

# **Cookbook for Washington Elementary**

**Created by HPS Menu Planner**

# Table of Contents

**Variety of Assorted Pop-Tarts®**

**Assorted Cereal**

**Assorted Variety of Cereal Bar (2 Grain)**

**Goldfish® Grahams**

**Assorted Variety of Yogurt Cups**

**Uncrustable with Cheese Stick and Goldfish**

**Cereal Fun Lunch Kit**

**Jell-O Fruit Cup**

**Sub Sandwich (Ham and Turkey)**

**Spicy Chicken Sandwich**

**Parsley Potatoes**

**Mini Waffles**

**Elementary: Yogurt Parfait**

**Mini Pancakes**

**Biscuit & Gravy**

**BeneFIT Bar**

**Chicken Alfredo**

**Pizza Lunchable**

**Nacho Fun Lunch**

**Ice Cream Cup**

**Ground Beef Taco Meat**

**Chicken Taco Meat**

**Carnitas (Pulled Pork)**

**Refried Beans**

**Brown Rice**

**Black Bean Corn Salsa**

**Cheese Quesadilla-Homemade**

**Mini French Toast**

**Chicken & Noodles**

**Mashed Potatoes**

**Homemade PB & J (Half Sandwich)**

**BBQ Pulled Pork**

**SideKicks Frozen Fruit Slushie**

**Homemade Cheese Pizza**

**Homemade Pepperoni Pizza**

**Baked Ziti**

**Chicken Parmesan Sandwich**

**Doritos®**

**Sausage Biscuit**

**Homemade Meat Lovers Stromboli**

**Grilled Cheese Sandwich**

**Cheeseburger on Bun**

**Tomato Soup**

**Graham Snack**

**Boom Boom Chicken**

**Spaghetti and Meat Sauce**

**Hamburger on Bun**

# Variety of Assorted Pop-Tarts®

<b>Servings:</b>	4.00	<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-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

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Assorted Cereal

<b>Servings:</b>	9.00	<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-43192
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Assorted Variety of Cereal Bar (2 Grain)

<b>Servings:</b>	3.00	<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-43196
<b>School:</b>	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

<b>Meat</b>	0.000
<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-43195
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	123.33
<b>Fat</b>	4.17g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	125.00mg
<b>Carbohydrates</b>	19.67g
<b>Fiber</b>	1.33g
<b>Sugar</b>	7.00g
<b>Protein</b>	1.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 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 Yogurt Cups

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-43194
<b>School:</b>	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

<b>Meat</b>	1.000
<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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: 2.00

Serving Size: 1.00 Kit

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Cereal Fun Lunch Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43201
<b>School:</b>	East Porter County School Corporation- Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	1 Each	Or use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
Assorted Cereal	1 Serving		R-43192
Assorted Variety of Yogurt Cups	1 Serving		R-43194

## Preparation Instructions

Package 1 of each item together and hold in cold storage until ready for service.

### 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 Kit

Amount Per Serving			
<b>Calories</b>	348.30		
<b>Fat</b>	8.27g		
<b>SaturatedFat</b>	2.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.33mg		
<b>Sodium</b>	589.79mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	1.72g		
<b>Sugar</b>	17.67g		
<b>Protein</b>	14.97g		
<b>Vitamin A</b>	33.33IU	<b>Vitamin C</b>	0.40mg
<b>Calcium</b>	425.24mg	<b>Iron</b>	3.95mg

\*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

<b>Servings:</b>	110.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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: 110.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

\*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)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43199
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33507
<b>School:</b>	East Porter County School Corporation- Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each		327080
BUN HAMB WHT WHE 4IN	1 Each		248151

## Preparation Instructions

Bake Chicken Patty according to manufactures directions.

Place chicken patty on hamburger bun and wrap. Keep warm for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	41.00g		
<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>	62.02mg	<b>Iron</b>	3.43mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Parsley Potatoes

<b>Servings:</b>	21.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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>	0.500

### Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-43210
<b>School:</b>	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

<b>Meat</b>	0.000
<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Elementary: Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PARFAIT	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43197
<b>School:</b>	East Porter County School Corporation- Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F	3/4 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

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PARFAIT

#### Amount Per Serving

<b>Calories</b>	465.72
<b>Fat</b>	9.24g
<b>SaturatedFat</b>	2.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.19mg
<b>Sodium</b>	163.34mg
<b>Carbohydrates</b>	83.99g
<b>Fiber</b>	5.00g
<b>Sugar</b>	39.15g
<b>Protein</b>	12.72g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 231.72mg	<b>Iron</b> 1.60mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Mini Pancakes

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42211
<b>School:</b>	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

<b>Meat</b>	0.000
<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

<b>Servings:</b>	3.00	<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-43211
<b>School:</b>	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

<b>Meat</b>	0.000
<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: 3.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	213.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32979
<b>School:</b>	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

