

Cookbook for Highland Elementary

Created by HPS Menu Planner

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Corn Dogs



| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45999 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|---|------------|
| CORN DOG CHIX WGRAIN | 1 Each | BAKE CONVENTIONAL OVEN 375°F. PREHEAT OVEN. PLACE CORN DOGS ON A NONSTICK BAKING SHEET. FROM FROZEN - HEAT FOR APPROXIMATELY 20 MINUTES. FROM THAWED - HEAT FOR APPROXIMATELY 15 MINUTES. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH A MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT. | 620220 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 240.00 |
| Fat | 9.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 470.00mg |
| Carbohydrates | 30.00g |
| Fiber | 2.00g |
| Sugar | 8.00g |
| Protein | 9.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 100.00mg | Iron 1.50mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 1 cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44301 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------|------------|
| CARROT BABY WHL CLEANED | 1/2 Cup | | 510637 |

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1 cup

| Amount Per Serving | |
|-----------------------------|-------------------------|
| Calories | 44.50 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 80.00mg |
| Carbohydrates | 10.68g |
| Fiber | 3.56g |
| Sugar | 5.36g |
| Protein | 0.00g |
| Vitamin A 21400.00IU | Vitamin C 7.80mg |
| Calcium 37.36mg | Iron 0.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Spiral French fries



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45903 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------|-------------|---|------------|
| FRIES SPIRAL | 3 Ounce | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES. | 200859 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 110.00 |
| Fat | 4.00g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 20.00mg |
| Carbohydrates | 17.00g |
| Fiber | 1.00g |
| Sugar | 1.00g |
| Protein | 1.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 10.00mg | Iron 0.30mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 129.34 |
| Fat | 4.70g |
| SaturatedFat | 0.59g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 23.52mg |
| Carbohydrates | 19.99g |
| Fiber | 1.18g |
| Sugar | 1.18g |
| Protein | 1.18g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 11.76mg | Iron 0.35mg |

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ketchup



| | | | |
|----------------------|--------------|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 Package | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46031 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------|-------------|--|------------|
| KETCHUP PKT LO SOD | 2 Each | HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat | 634610 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Package

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 20.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 50.00mg | | |
| Carbohydrates | 4.00g | | |
| Fiber | 0.00g | | |
| Sugar | 4.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit



| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 300.00 | Category: | Fruit |
| Serving Size: | 1.00 Apple | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46041 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------|-----------------------------|--|------------|
| Apples, Gala | 18 Gallon 3 Quart (300 Cup) | READY_TO_EAT Rinse under cool water and let dry | 310 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Apple

| | | | |
|---------------------------|---------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 98.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.00mg | | |
| Carbohydrates | 23.53g | | |
| Fiber | 4.00g | | |
| Sugar | 17.84g | | |
| Protein | 0.43g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 12.00mg | Iron | 0.21mg |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable



| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-47838 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--------------------------------|------------|
| Whole Grain Uncrustable | 1 | | 536012 |
| CHEESE STRING MOZZ IW | 1 Each | READY_TO_EAT Ready to eat. | 786580 |
| CRACKER GLDFSH WGRAIN COLOR | 1 Package | READY_TO_EAT Ready to Enjoy | 112702 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 480.00 |
| Fat | 25.50g |
| SaturatedFat | 8.00g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 650.00mg |
| Carbohydrates | 49.00g |
| Fiber | 1.00g |
| Sugar | 16.00g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 242.00mg | Iron 1.72mg |

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**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Chicken patty on bun

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 PATTY | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46774 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Tyson Whole Grain Breaded Chicken Patty | 1 | | 281622 |
| Hamburger Bun | 1 Ounce | | 270913 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 3.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PATTY

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 390.00 |
| Fat | 16.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 670.00mg |
| Carbohydrates | 41.00g |
| Fiber | 6.00g |
| Sugar | 5.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 2.00mg |

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**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Green Beans w/butter buds



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45931 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|--------------|--|------------|
| BEAN GREEN CUT FNCY 4SV | 1/2 Cup | BOIL Stove Top Cooking Instructions: Empty contents into saucepan and heat on medium-high until hot; do not boil. Drain, season to taste and serve. Avoid overcooking. Microwave Oven Cooking Instructions: Empty contents into microwave-safe dish; cover; heat on | 118737 |
| BUTTER SUB | 1 Tablespoon | | 209810 |

