

Cookbook for Powers

Created by HPS Menu Planner

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Loaded Nachos



Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	9 Pound		722330
SAUCE CHS QUESO WHT	1 Ounce		860200
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
LETTUCE SHRD TACO 1/8CUT	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		242489
SALSA 103Z	1 Ounce	READY_TO_EAT None	452841
SOUR CREAM PKT	1 9/16 Gallon		746283
CHILIES GREEN DCD	3/4 Cup		131460
CHIP TORTL RND WGRAIN	6 1/4 Pound	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Directions:

Cook meat according to directions on the box. CCP: Heat to 155° F or higher for at least 15 seconds.

Pan tortilla chips in a nice array in a paper boat.

Pan toppings for students to build their own nacho boat. Place meat and cheese on top of nachos and have

container of sour cream, salsa, green chilies, and taco sauce for the students to top their nachos with.

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately ¼ cup) tortilla chips.

Notes:

1: Comments: *See Marketing Guide.

2: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and

3: Seasoning Mixes) may be used to

4: replace these ingredients. For

5: 50 servings, use ¼ cup 1 ½ tsp

6: Mexican Seasoning Mix. For 100

7: servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

8: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE)

Amount Per Serving

Meat	0.909
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.005
OtherVeg	0.001
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

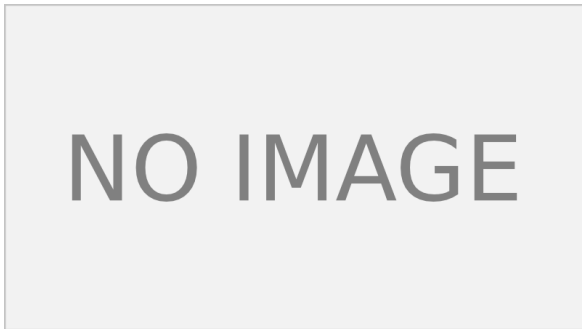
Calories	193.45
Fat	8.28g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	15.78mg
Sodium	259.80mg
Carbohydrates	22.47g
Fiber	2.93g
Sugar	1.00g
Protein	7.84g
Vitamin A 0.45IU	Vitamin C 0.00mg
Calcium 54.01mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito



Servings:	96.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48677

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	1 Gallon 2 Quart (6 Quart)	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. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	6 Pound	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
TORTILLA FLOUR ULTRGR 9IN	96 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	6 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	9 Pound	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	452841

Preparation Instructions

PREPARATION

1. Scramble the liquid eggs for 5-7 minutes or until fluffy, then add salt and pepper.
2. Cook the turkey sausage by sauteeing in tilt skillet for 15-20 minutes or until internal temperature of 165 is reached. Alternately, the sausage can be baked on sheet pans at 350 degrees F. until 165 degrees is reached.
3. Assemble the burritos:
 - a. One tortilla
 - b. 1oz turkey sausage
 - c. 1oz cheese
 - d. 2oz scrambled eggs
 - e. 1.5oz salsa
 - f. Fold tortilla into a burrito

SERVING

Serving = 1 Burrito

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 each

Amount Per Serving

Calories	417.81
Fat	25.69g
SaturatedFat	13.06g
Trans Fat	0.00g
Cholesterol	50.94mg
Sodium	609.13mg
Carbohydrates	34.56g
Fiber	4.00g
Sugar	3.00g
Protein	14.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 245.13mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turner Blue Smoothie



Servings:	16.00	Category:	Entree
Serving Size:	8.00 each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48680

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 ASEP	2 Quart		586455
YOGURT BLUEB L/F	2 Quart		558311

Preparation Instructions

Instructions

INGREDIENTS WEIGHT MEASURE:

Yogurt Low Fat Blueberry (8 cups)

Juice, grape, unsweetened, chilled 2 lb 3oz 4 cups

Combine yogurt and juice in 8 quart or larger measurement-marked food storage container; stir until well mixed.

Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add juice as needed to yield 16 total cups and stir.

Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled. Refrigerate if not serving immediately. May also refrigerate overnight.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 16.00

Serving Size: 8.00 each

Amount Per Serving

Calories	115.00
Fat	1.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	75.63mg
Carbohydrates	21.94g
Fiber	0.00g
Sugar	19.25g
Protein	4.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.81mg	Iron 0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Granola Bar



Servings:	1.00	Category:	Entree
Serving Size:	7.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49574
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY	1 Pint		225614
BLUEBERRY IQF 30# COMM	8 Ounce		765971
STRAWBERRY WHL IQF	8 Ounce		244630
VINEGAR BLSM	1 1/2 Tablespoon		383910
OATS QUICK HOT CEREAL	3 Pound		467251
SUGAR BROWN LT	8 Ounce		860311
COCONUT FANCY SHRD	1 Pound		265829
SALT KOSHER PRM	1 Tablespoon		311356
SEED SUNFLWR RSTD SLTD	1 Pound		337910
CRANBERRY DRIED SWTND	1 Pound		350882
OIL BLND CNOLA/XVRGN 90/10	1 Cup		732900
PASTE TAHINI	2 Pound		320198
FLAVORING VANILLA IMIT	2 Fluid Ounce		110744
APPLESAUCE UNSWT	9 Ounce		271497

Preparation Instructions

PRE-PREPARATION

1. Preheat conventional oven to 300 F (convection oven to 350 F).
2. Generously spray sheet pans with pan spray.
3. Make Berry Sauce:

Ingredients:

HONEY (First amount= 2 TBSP.)