<b>Meat</b>	3.250
<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: 213.00

Serving Size: 0.75 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Lunchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43200
<b>School:</b>	East Porter County School Corporation- Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each		677721
Shredded Mozzarella Cheese, Part Skim	1/2 Cup	USDA Brown Box	100021
FLATBREAD W/GRAIN 4IN	2 Each	<b>THAW</b> 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart.	959048

## Preparation Instructions

Package all ingredients together and hold in cold storage for service.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	10.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	880.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.20IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	22.18mg	<b>Iron</b>	2.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Nacho Fun Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43198
<b>School:</b>	East Porter County School Corporation- Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP	1 Each		528690
SALSA CUP	1 Each		677802
CHIP TORTL RND R/F	1 Each		662512

## Preparation Instructions

Package all items together for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	419.30
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	920.50mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 373.00mg	<b>Iron</b> 0.60mg

\*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

<b>Servings:</b>	2.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43283
<b>School:</b>	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

<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: 2.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	591.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 ounce weight	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32973
<b>School:</b>	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

<b>Meat</b>	2.000
<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: 591.00  
Serving Size: 2.00 ounce weight

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

<b>Servings:</b>	450.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 ounce weight	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32975
<b>School:</b>	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

<b>Meat</b>	2.000
<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: 450.00

Serving Size: 2.00 ounce weight

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

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

<b>Meat</b>	2.000
<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: 240.00

Serving Size: 4.00 ounce weight

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

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Refried Beans

<b>Servings:</b>	16.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43224
<b>School:</b>	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

<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>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	189.30		
<b>Fat</b>	1.58g		
<b>SaturatedFat</b>	0.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	683.57mg		
<b>Carbohydrates</b>	32.60g		
<b>Fiber</b>	10.52g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.52g		
<b>Vitamin A</b>	0.74IU	<b>Vitamin C</b>	1.04mg
<b>Calcium</b>	58.84mg	<b>Iron</b>	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

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49459
<b>School:</b>	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

<b>Meat</b>	0.000
<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: 25.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

\*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

<b>Servings:</b>	592.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 592.00

Serving Size: 0.25 Cup

### Amount Per Serving

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

\*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

<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-32977
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Mini French Toast

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-43212
<b>School:</b>	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

<b>Meat</b>	0.000
<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: 2.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	56.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Pound 12 Ounce (28 Ounce)	<b>RECONSTITUTE</b> 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

<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>	0.500

## Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49461
<b>School:</b>	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

<b>Meat</b>	0.500
<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: 2.00

Serving Size: 0.50 Each

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

<b>Servings:</b>	40.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 ounce weight	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43636
<b>School:</b>	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

<b>Meat</b>	1.000
<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: 40.00

Serving Size: 2.00 ounce weight

#### Amount Per Serving

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

---

**No 100g Conversion Available**

---

# SideKicks Frozen Fruit Slushie

<b>Servings:</b>	4.00	<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-43238
<b>School:</b>	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

<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: 4.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

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

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

#### Amount Per Serving

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

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49463
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

<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-49464
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43227
<b>School:</b>	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

<b>Meat</b>	0.000
<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: 4.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Sausage Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-43209
<b>School:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

\*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

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

<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>	404.90
<b>Fat</b>	19.37g
<b>SaturatedFat</b>	7.18g
<b>Trans Fat</b>	0.31g
<b>Cholesterol</b>	39.00mg
<b>Sodium</b>	1180.97mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.70g
<b>Sugar</b>	7.00g
<b>Protein</b>	21.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 248.26mg	<b>Iron</b> 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

<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-32972
<b>School:</b>	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

<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: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33508
<b>School:</b>	East Porter County School Corporation- Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/APPLSCE	1 Each	N/A	644950
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice	N/A	499789
BUN HAMB WHT WHE 4IN	1 Each		248151

## Preparation Instructions

Cook beef patty according to manufactures directions.

Place cooked hamburger patty on hamburger bun with cheese slice and wrap. Keep warm for service.

Updated 8.6.24

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	295.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	112.02mg	<b>Iron</b>	1.48mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Tomato Soup

<b>Servings:</b>	14.00	<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-43250
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49466
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	15 Pound	<b>BAKE</b> FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM	2 Quart	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 10.00 Piece

### Amount Per Serving

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

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43280
<b>School:</b>	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

<b>Meat</b>	2.030
<b>Grain</b>	1.520
<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: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hamburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49462
<b>School:</b>	Washington Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/APPLSCE	1 Each	N/A	644950
BUN HAMB WHT WHE 4IN	1 Each		248151

## Preparation Instructions

Cook beef patty according to manufactures directions.

Place cooked hamburger patty on hamburger bun and wrap. Keep warm for service.

### 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 Sandwich

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.02mg	<b>Iron</b>	1.43mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---