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 | 0.500 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 27.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 200.00mg | | |
| Carbohydrates | 6.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 1.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 3.00mg |
| Calcium | 30.00mg | Iron | 0.40mg |

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 85.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46565 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|--------------|--|------------|
| POTATO PRLS GLDN X-RICH | 1 Carton | RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve. | 559911 |
| SALT IODIZED | 1 Tablespoon | READY_TO_EAT used to salt food | 350732 |
| Tap Water for Recipes | 2 Gallon | UNPREPARED | 000001WTR |
| MARGARINE SLD | 1/4 Pound | READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn. | 733061 |

Preparation Instructions

Add salt to carton before mixing.

Place boiling water in steam pan or mixer.

Put 1/4 pound margarine and then slowly add carton of potatoes mix until smooth.

Put on serving line or in pass through.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 78.32 | | |
| Fat | 1.04g | | |
| SaturatedFat | 0.42g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 430.77mg | | |
| Carbohydrates | 14.87g | | |
| Fiber | 0.79g | | |
| Sugar | 0.00g | | |
| Protein | 1.49g | | |
| Vitamin A | 70.59IU | Vitamin C | 0.00mg |
| Calcium | 7.66mg | Iron | 0.23mg |

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Nutrition - Per 100g

No 100g Conversion Available

Mayonaise

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-48352 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------|-------------|-------------------|------------|
| MAYONNAISE PKT | 2 Package | | 433744 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | | 120.00 | |
| Fat | | 12.00g | |
| SaturatedFat | | 2.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 10.00mg | |
| Sodium | | 120.00mg | |
| Carbohydrates | | 2.00g | |
| Fiber | | 0.00g | |
| Sugar | | 0.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Barbecue Sauce



| | | | |
|----------------------|---------------------|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 Packet | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-48351 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------|-------------|-------------------|------------|
| SAUCE BBQ PKT | 2 Each | | 294659 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Packet

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | | 40.00 | |
| Fat | | 0.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 180.00mg | |
| Carbohydrates | | 10.00g | |
| Fiber | | 0.00g | |
| Sugar | | 8.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Zee Zee Applesauce



| | | | |
|----------------------|-------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46022 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| APPLESAUCE WTRMLN CUP | 1 Each | | 276161 |
| APPLESAUCE CHERRY CUP 96-4.5Z ZZ | 1 Each | | 726570 |
| APPLESAUCE STRWB BAN CUP | 1 Package | | 250012 |
| APPLESAUCE PLN R/S CUP | 1 Each | | 276171 |
| APPLESAUCE CINN | 1 Each | | 358572 |
| APPLESAUCE BLUE RASPB | 1 Each | | 358553 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 66.67 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 5.00mg | | |
| Carbohydrates | 17.50g | | |
| Fiber | 1.00g | | |
| Sugar | 15.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.17mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pretzel w/Cheese

NO IMAGE

| | | | |
|----------------------|-------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46025 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| PRETZEL SFT PREBKD 5Z | 1 Each | | 764370 |
| SAUCE CHS CHED DIP CUP | 1 Each | | 528690 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 550.00 |
| Fat | 11.00g |
| SaturatedFat | 6.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 810.00mg |
| Carbohydrates | 88.00g |
| Fiber | 4.00g |
| Sugar | 14.00g |
| Protein | 22.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 353.00mg | Iron 4.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45979 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| BEAN VEGETARIAN 6-10 COMM | 1/2 Cup | | 120530 |

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 | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 160.00 | | |
| Fat | 1.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 140.00mg | | |
| Carbohydrates | 29.00g | | |
| Fiber | 5.00g | | |
| Sugar | 7.00g | | |
| Protein | 5.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick

NO IMAGE

| | | | |
|----------------------|----------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Container | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46026 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|--|------------|
| SLUSHIE BL RASP/LEM | 1 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 794181 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Container

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 90.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 30.00mg |
| Carbohydrates | 22.00g |
| Fiber | 0.00g |
| Sugar | 18.00g |
| Protein | 0.00g |
| Vitamin A 1000.00IU | Vitamin C 60.00mg |
| Calcium 80.00mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Pizza- rectangle



