592.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49482

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z	3 #10 CAN	N/A	452841
BEANS BLACK LO SOD	6 #10 CAN	Rinse and Drain	231981
CORN WHL KERNEL FCY GRADE	2 #10 CAN	Drain	118966
JUICE LIME	1 Quart		199028
SPICE GARLIC POWDER	1/2 Cup		513857
SAUCE HOT	1 Cup		790835
CHIP TORTL RND YEL	2960 Piece		163020

Preparation Instructions

DO THE DAY BEFORE YOU SERVE!

Mix all ingredients; divide between 2-6" pans. The day you serve it put into 2-4" pans for elementary and 2 1/2 pans 6" for Middle/High School.

Serve with 5 chips.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 592.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	97.79
Fat	2.13g
SaturatedFat	0.23g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	130.95mg
Carbohydrates	17.11g
Fiber	2.52g
Sugar	1.02g
Protein	2.99g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.10mg	Iron 1.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43224
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1 Pound 12 1/10 Ounce (28 1/10 Ounce)	1 Package	183910
Tap Water for Recipes	2 Quart	Boiling	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Stir and serve.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	189.30
Fat	1.58g
SaturatedFat	0.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	683.57mg
Carbohydrates	32.60g
Fiber	10.52g
Sugar	0.00g
Protein	10.52g
Vitamin A 0.74IU	Vitamin C 1.04mg
Calcium 58.84mg	Iron 2.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49459
School:	Washington Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1 1/2 Quart		231059
Tap Water for Recipes	2 1/2 Quart	N/A	000001WTR
SALT KOSHER COARSE	1 Tablespoon		153550
BUTTER PRINT UNSLTD GRD AA	1/3 Cup		299405

Preparation Instructions

STOVE TOP METHOD

Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 25 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.

STEAMER METHOD

Combine rice, HOT water, salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturers directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160 °F). Fluff with fork before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	174.72		
Fat	3.76g		
SaturatedFat	1.48g		
Trans Fat	0.00g		
Cholesterol	6.34mg		
Sodium	230.40mg		
Carbohydrates	32.64g		
Fiber	0.96g		
Sugar	0.00g		
Protein	3.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.63mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla-Homemade

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32977
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	N/A	150250

Preparation Instructions

Pour ½ cup cheese on half the shell and fold it over. Put on large cookie sheet, spray with butter spray. Fill the warmer and batch cook in oven for a few minutes as needed.

Updated 8.15.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	22.50g
SaturatedFat	15.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	527.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	2.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 443.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43212
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CINN IW	1 Package		150291
FRENCH TST MINI CHOC CHIP IW	1 Package		498492

Preparation Instructions

Heat according to directions on package.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	200.00		
Fat	6.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	205.00mg		
Carbohydrates	35.50g		
Fiber	3.50g		
Sugar	10.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	170.00mg	Iron	2.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	56.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43692

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
Tap Water for Recipes	2 Gallon	N/A	000001WTR
BASE CHIX LO SOD	1/2 Cup		130869
SALT IODIZED	1 1/2 Tablespoon	N/A	108286
SPICE PEPR BLK REG FINE GRIND	2 1/2 Teaspoon		225037
SPICE GARLIC POWDER	2 1/2 Teaspoon		513857
SPICE PARSLEY FLAKES	1 1/2 Tablespoon		259195
PASTA NOODL KLUSKI AMISH	5 Pound	**Non-Whole Grain**	456632

Preparation Instructions

Put chicken, water, chicken base and spices in a 6" steamtable pan. Place in steamer for 30 minutes (no lid). Remove and add noodles. Cook another 20 minutes. Serve with 6oz spoodle. 56 serving per pan

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	242.72		
Fat	5.07g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	137.00mg		
Sodium	307.80mg		
Carbohydrates	28.71g		
Fiber	0.71g		
Sugar	0.43g		
Protein	18.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32981
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Pound 12 Ounce (28 Ounce)	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
Tap Water for Recipes	4 Liter	1 gallon plus 1 cup	000001WTR

Preparation Instructions

RECONSTITUTE

1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.