BLUEBERRIES FROZEN

STRAWBERRIES FRZ WHOLE

VINEGAR BALSAMIC

- a. Thaw frozen berries.
- b. Pulse all ingredients together in robot coup for a few seconds (Dont puree - It should still be chunky).
- c. Set aside.

PREPARATION

1. Combine all dry ingredients in large mixing bowl or floor mixing bowl.
2. In skillet, over medium heat, mix oil, tahini, second honey amount, vanilla, and Berry Sauce until well blended. Mixture should be creamy.
3. Add melted wet mixture, plus applesauce, to dry ingredients.
4. Evenly divide mixture between prepared pans. Use rolling pin to ensure uniform thickness.
5. Bake for 15-20 minutes.
6. Cool and cut 8x8 while warm. One pan is 32 servings.

Note: Store overnight before serving.

7. Store, covered, up to 3 days at room temperature.
8. Can be frozen for up to 2 weeks.

SERVING

Serving = 1 Bar (7oz)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 7.00 Ounce

Amount Per Serving

Calories	15345.93
Fat	551.03g
SaturatedFat	66.76g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10807.07mg
Carbohydrates	2476.59g
Fiber	267.29g
Sugar	1327.08g
Protein	267.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 541.64mg	Iron 76.52mg

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

Nutrition - Per 100g

Calories	7733.02
Fat	277.67g
SaturatedFat	33.64g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5445.83mg
Carbohydrates	1247.99g
Fiber	134.69g
Sugar	668.73g
Protein	134.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 272.94mg	Iron 38.56mg

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

Broccoli Alfredo

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49584
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ	1 Quart		549292
PASTA ROTINI 100 WHLWHE	1 Quart		867850
CREAM WHIP 40 HVY ESL	1 Pint	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	428801
CHEESE PARM GRTD	1 Cup		445401
SPICE BASIL LEAF	1 Teaspoon		518341
SPICE GARLIC POWDER	1/2 Teaspoon		513857
STARCH CORN	1 Fluid Ounce		318012
SPICE PEPR BLK REST GRIND	1 pepper		242179

Preparation Instructions

Directions:

1. Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 Tbsp of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
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: 1.00 cup

Amount Per Serving

Calories	8368.08
Fat	260.01g
SaturatedFat	152.00g
Trans Fat	0.00g
Cholesterol	800.00mg
Sodium	1736.25mg
Carbohydrates	1352.00g
Fiber	216.00g
Sugar	72.00g
Protein	296.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1152.18mg	Iron 57.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22183

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
MUFFIN ENG WGRAIN 2Z 12-12CT MUFFTOWN	1 Each		709431

Preparation Instructions

Heat egg, according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then , and egg.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	235.00
Fat	9.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	107.50mg
Sodium	525.00mg
Carbohydrates	25.50g
Fiber	3.00g
Sugar	1.50g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.50mg	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

Walking Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30219
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS QUESO BLANCO FZ	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.260
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	392.96
Fat	19.63g
SaturatedFat	7.74g
Trans Fat	0.01g
Cholesterol	50.45mg
Sodium	783.06mg
Carbohydrates	33.15g
Fiber	4.36g
Sugar	1.26g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.55mg	Iron 1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49597
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon		518551
JUICE LIME	1 Cup		199028
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE CUMIN GRND	1 Fluid Ounce		777072
GARLIC WHL FRSH	7/8 Cup		907673
SEASONING ANCHO CHILI	1/4 Cup		748570
CILANTRO CLEANED	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10	1/2 Cup		524948
HONEY SQZ BTL 16Z	1 Pint		217523
VINEGAR APPLE CIDER 5	1 Cup		430795
CORN CUT IQF	1 Pint 1 1/4 Cup (3 1/4 Cup)	BAKE	285620
PEPPERS GREEN DCD 1/4IN	1 1/2 Pound		198331
PEPPERS RED DCD 3/8IN	1 1/2 Quart		581992

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330
ONION RED DCD 1/4IN	1 Pint		429201
PEPPERS JALAP SLCD 128CT	4 Ounce		466240

Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	97.89		
Fat	1.14g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	144.86mg		
Carbohydrates	18.57g		
Fiber	4.93g		
Sugar	6.64g		
Protein	3.82g		
Vitamin A	240.12IU	Vitamin C	14.37mg
Calcium	9.50mg	Iron	0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Tacos

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49590
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR	3 Pound		481492
TORTILLA FLOUR ULTRGR 6IN	48 Each		882690
SALSA 6-10 COMM	1 1/2 Cup		150570
CHEESE MOZZ SHRD 30 COMM	12 Ounce		150620

Preparation Instructions

Heat eggs until eternal temperature in 135 or above.

For each taco, at time of service: Lay 1 tortillas on top of each other and add one #12 green 3 ounce scoop of cooked scrambled egg mixture and top with one #30 black 1 ounce scoop of cheddar cheese, and on #30 black 1 ounce scoop with salsa.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

Calories	7514.30
Fat	384.28g
SaturatedFat	189.49g
Trans Fat	0.00g
Cholesterol	3760.47mg
Sodium	11194.88mg
Carbohydrates	800.65g
Fiber	99.00g
Sugar	100.33g
Protein	282.63g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1955.72mg	Iron 70.33mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spartan Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30215
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
Hamburger Bun 4in - Wheat	1 Each		51070

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 Serving

Amount Per Serving

Calories	384.40
Fat	16.57g
SaturatedFat	2.97g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	715.00mg
Carbohydrates	41.66g
Fiber	5.27g
Sugar	4.32g
Protein	19.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Marinara Sauce



Servings:	100.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49586
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION VIDALIA SWT	1/4 Cup	Peel, wash, and finely chop. Add to large pan.	558133
SPICE GARLIC POWDER	1/4 Cup		224839
SUGAR BROWN LT	2 1/2 Ounce		846775
SEASONING SPAGHETTI ITAL	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)		413453
Diced Tomatoes cnd	1 #10 CAN		100329
Tomato Sauce cnd	1 #10 CAN	Mix all ingredients in large pan and heat until boiling	100334
PASTA SPAGHETTI WHLWHE	12 Pound		400367

Preparation Instructions

1. Cook pasta al dente per package instructions and set aside.
2. Make red sauce: Add 4 cups of water. Mix all ingredients (minus the pasta) in a large pan and heat until boiling. 165*
3. Preheat oven to 350 degrees F. on day of service.