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Piece | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-47726 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|---|------------|
| PIZZA PEPP 4X6 WGRAIN 100 | 1 Each | BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment. | 152111 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 289.60 |
| Fat | 11.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 519.90mg |
| Carbohydrates | 32.00g |
| Fiber | 3.90g |
| Sugar | 8.00g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 219.96mg | Iron 2.54mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit



| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 150.00 | Category: | Fruit |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-46039 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------|-------------|--|------------|
| Apples, Gala | 1 Serving | READY_TO_EAT Rinse under cool water and let dry | 310 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.65 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.01mg | | |
| Carbohydrates | 0.16g | | |
| Fiber | 0.03g | | |
| Sugar | 0.12g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.08mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

corn



| | | | |
|----------------------|-------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46028 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------|-------------|-------------------|------------|
| CORN FZ 30 COMM | 1/2 Cup | | 120490 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | | 67.00 | |
| Fat | | 1.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 1.00mg | |
| Carbohydrates | | 16.00g | |
| Fiber | | 2.00g | |
| Sugar | | 3.00g | |
| Protein | | 2.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 5.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45986 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|---|------------|
| CHIX NUG BRD WGRAIN FC .7Z | 5 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 281831 |

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: 5.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 240.00 |
| Fat | 14.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 440.00mg |
| Carbohydrates | 16.00g |
| Fiber | 3.00g |
| Sugar | 1.00g |
| Protein | 14.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.90mg |

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Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 56.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46899 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| Carrots, Sliced, Low-Sodium, Canned | 3 #10 CAN | STEAM Drain carrots and place in steam table pan. Cook in steamer. | IN100309 |
| MARGARINE SLD | 1/4 Pound | READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn. | 733061 |
| SUGAR BROWN MED | 1 Cup | UNSPECIFIED | 108626 |

Preparation Instructions

Put 3 cans of carrots in steam pan. Add 1/4 lb margarine and 1 cup brown sugar. Heat in combi or steamer 20-30 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 52.09 | | |
| Fat | 1.57g | | |
| SaturatedFat | 0.64g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 209.71mg | | |
| Carbohydrates | 8.97g | | |
| Fiber | 1.39g | | |
| Sugar | 6.20g | | |
| Protein | 0.00g | | |
| Vitamin A | 107.14IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Ranch

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|---------------------|
| Servings: | 400.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 Package | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46033 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------|-------------|-------------------|------------|
| DRESSING RNCH FF | 800 Each | | 261432 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 2.00 Package

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 18.60 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 252.80mg |
| Carbohydrates | 4.00g |
| Fiber | 0.00g |
| Sugar | 2.00g |
| Protein | 0.40g |
| Vitamin A 4.64IU | Vitamin C 0.14mg |
| Calcium 13.32mg | Iron 0.04mg |

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Nutrition - Per 100g

No 100g Conversion Available

Celery



| | | | |
|----------------------|----------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-45991 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
| CELERY STIX | 1/2 Cup | | 781592 |

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 | 0.500 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 15.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 80.00mg | | |
| Carbohydrates | 3.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 1.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch w/egg omelet

NO IMAGE

| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45994 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| EGG OMELET CHS COLBY | 1 Each | BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 10 minutes. Cook frozen product for approx. 20 minutes. | 554470 |
| SAUSAGE LNK CKD SKNLS 1Z | 2 Each | BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed. | 734969 |
| BREAD ELFIN BLUEB LOAF WGRAIN | 1 Each | READY_TO_EAT Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use. | 592048 |
| HASHBROWN FAST 2.5Z | 2 Each | | 242241 |

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 | 0.500 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 760.00 |
| Fat | 51.00g |
| SaturatedFat | 18.00g |
| Trans Fat | 0.00g |
| Cholesterol | 245.00mg |
| Sodium | 1240.00mg |
| Carbohydrates | 56.00g |
| Fiber | 6.00g |
| Sugar | 12.00g |
| Protein | 23.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 132.00mg | Iron 3.22mg |

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Nutrition - Per 100g

No 100g Conversion Available

Grape tomatoes



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45904 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| Grape Tomatoes-pint | 1/2 Cup | READY_TO_EAT | 4281 |

Preparation Instructions

Clean. Portion in bowls. Serve chilled

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

| Amount Per Serving | |
|---------------------------|--------------------------|
| Calories | 30.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 0.00mg |
| Carbohydrates | 6.00g |
| Fiber | 1.00g |
| Sugar | 4.00g |
| Protein | 1.00g |
| Vitamin A 750.00IU | Vitamin C 27.00mg |
| Calcium 0.00mg | Iron 0.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti

NO IMAGE

| | | | |
|----------------------|-------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46020 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| PASTA SPAGHETTI CKD | 1 Cup | | 835910 |
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 1 Ounce | BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned. | 573201 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.357 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.089 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 289.82 | | |
| Fat | 7.25g | | |
| SaturatedFat | 1.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 9.82mg | | |
| Sodium | 106.79mg | | |
| Carbohydrates | 44.61g | | |
| Fiber | 2.36g | | |
| Sugar | 3.25g | | |
| Protein | 10.68g | | |
| Vitamin A | 115.54IU | Vitamin C | 3.39mg |
| Calcium | 17.86mg | Iron | 2.46mg |

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Nutrition - Per 100g

No 100g Conversion Available

Garden Salad

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|-----------|
| Servings: | 132.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46768 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|----------------------------|-------------------|------------|
| LETTUCE ROMAINE CHOP | 8 Gallon 1 Quart (132 Cup) | | 735787 |
| CARROT SHRD MED | 1 Cup | | 313408 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.008 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 10.38 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.68mg | | |
| Carbohydrates | 2.09g | | |
| Fiber | 1.03g | | |
| Sugar | 1.05g | | |
| Protein | 1.02g | | |
| Vitamin A | 201.30IU | Vitamin C | 0.04mg |
| Calcium | 16.35mg | Iron | 0.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Strawberry Cup

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46001 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------|-------------|-------------------|------------|
| STRAWBERRY CUP | 1 Each | | 655010 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 90.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 22.00g | | |
| Fiber | 2.00g | | |
| Sugar | 18.00g | | |
| Protein | 1.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Breadstick



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45997 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| BREADSTICK CHS STFD | 1 Each | | 789310 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 0.750 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 150.00 | | |
| Fat | 6.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 10.00mg | | |
| Sodium | 230.00mg | | |
| Carbohydrates | 16.00g | | |
| Fiber | 1.00g | | |
| Sugar | 0.00g | | |
| Protein | 8.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 180.00mg | Iron | 1.20mg |

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Nutrition - Per 100g

No 100g Conversion Available

Italian Dressing



| | | | |
|----------------------|---------------------|-----------------------|---------------------|
| Servings: | 100.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 Package | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46771 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| DRESSING ITAL FF PKT | 200 Each | | 187194 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Package

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 20.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 110.00mg | | |
| Carbohydrates | 4.00g | | |
| Fiber | 0.00g | | |
| Sugar | 4.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

French Dressing

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|---------------------|
| Servings: | 100.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 Package | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46770 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|--|------------|
| DRESSING FREN LT PKT | 200 Package | BOIL 1. Place bag in rapidly boiling water until internal temp reaches 165°F (approximately 20 minutes thawed or 40 minutes from frozen). 2. CAREFULLY remove HOT bag from boiling water and shake bag until contents are mixed thoroughly. Caution: Bag is HOT , handle with care. 3. CAREFULLY cut the corner of bag and empty contents into serving container. 4. Hold and serve at 150°F. | 187186 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Package

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 60.00 | | |
| Fat | 4.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 80.00mg | | |
| Carbohydrates | 6.00g | | |
| Fiber | 0.00g | | |
| Sugar | 6.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 2.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger w/bun



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 PATTY | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45902 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BUN HAMB SLCD WGRAIN WHT 4 10- 12CT | 1 Each | | 266546 |
| BEEF STK BRGR CHARB | 1 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available. | 203260 |

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.250 |
| 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 PATTY

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 350.00 | | |
| Fat | 16.00g | | |
| SaturatedFat | 6.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 60.00mg | | |
| Sodium | 370.00mg | | |
| Carbohydrates | 25.00g | | |
| Fiber | 3.00g | | |
| Sugar | 4.00g | | |
| Protein | 23.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Sauce

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|---------------------|
| Servings: | 400.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 Package | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46032 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------|-------------|-------------------|------------|
| SAUCE BBQ PKT | 800 Each | | 294659 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 2.00 Package