2: Add all potatoes, stir for 15 seconds.

3: Let stand for 5 minutes, stir and serve.

Updated 8.15.23

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	0.500

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.34		
Fat	0.87g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	322.07mg		
Carbohydrates	14.80g		
Fiber	0.87g		
Sugar	0.00g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade PB & J (Half Sandwich)

Servings:	2.00	Category:	Entree
Serving Size:	0.50 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49461
School:	Washington Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
JELLY GRP	1 Tablespoon		857333
USDA Commodity Smooth Peanut Butter	2 TBSP.	USDA Brown Box Commodity	100396

Preparation Instructions

Spread peanut butter on one slice of bread. Spread jelly on other slice of bread. Put bread slices together. Package or serve with cheese stick.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 2.00

Serving Size: 0.50 Each

Amount Per Serving	
Calories	205.00
Fat	9.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	217.50mg
Carbohydrates	26.50g
Fiber	3.00g
Sugar	9.50g
Protein	6.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pulled Pork

Servings:	40.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43636
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	5 Pound	Thaw	110730*
SAUCE BBQ SWEET	1/2 Cup		435170

Preparation Instructions

Thaw pork ahead of time.

Add 1/2 cup of BBQ sauce to 5 lbs. of pork and heat according to instructions on package.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 40.00

Serving Size: 2.00 ounce weight

Amount Per Serving

Calories	100.00		
Fat	5.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	36.00mg		
Sodium	233.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.80g		
Protein	11.00g		
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

No 100g Conversion Available

SideKicks Frozen Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43238
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW	1 Each	N/A	863880
SLUSHIE BL RASP/LEM	1 Each	N/A	794181
SLUSHIE SR CHRY-LEM	1 Each	N/A	667911
SLUSHIE STRAWB-MANG	1 Each	N/A	863890

Preparation Instructions

Note: These count as juice and students should only be allowed one.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA TRAD PARBK 16IN	1 Each	**Non-Whole Grain**	717315
SAUCE PIZZA W/BASL	1 1/2 Cup		256013
CHEESE MOZZ SHRD	1 Quart		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	382.50
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	687.50mg
Carbohydrates	39.50g
Fiber	2.50g
Sugar	5.25g
Protein	20.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 440.00mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA TRAD PARBK 16IN	1 Each	**Non-Whole Grain**	717315
SAUCE PIZZA W/BASL	1 1/2 Cup	N/A	256013
CHEESE MOZZ SHRD	1 Quart		645170
PEPPERONI SLCD 18-20/Z	32 Slice		730025

Preparation Instructions

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	419.83
Fat	18.47g
SaturatedFat	8.07g
Trans Fat	0.00g
Cholesterol	38.00mg
Sodium	810.17mg
Carbohydrates	39.50g
Fiber	2.50g
Sugar	5.25g
Protein	22.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 440.00mg	Iron 3.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Ziti

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49463
School:	Washington Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	3 1/2 Gallon		000001WTR
Spaghetti Sauce	3 1/8 Gallon		852759
PASTA MOSTACC RIG W/LINES	6 1/4 Pound	**Non-Whole Grain**	413350
CHEESE MOZZ SHRD	6 1/4 Pound	N/A	645170
SPICE GARLIC POWDER	2 Fluid Ounce		513857
SPICE PARSLEY FLAKES	2 Fluid Ounce		513989
CHEESE RICOTTA WHP PART SKM	6 1/4 Pound		512265
EGG WHL LIQ	1 Quart 1 Pint (6 Cup)		284122

Preparation Instructions

1. Cook the pasta in boiling water until just short of 'al dente'. DO NOT OVERCOOK. Place a colander over a bowl and drain the pasta. Place the drained pasta in a large bowl or pan, and mix in half of the sauce. Set aside.
2. Place all of the ricotta cheese in a large bowl or pan. Mix in the eggs, garlic powder, and dried parsley until well combined. Stir 3 1/8 pounds of mozzarella cheese and combine well. Set aside.
3. In a large bowl, combine the cooked pasta with sauce with the cheese mixture. Use (4) 2-2/1" deep pans for 100 servings. Using the remaining sauce, ladle 3 cups of sauce onto the bottom of each pan. Put 27 cups of mixture in each pan. Fill the pans with the pasta mixture leaving enough room to top each pan with 3 cups more of sauce. Finish by topping each pan with 12 1/2 ounce of the remaining mozzarella cheese each.
4. Cover each pan with foil.