PREPARATION

1. Mix 4.5lb of cooked pasta with 130 fl oz (8.75#) of red sauce per hotel pan.
2. Cover with parchment paper and foil (tightly wrapped).
3. Heat pasta at 350 degrees for about 30 minutes or until the internal temperature reaches 165 degrees F.
4. Hot hold for service at 145 degrees F. or above.

SERVING

Serving = 1 Cup (8oz.)

Optional: Serve 2oz of shredded mozzarella cheese over pasta as per customer request.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	28.17		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	64.00mg		
Carbohydrates	6.74g		
Fiber	0.81g		
Sugar	5.38g		
Protein	0.52g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	3.04mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Trop-Kale Smoothie



Servings:	100.00	Category:	Entree
Serving Size:	10.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49592
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT	10 Pound		197769
MANGO CHUNKS IQF 4-5 GCHC	15 Pound		120750
KALE CHPD	1 Pound		897111
PINEAPPLE CHNK IN JCE	7 Pound	READY_TO_EAT Ready to Eat	116300
JUICE ORNG 100 UNSWT	2 Gallon		100617
Cold Water	3 Quart		0000

Preparation Instructions

PRE-PREPARATION

1. Peel bananas.
2. Wash and destem kale.

PREPARATION

1. Add all ingredients to a large cambro.
2. Using an immersion blender, puree until smooth consistency is achieved.
3. Portion into 10oz. cups.

SERVING

Serving = 10oz.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 10.00 Fluid Ounce

Amount Per Serving

Calories	62.02
Fat	0.24g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.71mg
Carbohydrates	15.67g
Fiber	1.66g
Sugar	10.29g
Protein	0.82g

Vitamin A	66.29IU	Vitamin C	4.54mg
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Calcium	6.47mg	Iron	0.18mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Homemade Blueberry Oat Bars

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49593
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 Quart 1 Pint 1 Cup (7 Cup)		330094
OATS QUICK HOT CEREAL	3 Quart		240869
BUTTER PRINT UNSLTD GRD AA	1 Pound	Bring butter to room temperature prior to mixing with flour and oats.	299405
BLUEBERRY IQF	1 Gallon 2 Quart 1 Cup (25 Cup)	Thawed under refrigeration for 24 hours in a slotted 6" hotel pan.	166720
STARCH CORN	1/4 Cup		108413
SUGAR BROWN LT	1 Quart	2 cups for crust 2 cups for filling 1 bag =4 cups use 1/2 bag for crust and 1/2 bag for filling	860311

Preparation Instructions

1. Pre-heat oven to 350 degrees F, grease sheet tray then place 1 sheet of parchment paper. In a mixer, blend flour, oats, 2 cup of brown sugar and cold butter with a large paddle attachment. Mix until large clumps form. do not over mix. divide in half.
2. Transfer 1/2 mixture to a prepared 2" half steam table pan lightly spray butter spray on sides and bottom of pan, then evenly press down to make the crust.
3. Blueberry filling layer, in a 6" steam table pan, mix blueberries, 2 cups brown sugar and corn starch, then placing in steamer for 20 minutes. Let cool 10-15 minutes to thicken to a jam consistency and Pour blueberry filling layer over bottom portion of prepared crust.
4. Sprinkle evenly the remaining 1/2 of crumb mixture on top of blueberry filling and crust. Bake in oven for 20-25

minutes. (Checking at 15 mins). Let cool completely before cutting into bars. Cut into 2" x 2" bars. makes 56 bars for 2oz bars in 1/2 steam table pan

It is best to make 2 days ahead of time.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	293.07		
Fat	8.69g		
SaturatedFat	4.78g		
Trans Fat	0.00g		
Cholesterol	19.20mg		
Sodium	0.40mg		
Carbohydrates	50.64g		
Fiber	5.21g		
Sugar	22.36g		
Protein	5.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.63mg	Iron	1.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	1 2/9 Ounce		294187
CHEESE CHED MLD SLCD .5Z	2 Slice	READY_TO_EAT Use in your favorite recipes.	679171
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Layer with 3 slices of ham. Top with 2 slices of cheese in between the bun. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 135 degrees or above.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	5.21		
Fat	0.23g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.93mg		
Sodium	13.51mg		
Carbohydrates	0.42g		
Fiber	0.04g		
Sugar	0.08g		
Protein	0.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.50mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sliders

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49605
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	18 Pound	UNSPECIFIED Not currently available	570533
White Wheat Slider bun 2.5#	2 Each	READY_TO_DRINK	33037
SAUCE HOT	3 Pound		790835
VINEGAR APPLE CIDER 5	7 Fluid Ounce		430795
PEPPERONCINI 225CT	1 Pint		186333
CHEESE FETA CRMBL	1 Pound		251043
SPICE PEPR RED CAYENNE GRND	4 Gram		225088

Preparation Instructions

Instructions

PRE-PREPARATION

Recipe source: Boulder Valley School District Food Services

1. Prepare the Buffalo Sauce:

Ingredients:

SPICE CAYENNE

SAUCE HOT

VINEGAR APPLE CIDER

- a. Mix all ingredients together and set aside.
2. Chop pepperoncinis if they are not already pre-chopped.
3. Drain and crumble the feta if not purchased this way.
4. Preheat oven to 350 degrees if preparing and serving onsite, sameday.