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | | 40.00 | |
| Fat | | 0.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 180.00mg | |
| Carbohydrates | | 10.00g | |
| Fiber | | 0.00g | |
| Sugar | | 8.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

pizza cruncher



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46027 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|--|------------|
| APTZR PIZZA CHS CRUNCHER 8-3.125 | 4 Each | BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required. | 143271 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 420.00 |
| Fat | 20.00g |
| SaturatedFat | 9.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 670.00mg |
| Carbohydrates | 41.00g |
| Fiber | 6.00g |
| Sugar | 3.00g |
| Protein | 20.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 427.00mg | Iron 2.21mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Wings

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 400.00 | Category: | Entree |
| Serving Size: | 5.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44289 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-----------------|---|------------|
| CHIX BRST CHNK GLDNCRSP WGRAIN | 13 3/13 Package | 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 |

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: 400.00

Serving Size: 5.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 201.06 |
| Fat | 8.80g |
| SaturatedFat | 1.88g |
| Trans Fat | 0.00g |
| Cholesterol | 25.13mg |
| Sodium | 339.30mg |
| Carbohydrates | 12.57g |
| Fiber | 2.51g |
| Sugar | 0.00g |
| Protein | 17.59g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 11.31mg | Iron 1.26mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Emoji mashed potatoes



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 5.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45982 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| POTATO MASH SHPD EMOTICON | 5 Each | | 538872 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.100 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 140.00 | | |
| Fat | 5.00g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 95.00mg | | |
| Carbohydrates | 23.00g | | |
| Fiber | 2.00g | | |
| Sugar | 0.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 10.00mg | Iron | 0.70mg |

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Nutrition - Per 100g

No 100g Conversion Available

Tangerine stir fry

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 400.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45900 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|----------------------------------|--|------------|
| CHIX KIT TANGR ORANGE WGRAIN | 97 Pound 8 Ounce (1560 Ounce) | | 791710 |
| RICE FRIED VEG WGRAIN | 87 Pound 8 Ounce (1400 Ounce) | BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately. | 676463 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.686 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.077 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.077 |

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 350.17 | | |
| Fat | 5.48g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 45.00mg | | |
| Sodium | 641.02mg | | |
| Carbohydrates | 57.03g | | |
| Fiber | 4.37g | | |
| Sugar | 14.78g | | |
| Protein | 17.56g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.93mg | Iron | 1.86mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45901 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| BROCCOLI CUTS IQF | 1 Cup | BAKE | 285590 |

Preparation Instructions

Place 10# of Broccoli into a sprayed 4B holey pan, then place that into a sprayed 4B metal pan. Cover and store in cooler

until it's time to cook. Around 9:30, put broccoli in the steamer or combi oven for approx. 15-20 min, or until internal temp

reaches 141 degrees or higher for 15 seconds. Drain broccoli, then cover with plastic wrap and place in room warmers.

*Can substitute 6 tsp. of Butter Buds for margarine.

Amount laid out will depend on the day's count.

***Use this broccoli if the commodity is not available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 33.33 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 20.00mg | | |
| Carbohydrates | 6.67g | | |
| Fiber | 4.00g | | |
| Sugar | 1.33g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 46.67mg | Iron | 1.33mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Fried Rice

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 400.00 | Category: | Vegetable |
| Serving Size: | 5.90 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46689 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|--------------------------------|--|------------|
| RICE FRIED VEG WGRAIN | 147 Pound 8 Ounce (2360 Ounce) | BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately. | 676463 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.130 |

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 5.90 Ounce

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 270.00 |
| Fat | 2.50g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 440.00mg |
| Carbohydrates | 54.00g |
| Fiber | 4.00g |
| Sugar | 3.00g |
| Protein | 6.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 10.00mg | Iron 0.70mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 161.42 |
| Fat | 1.49g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 263.06mg |
| Carbohydrates | 32.28g |
| Fiber | 2.39g |
| Sugar | 1.79g |
| Protein | 3.59g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 5.98mg | Iron 0.42mg |

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

Mac & Cheese

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 400.00 | Category: | Entree |
| Serving Size: | 0.67 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45812 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|--|------------|
| ENTREE MACAR CHS R/F | 400 Serving | READY_TO_EAT Fully prepared product. Heat from a thawed state. See package for detailed preparation. Unopened pouch can be heated in steamer or boiling water until internal temperature reaches 165°F (about 35 - 40 min). Maintain hot holding temperature at 145°F. Use caution when opening pouch since product is very hot. | 566700 |