CCP: Bake in a 350°F oven until the cheese has melted and the baked ziti reached 165°F for 15 seconds, about 45 minutes. Remove foil from pans during the last 20 minutes of baking.

CCP: Hold hot at 140°F or higher until served.

Portion Size = 1 cup (8 fluid ounce spoodle)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	303.72
Fat	11.52g
SaturatedFat	5.53g
Trans Fat	0.00g
Cholesterol	82.29mg
Sodium	707.63mg
Carbohydrates	34.08g
Fiber	1.00g
Sugar	9.56g
Protein	15.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 284.60mg	Iron 2.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49464
School:	Washington Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Spaghetti Sauce	1 Fluid Ounce		852759
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	N/A	281622
CHEESE MOZZ SHRD	1 Fluid Ounce	N/A	645170
BUN HAMB WHT WHE 4IN	1 Each		248151

Preparation Instructions

Prepare chicken according to package.

CCP: Heat to 150 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

Place 2 Tablespoons of heated spaghetti sauce on top cooked chicken patty and then place 2 Tablespoons of Mozzarella Cheese on top. Place in warmer to melt cheese and hold until ready to serve.

CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	447.50
Fat	19.25g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	897.50mg
Carbohydrates	45.00g
Fiber	6.00g
Sugar	6.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.77mg	Iron 3.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43209
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK	1 Each	**Non-Whole Grain**	451740
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	N/A	588510

Preparation Instructions

Cook items according to directions on case and then serve sausage patty between biscuit.

Updated 10.10.23

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	13.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	830.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	59.00mg	Iron	2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available



Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43227
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP SPCY SWT REDC	1 Package	N/A	788670
CHIP COOL RNCH REDC FAT	1 Package	N/A	541502
CHIP NACHO REDC FAT	1 Package	N/A	456090
CHIP FLAMAS SPCY LIM R/F	1 Package	N/A	737611

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	5.00g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.75g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.50mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Meat Lovers Stromboli

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49483

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	2 1/2 Ounce	1 Each	863913
CHEESE MOZZ SHRD	1/4 Cup		645170
MEATBALL CKD .65Z 6-5 COMM	2 Each	Cut Up	785860
PEPPERONI SLCD 18-20/Z	3 Slice		730025
BUTTER ALT LIQ PREPOIL	1 Teaspoon	N/A	425532
SEASONING SPAGHETTI ITAL	2 Teaspoon		413453

Preparation Instructions

Simply thaw overnight covered and under refrigeration. Set thawed dough at room temperature for 45 minutes to warm. Use a rolling pin to roll and flatten the dough into a circle about 5 inches across. Add 2 meatballs that have been cut up, 3 slices of peperoni, and 1/4 cup cheese to dough leaving 1 inch around edge. Brush the edges of the dough with water. Roll up, tucking in the ends. Do this slowly and make sure the roll is tight. Brush the top of the calzone with butter alternative and sprinkle with Italian seasoning. Place on lined sheet pan or oiled pizza screen. Bake in preheated 325°F convection oven. Bake for 12-15 minutes or until crust is light golden brown and filling reaches 165°F. Hold at 145°F until ready to 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	404.90
Fat	19.37g
SaturatedFat	7.18g
Trans Fat	0.31g
Cholesterol	39.00mg
Sodium	1180.97mg
Carbohydrates	36.00g
Fiber	4.70g
Sugar	7.00g
Protein	21.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 248.26mg	Iron 2.98mg

*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

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32972
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	200 Slice	USDA Brown Box or Use GFS#722360	100036
BREAD WGRAIN WHT 16-22Z GCHC	100 Each		266547
BUTTER PRINT UNSLTD GRD AA	6 Fluid Ounce	Melted	299405