PREPARATION

1. Mix together the homemade buffalo sauce, the chopped pepperoncinis, crumbled feta, and chicken.
2. Portion into hotel pans - 13 lbs. 4 oz. in each hotel pan.
3. If serving onsite, sameday: Heat in 350-degree oven for 15-20 min. or until temperature reaches 165 degrees.
4. If preparing ahead of time or sending to site kitchens: Cover with parchment and foil, label, and cool store.

SERVING

Reheating Instructions: Reheat at 350 degrees for 15-20 min or until temperature reaches 165 degrees.

Assembly: Put 1/4 cup (2oz.) of chicken mixture per slider bun

Serving = 2 Sliders

Powers: Just do plain shredded chicken sandwiches, Garden Prairie BBQ Sauce.

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: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	130.18		
Fat	5.08g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	53.60mg		
Sodium	143.61mg		
Carbohydrates	1.34g		
Fiber	0.04g		
Sugar	0.08g		
Protein	17.56g		
Vitamin A	0.01IU	Vitamin C	0.01mg
Calcium	0.76mg	Iron	0.60mg

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

Nutrition - Per 100g

Calories	229.60		
Fat	8.96g		
SaturatedFat	2.82g		
Trans Fat	0.00g		
Cholesterol	94.53mg		
Sodium	253.29mg		
Carbohydrates	2.36g		
Fiber	0.07g		
Sugar	0.14g		
Protein	30.97g		
Vitamin A	0.02IU	Vitamin C	0.02mg
Calcium	1.33mg	Iron	1.07mg

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

Pasta Bolognese



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49606
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	1 Tablespoon		292702
CELERY STIX	1 stalk		781592
ONION YELLOW JUMBO	1 onion		200778
BEEF CRMBL CKD IQF 6-5 JTM	3/4 Pound	<p>BAKE For best results, thaw product in cooler (less than 40F) for 48 -72 hrs. From thawed state1. Add thawed Beef Crumbles to the unheated desired sauce 2. Add desired seasoning, spices and vegetables3. Bring up to 160 degrees F.4. Simmer the finished product for 30 min to 1 hour5. Hold hot for service or place into service *Note - Cooking times may vary with equipment</p>	661940
LENTIL DRY	3 1/2 Pound		267591
TOMATO DCD PETITE	2 can	<p>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</p>	498871

Description	Measurement	Prep Instructions	DistPart #
TOMATO PASTE 26	1/4 Cup	READY_TO_EAT Ready to use	100196
CREAM WHIP 40 HVY ESL	1 Cup	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	428801
PASTA PENNE RIGATE 100 WHLWHE	8 Ounce		654571
CHEESE PARM GRTD	1/4 Cup		445401
Cold Water	1 Cup		0000

Preparation Instructions

Directions:

To cook the Bolognese sauce: Put skillet on the stove over medium heat and when it is hot, add oil. Add carrot, celery, and onion and cook about 10 minutes, stirring occasionally, until the vegetables begin to brown. Raise the heat to high. Pinch off tablespoon-size pieces of the beef and add a few at a time, stirring well between additions. Cook, breaking the meat apart until it is no longer raw, starts to give off liquid, and no longer clumps together, about 10 minutes.

Add the water, tomatoes, and tomato paste, stirring well. Cook about 10 minutes until the sauce begins to thicken. Slowly stir in the milk, a little bit at a time. Turn the heat down to low and cook 45 minutes until all the liquid has been absorbed.

To cook the pasta: fill a large pot halfway with water. Bring it to a boil over high heat. Add the pasta and about 12 minutes cook until just tender. Drain the pasta and divide into 4 bowls. Top each bowl with about ¾ cup Bolognese and sprinkle with 1 tablespoon Parmesan cheese. Serve right away.

Notes:

1: One portion equals 1 cup cooked pasta + ¾ cup sauce. Freeze leftover sauce for up to 1 month. You can either make this recipe with Ground Beef or Lentils.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	121.86
Fat	3.98g
SaturatedFat	1.88g
Trans Fat	0.07g
Cholesterol	12.13mg
Sodium	49.50mg
Carbohydrates	18.72g
Fiber	5.20g
Sugar	0.66g
Protein	6.71g
Vitamin A 0.01IU	Vitamin C 0.04mg
Calcium 12.04mg	Iron 1.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33967
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS	1/2 Cup		812821
YOGURT VAN L/F PARFPR	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF	1/2 Cup		244630

Preparation Instructions

Layer ingredients in the following order: fruit* on bottom, yogurt, then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

*May use any kind of fruit(s) available.