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: 400.00

Serving Size: 0.67 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 281.40 |
| Fat | 10.72g |
| SaturatedFat | 6.03g |
| Trans Fat | 0.33g |
| Cholesterol | 30.15mg |
| Sodium | 978.20mg |
| Carbohydrates | 32.16g |
| Fiber | 0.67g |
| Sugar | 6.03g |
| Protein | 16.75g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 413.39mg | Iron 1.34mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Canned Fruit

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 50.00 | Category: | Fruit |
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-46040 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| PEACH DCD IN JCE | 1 Quart | | 610372 |
| PEAR DCD IN JCE | 1 Quart | | 610364 |
| APPLESAUCE UNSWT | 1 Quart | | 271497 |
| PINEAPPLE TIDBITS IN WTR | 1 Quart | READY_TO_EAT | 612464 |
| FRUIT COCKTAIL DCD XL/S | 1 Quart | | 258362 |
| ORANGES MAND WHL L/S | 1 Quart | | 117897 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 58.36 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 3.20mg | | |
| Carbohydrates | 13.79g | | |
| Fiber | 1.08g | | |
| Sugar | 9.51g | | |
| Protein | 0.40g | | |
| Vitamin A | 45.85IU | Vitamin C | 0.59mg |
| Calcium | 10.41mg | Iron | 0.27mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 51.47 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.82mg | | |
| Carbohydrates | 12.16g | | |
| Fiber | 0.95g | | |
| Sugar | 8.39g | | |
| Protein | 0.35g | | |
| Vitamin A | 40.44IU | Vitamin C | 0.52mg |
| Calcium | 9.18mg | Iron | 0.24mg |

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

Roll w/margarine



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45813 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| ROLL DNNR WGRAIN WHT 1Z 10-12CT | 1 Each | | 266548 |
| MARGARINE CUP SPRD WHPD | 1 Each | READY_TO_EAT These individual servings of whipped vegetable oil spread work well with take-out or grab-and-go front-of-house. | 772331 |

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: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 90.00 | | |
| Fat | 3.33g | | |
| SaturatedFat | 0.67g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 141.67mg | | |
| Carbohydrates | 12.00g | | |
| Fiber | 1.00g | | |
| Sugar | 2.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 15.00mg | 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

Garden Salad

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-45814 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | | 0.00 | |
| Fat | | 0.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 0.00mg | |
| Carbohydrates | | 0.00g | |
| Fiber | | 0.00g | |
| Sugar | | 0.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese



| | | | |
|----------------------|---------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45989 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|--------------|--|------------|
| MARGARINE LIQUID | 1 Tablespoon | READY_TO_EAT This ready-to-use liquid margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn. | 266965 |
| BREAD WGRAIN WHT 16-22Z GCHC | 2 Each | | 266547 |
| CHEESE AMER YEL 160CT SLCD | 2 Slice | | 271411 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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 Sandwich

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 360.00 |
| Fat | 22.00g |
| SaturatedFat | 7.00g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 930.00mg |
| Carbohydrates | 34.00g |
| Fiber | 4.00g |
| Sugar | 5.00g |
| Protein | 11.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 190.00mg | Iron 2.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available

peanut butter



| | | | |
|----------------------|----------------|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Container | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46035 |
| School: | Highland HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| PEANUT BUTTER CUP | 1 Each | | 522141 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.500 |
| 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 Container

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 120.00 | | |
| Fat | 10.00g | | |
| SaturatedFat | 1.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 95.00mg | | |
| Carbohydrates | 6.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 5.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 10.00mg | 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

Tomato Soup



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-47730 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|---|------------|
| SOUP TOMATO | 1 Cup | UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally. | 101427 |

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 | 0.760 |
| 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 | 180.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 960.00mg | | |
| Carbohydrates | 40.00g | | |
| Fiber | 2.00g | | |
| Sugar | 24.00g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 1.20mg |

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

Nutrition - Per 100g

No 100g Conversion Available

pizza



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 400.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45993 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--|------------|
| PIZZA CHS 4X6 WGRAIN 100 | 400 Each | BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion. | 153650 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.125 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 280.30 |
| Fat | 11.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 430.00mg |
| Carbohydrates | 32.00g |
| Fiber | 4.00g |
| Sugar | 9.00g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 259.97mg | Iron 2.18mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Stick 6"

