

Cookbook for Carr Elementary School

Created by HPS Menu Planner

Table of Contents

Chicken Biscuit

Sausage Biscuit

Broccoli & Cheese

Chicken & Waffle

Cheeseburger

Baked BBQ Chicken

BBQ Wings

Hot Wings- Carr

Breakfast Bowl

***1/2 Grilled Cheese Sandwich**

Breakfast Strawberry Yogurt Plate

Strawberry Uncrustable Plate

Grape Uncrustable Plate

BBQ Chicken

Chicken & Donut Bites

Ham & Cheese Biscuit

Green Eggs & Ham

BBQ Wings- Carr

Tater Tots- 1/2 C

Donut Holes

Lucky Charms Cereal Bar

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8092
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
DOUGH BISC STHRN EZ SPLT	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	300.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 42.00mg
Calcium 120.00mg	Iron 2.68mg

*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:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-8093
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN EZ SPLT	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SAUSAGE PTY CKD CN 1.5Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
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: 0.00

Amount Per Serving	
Calories	370.00
Fat	25.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	710.00mg
Carbohydrates	26.00g
Fiber	1.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8146
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	1/2 Cup		359010
SAUCE CHS CHED	1 Ounce		271081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.549
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	76.01
Fat	4.40g
SaturatedFat	2.53g
Trans Fat	0.00g
Cholesterol	15.38mg
Sodium	236.37mg
Carbohydrates	4.43g
Fiber	2.00g
Sugar	1.22g
Protein	5.85g
Vitamin A 213.19IU	Vitamin C 0.00mg
Calcium 134.32mg	Iron 0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffle

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8165
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE SQ 4IN WGRAIN 144-1.42Z KRUST	1 Each		671751
CHIX BRST STRP FRTRR HMSTYL PEPR 2-5#	1 Piece	DEEP_FRY Appliances vary; adjust accordingly. Uncooked: For safety, product must be cooked to an internal temperature of 165°F as measured by a thermometer. Deep Fry Deep fry at 350°F 4 - 5 minutes from frozen or 335°F 5 - 6 minutes from frozen.	160970

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: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	198.33
Fat	8.83g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	11.67mg
Sodium	431.67mg
Carbohydrates	22.83g
Fiber	2.83g
Sugar	3.50g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8193
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD	1 Slice		271411
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each		517810
BEEF PTY CKD LO SOD 2.25Z 6-5 JTM	1 Each		655482

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving	
Calories	330.50
Fat	15.60g
SaturatedFat	6.40g
Trans Fat	0.58g
Cholesterol	48.50mg
Sodium	591.40mg
Carbohydrates	27.00g
Fiber	3.80g
Sugar	4.50g
Protein	21.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 115.00mg	Iron 2.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked BBQ Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8231
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	1 Ounce		884891
SAUCE BBQ SWEET	1 Tablespoon		435170

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	95.00		
Fat	2.20g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	178.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	8.30g		
Vitamin A	26.00IU	Vitamin C	0.00mg
Calcium	4.00mg	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

BBQ Wings

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9221
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE BBQ SWEET	1 Tablespoon		435170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.600
Grain	0.800
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: 4.00

Amount Per Serving

Calories	200.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	425.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	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

Hot Wings- Carr

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9222
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT 4-1GAL LABRND	1 Teaspoon		259945
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each		747651

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	700.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	100.00IU	Vitamin C	2.40mg
Calcium	17.00mg	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

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10678
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN	4 Ounce		265632
BACON CKD SLCD 2- 150CT ARMR	2 Slice		563315
EGG SCRMBD CKD FZ	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330

Preparation Instructions

No Preparation Instructions available.

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	0.667

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	370.00		
Fat	22.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	200.00mg		
Sodium	900.00mg		
Carbohydrates	29.33g		
Fiber	2.67g		
Sugar	2.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.22mg	Iron	1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

*1/2 Grilled Cheese Sandwich

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10680
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST	1 Teaspoon		651171
CHEESE AMER 160CT SLCD	2 Slice		150260
BREAD WGRAIN HNY WHT	1 Slice		204822

Preparation Instructions

1. Spray bottom of pan with butter spray.
2. Put down 1 slice of bread, 4 slices of cheese, and top with one more sliced of bread.
3. Spray top of bread with butter spray.
4. CCP: Heat to 135 degrees F or higher.
5. Cut each sandwich in half.
6. CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	200.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	555.00mg
Carbohydrates	18.00g
Fiber	1.00g
Sugar	4.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 211.00mg	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

Breakfast Strawberry Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11868
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each		419172
CHEESE STRING MOZZ IW	1 Each		786580

Preparation Instructions

No Preparation Instructions available.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	295.00mg
Carbohydrates	49.00g
Fiber	2.00g
Sugar	27.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 310.00mg	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