**Allergens: Milk, Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.985
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.56
Fat	3.36g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	190.30mg
Carbohydrates	87.59g
Fiber	4.49g
Sugar	49.77g
Protein	11.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.66mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Burrito Bowl

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49607
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Philly Beef Steak	40 Pound		5813
CILANTRO	14 Ounce		896304
BEANS BLACK LO SOD	17 Pound		231981
CORN CUT SUPER SWT	9 Pound		851329
RICE BRN LNG PARBL 25# COMM	14 Pound		378351
Lime juice, raw	1 Pint		9160
VINEGAR APPLE CIDER	1 Cup		323856
PEPPER HATCH MLD DCD 5-5#	4 Pound	Can use enchilada sauce , if you can not find green chili enchilada sauce	833692
RED ONION	1 Pound		15N63
PEPPERS RED	1 Pound		188583
PEPPER PUREE CHIPOTLE	3 Ounce		270772

Preparation Instructions

PRE-PREPARATION

Recipe Source: Boulder Valley School District Food Services

Red onions yield 88%

Red bell peppers yield 80%

Canned black beans yield 56%

Cooked beef yields 63%

Drained peppers yield 94%

1. Puree the chipotle peppers in a food processor.
2. Defrost green chili sauce.
3. Preheat oven to 300 degrees F.

PREPARATION

1. Prepare the Black Bean and Corn Salad:

- a. Defrost corn.
- b. Drain and rinse black beans.
- c. Dice onions and peppers.
- d. Chop cilantro.
- e. Mix together corn, beans, onion, peppers, cilantro.
- f. In separate bowl whisk together vinegar, first lime juice amount, olive oil, and first salt amount.
- g. Combine all ingredients and set aside for later use.

2. Prepare the rice:

- a. Ratio - 1 part rice to 1 part water.
- b. Place rice and water in bowl of rice cooker.
- c. Stir well. Cover with lid.
- d. Turn on rice cooker.
- e. Do not lift lid until rice cooker indicates that the rice is ready.

Note: Alternatively, combine rice and water in hotel pans and cook in steamer until tender (about 20-30 minutes).

3. Prepare the beef:

- a. Trim all silver skin off of beef.
- b. Season with second salt amount and pepper.
- c. Sear in a tilt skillet on all sides for a few minutes until browned.
- d. Add the seared meat to 4 hotel pans and fill with water until the pan is 3/4 of the way full.

Note: You will need to add water throughout the cooking process to make sure the water level stays the same.

- e. Cook for 4 hours at 300 degrees or until it falls apart.
- f. Shred the beef, drain the liquid from the hotel pans but reserve, then place shredded beef back into the hotel pans.
- g. Add the pureed chipotle peppers, second lime juice amount, green chilies, and thawed green chili sauce to the shredded beef.

Note: You can add some of the reserved cooking liquid back in if it is too dry.

SERVING

1 pan = 10lb or 5 quarts = 40 servings

Serving: 1 bowl = 1/2 cup meat mixture (4oz.) with 1 cup rice and topped with 1/2 cup (2.8oz.) of Black Bean and Corn Salsa

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.010
Legumes	1.360
Starch	0.203

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 each

Amount Per Serving

Calories	455.63
Fat	5.32g
SaturatedFat	1.36g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	348.32mg
Carbohydrates	77.59g
Fiber	12.44g
Sugar	4.05g
Protein	22.17g
Vitamin A 0.59IU	Vitamin C 0.36mg
Calcium 109.29mg	Iron 2.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46320
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	2 Ounce		154900
TORTILLA FLOUR ULTRGR 6IN	2 Each		882690

Preparation Instructions

mix all items together and bring to an internal temperature of 135 or above. Serve with tortillas.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

Calories	251.76
Fat	8.35g
SaturatedFat	5.18g
Trans Fat	0.00g
Cholesterol	43.53mg
Sodium	506.47mg
Carbohydrates	31.18g
Fiber	4.00g
Sugar	3.18g
Protein	14.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.00mg	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

Green Pea Guacamole

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49610
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ	16 Pound		110510
TOMATO ROMA DCD 3/8IN	8 Pound		786543
ONION RED 25#	2 Pound		788882
GARLIC MINCED IN WTR	2 Ounce		874910
OIL OLIVE POMACE	1 Pint 1/2 Cup (2 1/2 Cup)		270819
LEMON JUICE 100	1 Cup		270989
SALT KOSHER COARSE	2 Fluid Ounce		153550
SPICE PEPR BLK 30 MESH REG GRIND	1 Tablespoon		225045
SPICE CUMIN GRND	1 Tablespoon		273945

Preparation Instructions

1. Defrost peas.
2. Dice tomatoes and onion.
3. Mince garlic.

PREPARATION

1. Puree peas, garlic, liquids, and seasonings with burr mixer.
2. Fold in tomatoes and onions.

SERVING

Serving = 1/2 cup (3.75oz)

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	110.68		
Fat	5.60g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	283.03mg		
Carbohydrates	11.26g		
Fiber	4.06g		
Sugar	4.48g		
Protein	4.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.84mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lime Rice

NO IMAGE

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup (#8 scoop)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49608
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	6 1/4 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
LIME 6-12CT MRKN	12 Each		570095
CILANTRO CLEANED	1 Pint 1/2 Cup (2 1/2 Cup)		219550
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	108286

Preparation Instructions

Bring 2 1/2 gallons of water to a boil.

Place 6lb 4oz of rice into 2 - 4" steam table pans. (3lb 2oz in each)

Pour 1gal 3.5cups of boiling water in each pan.

Add 1/2lb of unsalted butter to each pan.

Cover pans tightly. Bake in conventional oven at 350 degrees F for 50 minutes. Remove from oven or steamer.

Mix in lime juice, chopped cilantro and salt prior to service. (about 3/4 cup of lime juice and 1 1/4 cup of cilantro per pan).