NO IMAGE

| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 2.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45984 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| BREADSTICK CHS STFD WGRAIN 6IN | 2 Each | <p>CONVECTION Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks may be thawed in packaging.4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> | 235411 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 300.00 |
| Fat | 10.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 440.00mg |
| Carbohydrates | 34.00g |
| Fiber | 4.00g |
| Sugar | 2.00g |
| Protein | 20.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 444.00mg | 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

marinara sauce



| | | | |
|----------------------|---------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-49617 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| SAUCE MARINARA DIPN CUP 84-2.5Z REDG | 1 Each | | 677721 |

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 | 0.500 |
| 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 | 50.00 | | |
| Fat | 1.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 240.00mg | | |
| Carbohydrates | 10.00g | | |
| Fiber | 0.00g | | |
| Sugar | 6.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.70mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage link



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 2.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46561 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|---|------------|
| SAUSAGE TKY LNK BKFST CKD | 2 Each | GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance. | 352740 |

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 | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 120.00 | | |
| Fat | 8.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 60.00mg | | |
| Sodium | 180.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 12.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.72mg |

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

Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 5.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-46688 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| JUICE BOX GRP 100 | 1 Each | | 698211 |
| JUICE BOX FRT PNCH 100 | 1 Each | | 698240 |
| JUICE BOX ORNG TANGR 100 | 1 Each | | 698251 |
| JUICE BOX VERY BRY | 1 Each | | 698391 |
| JUICE BOX APPL 100 | 1 Each | | 698744 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 64.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 7.00mg | | |
| Carbohydrates | 16.20g | | |
| Fiber | 0.00g | | |
| Sugar | 14.80g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

french toast



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 400.00 | Category: | Entree |
| Serving Size: | 3.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46559 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Papetti's Whole Grain Cinnamon French Toast Sticks | 1200 Each | | 669431 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 3.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 210.00 | | |
| Fat | 9.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 105.00mg | | |
| Sodium | 290.00mg | | |
| Carbohydrates | 26.00g | | |
| Fiber | 2.00g | | |
| Sugar | 11.00g | | |
| Protein | 8.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Syrup

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|---------------------|
| Servings: | 400.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46562 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------|-------------|-------------------|------------|
| SYRUP PANCK CUP | 400 Each | | 160090 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | | 120.00 | |
| Fat | | 0.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 20.00mg | |
| Carbohydrates | | 30.00g | |
| Fiber | | 0.00g | |
| Sugar | | 22.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumsticks

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46767 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|---|------------|
| CHIX DRMSTX BRD WGRAIN CKD | 1 Piece | BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. | 603391 |

Preparation Instructions

BAKE

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.

2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.

3. Heat for 25-30 minutes or until internal temperature reaches 165 degrees F or Greater.

For best performance hold on a sheet pan, uncovered, with a wire rack, at 135 degrees F or greater until service

Serving size: 1 drumstick

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 220.00 | | |
| Fat | 13.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 60.00mg | | |
| Sodium | 530.00mg | | |
| Carbohydrates | 6.00g | | |
| Fiber | 1.00g | | |
| Sugar | 0.00g | | |
| Protein | 19.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 14.00mg | Iron | 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger w/bun



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 PATTY | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-49619 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| BUN HAMB SLCD WGRAIN WHT 4 10- 12CT | 1 Each | | 266546 |
| BEEF STK BRGR CHARB | 1 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available. | 203260 |
| CHEESE AMER 160CT SLCD R/F R/SOD | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 189071 |

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.250 |
| 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 PATTY

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 385.00 |
| Fat | 18.00g |
| SaturatedFat | 7.75g |
| Trans Fat | 0.00g |
| Cholesterol | 67.50mg |
| Sodium | 475.00mg |
| Carbohydrates | 26.00g |
| Fiber | 3.00g |
| Sugar | 5.00g |
| Protein | 26.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 128.50mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Bug Bites- Graham Crackers

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Bag | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-45981 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| CRACKER GRHM BUG BITES | 1 Package | | 859560 |

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: 1.00 Bag

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 120.00 | | |
| Fat | 3.50g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 115.00mg | | |
| Carbohydrates | 21.00g | | |
| Fiber | 1.00g | | |
| Sugar | 8.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.70mg |

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

Nutrition - Per 100g

No 100g Conversion Available