Preparation Instructions

1. Brush approximately 1 Tablespoon butter on each sheet pan. Will use 3 sheet pans.
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. (1 pan will only have 10 slices)
3. Top each slice of bread with 4 slices of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining butter, approximately 3 Tablespoon per pan.
6. Bake until lightly browned. Conventional oven: 400 degrees for 15-20 minutes Convection oven: 350 degrees for 10-15 minutes

DO NOT OVERBAKE

7. If desired, cut each sandwich diagonally in half

Updated 9.21.23

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	344.00		
Fat	14.64g		
SaturatedFat	7.68g		
Trans Fat	0.00g		
Cholesterol	37.20mg		
Sodium	830.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.72mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43250
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN		101427
1% Low Fat White Milk*	7 Carton	7 Cups	13871

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN MILK. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE at 160-170°.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	141.30
Fat	1.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	546.94mg
Carbohydrates	25.79g
Fiber	1.01g
Sugar	17.67g
Protein	6.03g
Vitamin A 70.00IU	Vitamin C 0.00mg
Calcium 165.29mg	Iron 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49466
School:	Washington Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GLDFSH GRHM FREN TST	1 Each	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GRHM TIGER BITE CHOC	1 Package		123171

Preparation Instructions

Note: These products are considered a dessert grain at lunch.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	121.43
Fat	3.93g
SaturatedFat	0.86g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.29mg
Carbohydrates	20.29g
Fiber	1.29g
Sugar	7.43g
Protein	1.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.14mg	Iron 0.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boom Boom Chicken

Servings:	55.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	15 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM	2 Quart	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	877930

Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 3 sheet pans and place 1-5lb bag of popcorn chicken onto each sheet pan.
2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
3. Once chicken has reached temperature place all three sheet pans into a 6 inch and add 8 cups of sauce.
4. Toss popcorn chicken in sauce enough to coat.
5. Hold for in warmer until ready for service.

Each student should receive 10 pieces of popcorn chicken.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	438.34		
Fat	31.81g		
SaturatedFat	5.95g		
Trans Fat	0.00g		
Cholesterol	88.48mg		
Sodium	848.94mg		
Carbohydrates	19.58g		
Fiber	3.04g		
Sugar	2.33g		
Protein	19.28g		
Vitamin A	202.92IU	Vitamin C	0.00mg
Calcium	20.29mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43280
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	17 Pound	Thaw	100158
ONION VIDALIA SWT	1 Pound		558133
SPICE GARLIC POWDER	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		513857
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037
TOMATO PUREE 1.06	1 1/16 Gallon	1 gallon 2 quarts About 2-#10 Cans	270091
Tap Water for Recipes	12 Gallon 1 Quart (49 Quart)	1 quart for sauce and 12 Gallon to cook pasta in.	000001WTR
SPICE PARSLEY FLAKES	1/2 Cup		259195
SPICE BASIL LEAF	1/4 Cup		518341
SPICE OREGANO LEAF	1/4 Cup		513733
SPICE MARJORAM LEAF	1 Fluid Ounce		513709
SPICE THYME LEAF	1 Tablespoon		513814
SALT SEA	1/4 Cup		748590
PASTA SPAGHETTI 10IN	9 1/2 Pound	Break into thirds **Non-whole Grain**	654560

Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.

Add granulated garlic, pepper, tomato puree, 1 quart water, parsley, basil, oregano, marjoram, thyme. Simmer about

1 hour.

CCP: Heat to 155° F or higher for at least 15 seconds.

Heat water to rolling boil. Add salt.

Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.

Stir into meat sauce

Divide equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 100 servings, use 6 pans.

CCP: Hold for hot service at 135° F or higher.

Portion with 8 oz ladle (1 cup) per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.030
Grain	1.520
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	340.25
Fat	12.94g
SaturatedFat	4.06g
Trans Fat	2.03g
Cholesterol	52.78mg
Sodium	328.72mg
Carbohydrates	37.03g
Fiber	2.24g
Sugar	3.78g
Protein	20.24g
Vitamin A 0.05IU	Vitamin C 0.22mg
Calcium 11.09mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available