CCP: Hold hot at 135 degrees F or above for hot service

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: 100.00

Serving Size: 0.50 Cup (#8 scoop)

Amount Per Serving

Calories	131.55		
Fat	4.39g		
SaturatedFat	2.24g		
Trans Fat	0.00g		
Cholesterol	9.60mg		
Sodium	23.76mg		
Carbohydrates	21.41g		
Fiber	0.80g		
Sugar	0.12g		
Protein	2.35g		
Vitamin A	4.02IU	Vitamin C	2.34mg
Calcium	7.67mg	Iron	0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub



Servings:	35.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49611
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL PORK R/SOD .68Z 6-5# JTM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	661991
BUN SUB SLCD WGRAIN 5IN	35 Each	Thaw frozen sub buns overnight in refrigerator CCP: Hold at 41 degrees F. or lower	276142
CHEESE MOZZ SHRD	1 1/14 Pound	1 lb + 1.5 oz Thaw shredded cheese, if frozen, overnight in refrigerator CCP: Hold at 41 degrees F. or lower	645170
SAUCE MARINARA DIPN CUP	35 Each	READY_TO_EAT None	677721
MEATBALL CKD .65Z 6-5 COMM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	785860

Preparation Instructions

Cook Meatballs according to manufacturer directions

CCP: Heat to 135° F or higher

Assemble wearing gloves:

1 sub bun

4 cooked meatballs

1/2 Oz shredded cheese

place each in steamtable pan lined with parchment paper, and cover to avoid drying bread. place in hot hold just before serving time. (15 minutes)

this will help warm bun as well as melt cheese.

Serve 1 sub, with 1 cup marinara on side

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	566.02
Fat	25.43g
SaturatedFat	9.11g
Trans Fat	0.60g
Cholesterol	78.34mg
Sodium	1003.05mg
Carbohydrates	51.49g
Fiber	4.00g
Sugar	14.49g
Protein	35.42g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.27mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Lasagna



Servings:	15.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49612
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	15 Each		234041
SAUCE SPAGHETTI	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	144207
Cheese, Mozzarella, Part Skim, Shredded	1 1/4 Pound		100021

Preparation Instructions

- 15 roll-ups per pan + 7.5 cups of sauce.
- Cover bottom of pan with 3 cups of sauce.
- Add lasagna roll-ups and top with 4.5 cups of sauce.
- Bake 1 hour and 30 minutes at 250 degrees.
- When done, cover with mozzarella cheese and put in hot cart- covered.
- Reheat- combi at 300 for 45 minutes.
- Have 3 cases of spaghetti sauce for 31 pans. Mozz cheese- 8 bags does 32 pans.
- 1 roll up = 2 meat/alt. & 1 grain

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00
Fat	15.33g
SaturatedFat	10.17g
Trans Fat	0.00g
Cholesterol	53.33mg
Sodium	1116.67mg
Carbohydrates	43.33g
Fiber	5.00g
Sugar	13.33g
Protein	25.00g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 325.00mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dreamsicle Smoothie

NO IMAGE

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22195

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	2 Quart	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Prairie Farms 1% Lowfat White Milk	4 Half Pint	READY_TO_DRINK none	4752
ORANGES MAND BRKN L/S	2 Quart		152811
FLAVORING VANILLA IMIT	1 Ounce		110736

Preparation Instructions

1. Place all ingredients in blender or container for blending with immersion blender.
2. Pulse until smooth
3. Pour in appropriate sized cups.

CCP: Hold for cold service at 41F or lower.

CCP: Refrigerate until served.

May make the day before and freeze. Allow to thaw slightly before service for a thicker, icy smoothie.

Meal Components (SLE)

Amount Per Serving

Meat	1.490
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: 16.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	205.13
Fat	0.82g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	4.20mg
Sodium	73.83mg
Carbohydrates	43.48g
Fiber	0.00g
Sugar	35.76g
Protein	4.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.33mg	Iron 1.00mg

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

Nutrition - Per 100g

Calories	60.30
Fat	0.24g
SaturatedFat	0.12g
Trans Fat	0.00g
Cholesterol	1.23mg
Sodium	21.70mg
Carbohydrates	12.78g
Fiber	0.00g
Sugar	10.51g
Protein	1.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 47.13mg	Iron 0.29mg

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

Chicken Pot Pie Bowl



Servings:	50.00	Category:	Entree
Serving Size:	1.00 bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49613
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	UNSPECIFIED Not currently available	570533
POTATO PRLS XTRA RICH LO SOD	12 1/2 Pound	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
GRAVY MIX CHIX	3 Pound	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390
CARROT DCD	6 1/4 Pound		285640
CORN SUPER SWT	6 1/4 Pound		358991

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF	6 Pound	BAKE MICROWAVE Stove Top Cooking Instructions: 1. Place the desired amount of frozen vegetable in a small amount (1 2 to 1 cup) of boiling water. 2. Bring the water rapidly to a second boil. Cover the pan and reduce heat. 3. Cook gently for 3 to 5 minutes or until tender. Avoid overcooking. Microwave Oven Cooking Instructions: 1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover. 2. Add two tablespoons of water and cook on high setting for three minutes. 3. Stir the vegetables and cook on high for an additional 4 to 5 minutes. 4. Allow the casserole to stand for 2 minutes after cooking before opening. Microwave cooking times vary with ovens - avoid over cooking. Cook to 165°F for quality and food safety.	285660
WHOLE GRAIN RICH BISCUIT STICK DOUGH 250/1.25 OZ.	100 Biscuit	BAKE May be prepared in the oven or on the grill. Cook to a minimum internal temperature consistent with current USDA recommendations.	122291

Preparation Instructions

Instructions

Be sure to wash your hands before beginning the recipe.

Prepare Potatoes according to the package.

Prepare chicken gravy according to package.

Steam Corn, Carrots and Peas separately. And hold in steam table. You can choose to add all together or keep separate depending on the preference of your students.