Strawberry Uncrustable Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11872
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ STRAWB	1 Each		536012
CHEESE STRING MOZZ LT IW	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	360.00		
Fat	19.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	480.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	16.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	242.00mg	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

Grape Uncrustable Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11873
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	1 Each		786801
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	360.00		
Fat	19.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	480.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	16.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.00mg	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 Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11975
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	2 1/2 Ounce		884891
SAUCE BBQ SWEET	1 Tablespoon		435170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	177.50		
Fat	5.50g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	212.50mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	20.75g		
Vitamin A	65.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Donut Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12238
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each	Cook chicken according to directions on box. Place 4 chicken in box.	747651
DONUT HOLE WGRAIN .41Z	3 Each	Put 3 glazed donut holes in box with chicken.	839520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	5.250
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	350.00
Fat	14.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	660.00mg
Carbohydrates	34.00g
Fiber	1.00g
Sugar	3.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12242
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN EZ SPLT	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
HAM SLCD W/A 8-5 640CT COMM	2 Ounce	Put ham and cheese on biscuit; wrap biscuit.	651470
CHEESE AMER 160CT SLCD R/F 6-5# COMM	1 Slice		864090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.139
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 Serving

Amount Per Serving

Calories	285.66
Fat	13.28g
SaturatedFat	6.89g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	965.33mg
Carbohydrates	29.28g
Fiber	1.00g
Sugar	4.64g
Protein	15.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 219.00mg	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

Green Eggs & Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12998
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
COLORING FOOD GREEN	1 Teaspoon	After cooking scrambled eggs add to pan with eggs and stir.	573051
PAN COAT SPRAY	1 Teaspoon		112828
HAM SMKD PIT CLSC W/A CARVNG	1 Ounce		741361

Preparation Instructions

Day Before Service

1. Remove eggs and ham from freezer using oldest pack date first. Remove bags from case, and place in single layer on a clean pan to thaw overnight in cooler.

CCP: Thaw raw protein products on cooler shelf above raw meat and below fresh and ready to eat items, following HACCP cooler shelf guidelines to prevent cross-contamination.

Day of Service

2. Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

3. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

4. Remove products from cooler and freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

5. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

6. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

Egg:

7. Place 5 lb bag (unopened) in perforated pan, and place in steamer.

8. Heat for 30-40 minutes or until product reaches serving temperature.

CCP: Heat to 165° F or higher for at least 15 seconds

9. Remove product from steamer. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

10. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

11. Open bag, being conscious of steam, and carefully empty into clean steam table pan. Stir in enough food coloring to reach desired color. Cover.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

Ham (can be done day before and reheated to 165F in morning):

12. Preheat oven to 350°F.

13. Place ham in a clean roasting pan with 1" of water.

14. Place in oven and bake for about 90 minutes, until internal temperature reaches 165°F or higher for at least 15 seconds

CCP: Heat to 165° F or higher for at least 15 seconds

15. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Clean and sanitize meat slicer before and after use. Be cautious of sharp blades when handling, cleaning and in use.

16. Following equipment instructions, use meat slicer to cut ham into 1oz slices.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

17. Offer each student one (1) biscuit, one (1) slice of ham, and 2oz, by weight, eggs.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	126.28
Fat	7.63g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	205.67mg
Sodium	597.61mg
Carbohydrates	2.08g
Fiber	0.00g
Sugar	0.00g
Protein	11.03g
Vitamin A 0.10IU	Vitamin C 0.00mg
Calcium 36.51mg	Iron 0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Wings- Carr

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17995
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET	1 Tablespoon		435170
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each		747651

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	250.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	655.00mg		
Carbohydrates	29.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.00mg	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

Tater Tots- 1/2 C

Servings:	1.00	Category:	Vegetable
Serving Size:	2.52 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19168
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	2 1/2 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

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	1.260

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.52 Ounce

Amount Per Serving			
Calories	36.40		
Fat	1.96g		
SaturatedFat	0.28g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	100.80mg		
Carbohydrates	4.48g		
Fiber	0.28g		
Sugar	0.28g		
Protein	0.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.80mg	Iron	0.06mg

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

Nutrition - Per 100g

Calories	50.95		
Fat	2.74g		
SaturatedFat	0.39g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	141.10mg		
Carbohydrates	6.27g		
Fiber	0.39g		
Sugar	0.39g		
Protein	0.78g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.92mg	Iron	0.08mg

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

Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20191
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520
ICING VAN RTU HEAT NICE	1 Ounce	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	8.000
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: 6.00 Each

Amount Per Serving			
Calories	355.00		
Fat	17.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	47.00g		
Fiber	2.00g		
Sugar	22.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	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

Lucky Charms Cereal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47517
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each	none	368248

Preparation Instructions

1. Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.
2. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.
CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.
3. Remove product from dry storage room using oldest pack date first.
4. Offer each student one (1) cereal bar

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00
Fat	6.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	51.00g
Fiber	5.00g
Sugar	16.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 420.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available