Mix the prepared gravy and thawed fully cooked chicken in a steam pan to bring back up to temperature for holding.

CCP: Heat to 140°F or higher.

Bake the biscuit sticks according to manufacturer instructions.

To assemble bowls: base is 4oz of mashed potatoes, chicken and gravy, vegetable options and topped with two biscuit sticks on the side of bowl sticking up.

Recipe Notes

Note: Bowl assembly can vary depending on students choices. Must take Chicken, 4 oz of vegetable and 2 biscuit sticks at minimum to get meal components.

Crediting: 1 bowl portion = 2.5 oz. eq. M/MA, 2 oz eq. Grain, and 1.25 cup Vegetable.

Nutrition Facts per Serving (1portion)

Calories: 463.56 kcal | Fat: 14.52 g | Saturated fat: 7.29 g | Cholesterol: 55.89 mg | Sodium: 1106.96 mg | Carbohydrates: 60.47 g | Fiber: 7.22 g | Sugar: 8.15 g | Protein: 25.06 g | Vitamin A: 9855.49 mg | Vitamin C: 15.782 mg | Calcium: 62.287 mg | Iron: 3.832 mg

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.250
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 bowl

Amount Per Serving

Calories	876.79
Fat	16.02g
SaturatedFat	7.60g
Trans Fat	0.00g
Cholesterol	58.67mg
Sodium	989.95mg
Carbohydrates	140.99g
Fiber	15.41g
Sugar	9.51g
Protein	36.54g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 112.07mg	Iron 4.31mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Oat Cup

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49614
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT FF	3 Gallon	Add milk to container for mixing.	557862
OATS OLD FASHIONED	12 Pound	Add oats to milk mixture and stir until combined. Put mixture in cooler and allow to sit overnight until oats have absorbed the liquid.	304096
YOGURT VAN L/F	3 Gallon	Layer ingredients in a 12 ounce clear cup. First add the oat mixture (#10 scoop), then add 1/4 cup of yogurt (#16 scoop), then top with 1/2 cup of the berry mixture (#8 scoop). Serve immediately or cover and place in cooler. Hold at 41 degrees or lower.	541966
STRAWBERRY	10 5/6 Pound	Wash strawberries under cold water and drain. Dice strawberries in half inch pieces.	212768
BLUEBERRY IQF	9 1/6 Pound	Drain blueberries and add them to the strawberries. Use fresh blueberries when in season. Combine blueberries and strawberries. Cover and keep refrigerated until ready to use.	166720
HONEY	1 Pound		225614
SPICE CINNAMON GRND	1 Cup		224731

Preparation Instructions

Instructions

PREPARATION

1. Mix all ingredients together.
2. Portion 1 cup (12oz.) into single serve cups.

3. Cover and let sit overnight in the refrigerator.

SERVING

Serving = 1 cup (12oz.)

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 each

Amount Per Serving

Calories	224.42
Fat	2.57g
SaturatedFat	1.13g
Trans Fat	0.00g
Cholesterol	8.80mg
Sodium	117.09mg
Carbohydrates	41.70g
Fiber	2.85g
Sugar	31.50g
Protein	10.31g
Vitamin A 245.80IU	Vitamin C 28.88mg
Calcium 341.73mg	Iron 0.59mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger wg/bun



Servings:	100.00	Category:	Entree
Serving Size:	0.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38655
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	100 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.	214880
Aunt Millie's 4" Whole Grain Hamburger Bun	100 Each	BAKE	3159
American Cheese Sliced RF	100 Slice		666204

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, Cheese and Bacon over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

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: 100.00

Serving Size: 0.00 1 each

Amount Per Serving

Calories	355.00
Fat	12.00g
SaturatedFat	5.25g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	520.00mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	0.50g
Protein	18.50g
Vitamin A 130.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Chili Cheese Fries



Servings:	1.00	Category:	Entree
Serving Size:	0.75 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49566
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	0.01 Cup		292702
ONION YELLOW COLOSS	1/16 Pound	Diced	198706
GARLIC MINCED IN OIL 6-32Z ITALR	1/12 Ounce		368323
PEPPERS GREEN MED	0.02 Pound	diced	206059
PEPPERS RED	1/6 Ounce	diced	321141
TOMATO CRSHD A/P	0.03 Gallon	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	248096
SAUCE TOMATO	1/16 Quart		376182
BEAN VEGETARIAN 6-10 COMM	1 Cup	drained and rinsed 4 #10 cans	120530
BEANS BLACK LO SOD	1 Cup	drained and rinsed: 2 #10 cans	231981

Preparation Instructions

INSTRUCTIONS

Heat oil in pan or steam jacketed kettle. Saute onion, garlic and peppers for 10 minutes.

Add canned tomatoes and tomato sauce. Stir to combine.

Combine seasonings. Add to mixture and heat to 165° F. Stir every 15 minutes.

Add drained, rinsed beans to tomato mixture and heat to 180° F. Stir every 10 minutes.

Serve with ¼ ounce shredded cheese.

Seasonings: (for 100 servings)

Cumin, ground- 1/2 cup

Chili Powder- 1/2 cup

Salt- 2 teaspoon

Pepper, ground black- 2 teaspoon

paprika, smoked- 4 teaspoons

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.140
Legumes	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 cup

Amount Per Serving			
Calories	689.80		
Fat	4.25g		
SaturatedFat	0.32g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1069.60mg		
Carbohydrates	122.58g		
Fiber	23.52g		
Sugar	24.84g		
Protein	29.22g		
Vitamin A	91.57IU	Vitamin C	9.06mg
Calcium	166.80mg	Iron	5.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carne Asada Torta

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49631
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	2 Pound	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SAUCE HOT	7 Ounce		790835
BEAN PINTO	1 Pound		261475
SPICE CUMIN GRND	1 Fluid Ounce 1 Tablespoon 0 Teaspoon (9 Teaspoon)		273945
SALT KOSHER PRM	1 Tablespoon		311356
BEEF CRMBL CKD IQF 6-5 JTM	17 Pound	BAKE For best results, thaw product in cooler (less than 40F) for 48 -72 hrs. From thawed state1. Add thawed Beef Crumbles to the unheated desired sauce 2. Add desired seasoning, spices and vegetables3. Bring up to 160 degrees F.4. Simmer the finished product for 30 min to 1 hour5. Hold hot for service or place into service *Note - Cooking times may vary with equipment	661940
PEPPERS JALAP SLCD 128CT	3 Pound		466240
TOMATO ROMA DCD 3/8IN	1 Pound		786543

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW COLOSS	1 Pound		198706
LETTUCE ROMAINE RIBBONS	3 Pound		451730
BUN SUB SLCD WGRAIN 5IN	100 Each	READY_TO_EAT	276142
CHEESE MOZZ SHRD 30 COMM	3 Pound		150620

Preparation Instructions

Pre-Preparation

1. Make spicy mayo by mixing together mayo and hot sauce.
2. Prepare Refried Bean:

Ingredients:

BEANS PINTO
 BEAN LIQUID
 SPICE CUMIN
 SALT KOSHER

- a. Drain beans and reserve liquid. Weigh beans and liquid needed separately.
 - b. Combine beans and bean liquid with cumin and salt.
 - c. Burr mix until half of the beans are smooth.
 - d. Keep cool and set aside.
3. Cook ground beef in tilt skillet for about 15 minutes or until browned and cooked through. Drain off the fat.
 4. Prep vegetables:
 - a. Slice jalapenos, tomatoes, and onions.
 - b. Shred lettuce.
 5. Preheat oven to 375 degrees F.

Preparation

1. Assemble sandwich:
 - a. 1 bun sliced
 - b. 1oz Refried Beans spread on each bun half
 - c. 2oz beef
 - d. 1/2 oz cheese
 - e. 1/2 oz jalapenos
 - f. 1/2 oz lettuce
 - g. 2 slices tomatoes
 - h. 3 slices onion
2. Toast sandwiches in the oven at 375 degrees just until the cheese is melted, about 10 minutes.
3. Top sandwiches with 2 Tbsp of spicy mayo.

Serving

Serving = 1 Sandwich

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.122
RedVeg	0.053
OtherVeg	0.082
Legumes	0.200
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 sandwich

Amount Per Serving

Calories	394.31
Fat	19.03g
SaturatedFat	7.92g
Trans Fat	0.80g
Cholesterol	59.02mg
Sodium	689.43mg
Carbohydrates	33.12g
Fiber	3.84g
Sugar	5.05g
Protein	22.44g
Vitamin A 0.09IU	Vitamin C 0.34mg
Calcium 96.59mg	Iron 3.86mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Radish Slaw

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49637
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8IN	5 Pound		198226
CARROT MATCHSTICK SHRED	1 Pound		198161
ONION GREEN	4 Ounce		596981
RADISH MATCHSTIX	3 Pound		131453
JUICE LIME	3 Ounce		199028
LEMON JUICE 100	3 Ounce		311227
OIL BLND CNOLA/XVRGN 90/10	1/2 Cup		732900
SALT KOSHER PRM	1 Fluid Ounce		311356
SUGAR BROWN LT	2 Fluid Ounce		860311

Preparation Instructions

Pre-Preparation

1. Shred cabbage and carrots.
2. Slice green onions and radishes.

Preparation

1. Mix all vegetables together.
2. In a bowl, whisk together juices, oil, salt, and sugar.

3. Toss slaw together with the dressing.

Serving

Serving = 1/2 Cup (1.955oz)

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.049
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.80		
Fat	1.12g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	149.30mg		
Carbohydrates	2.10g		
Fiber	0.59g		
Sugar	1.37g		
Protein	0.26g		
Vitamin A	760.89IU	Vitamin C	0.28mg
Calcium	9.97mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homeade Granola

NO IMAGE

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48675

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CNOLA/XVRGN 90/10	1 Pint		732900
OATS QUICK HOT CEREAL	6 Pound		467251
SPICE CINNAMON GRND	2 Fluid Ounce		224723
SALT KOSHER PRM	2 Fluid Ounce		311356
HONEY	1 Pound		225614
COCONUT FANCY SHRD	4 Ounce		265829
SEED SUNFLWR RSTD SLTD	2 Pound		337910
DRIED CRANBERRIES PREM	2 Pound		741950

Preparation Instructions

PRE-PREPARATION

1. Preheat oven to 200 degrees F.

PREPARATION

1. Mix together all ingredients, except for cranberries.
2. Spread 3.5lb per sheetpan.
3. Bake in oven at 200 degrees low fan for about 1.5 hours.
4. Once cooled, mix 3 cups of dried cranberries per sheetpan of granola.

Note: If sending to site kitchens, send granola out in deep dish tubs (approximately 6lb 4oz per tub)

SERVING

Serving= 1/4 Cup (2oz.)

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	221.49		
Fat	11.06g		
SaturatedFat	1.37g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	354.20mg		
Carbohydrates	26.56g		
Fiber	3.84g		
Sugar	5.67g		
Protein	5.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.32mg	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