

Cookbook for South Central

Created by HPS Menu Planner

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Yogurt Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14705
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	N/A	786580
YOGURT DANIMAL STRAWB N/F	1 Each	N/A	885750
Pretzel Sticks	1 Each		25193
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Package all things together.

Updated 1.31.24

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	490.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	820.00mg
Carbohydrates	80.00g
Fiber	4.00g
Sugar	37.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 698.00mg	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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14708
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1 Cup		811500
GRANOLA OATHNY BULK	1/2 Cup		226671
Strawberries, diced, Cups, frozen	1 Each	Or, 1/2 cup other fruit.	100256

Preparation Instructions

Layer yogurt and fruit in 12 oz. plastic cup and lid. Serve with granola in 5.5 oz. cup with lid.

Updated 1.31.24

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	485.52
Fat	3.36g
SaturatedFat	1.12g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	343.28mg
Carbohydrates	105.58g
Fiber	4.24g
Sugar	66.51g
Protein	12.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.51mg	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

Uncrustable, String Cheese, & Pretzel Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37007
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
Pretzel Sticks	1 Each	Or can use GFS#736280 Goldfish or GFS# 282422 Cheez-it	25193

Preparation Instructions

Package all items together.

Updated 2.26.24

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	450.00
Fat	22.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	670.00mg
Carbohydrates	50.00g
Fiber	7.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	161.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14711
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	7 Package		183910
Tap Water for Recipes	3 1/2 Gallon	N/A	000001WTR
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound		150250

Preparation Instructions

RECONSTITUTE

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

Updated 1.31.24

Meal Components (SLE)

Amount Per Serving

Meat	0.250
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: 161.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	186.33
Fat	5.57g
SaturatedFat	3.35g
Trans Fat	0.00g
Cholesterol	14.91mg
Sodium	569.90mg
Carbohydrates	23.17g
Fiber	7.32g
Sugar	0.00g
Protein	10.30g
Vitamin A 0.51IU	Vitamin C 0.72mg
Calcium 139.81mg	Iron 1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46167
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
Ham, Cubed Frozen	2 Ounce	USDA Brown Box Commdity Weigh.	100188-H
EGG HRD CKD DCD IQF	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	3 Tablespoons= 1.75 M/MA	192198
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight cheese= 1/4 cup	150250
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
CROUTON CHS GARL WGRAIN	2 Package	2 packages croutons= 1 oz. eq. grain	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	266548

Preparation Instructions

Place everything together in container.

Meal Components (SLE)

Amount Per Serving

Meat	4.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	531.85
Fat	22.28g
SaturatedFat	9.14g
Trans Fat	0.00g
Cholesterol	244.51mg
Sodium	1121.52mg
Carbohydrates	54.02g
Fiber	9.62g
Sugar	16.76g
Protein	35.82g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 357.43mg	Iron 4.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46168
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	2 Ounce	Weigh. 2 oz. weight popcorn chicken (or 7 pieces)= 1 oz. eq. M/MA and 0.50 oz. eq. grain	327120
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight= 1/4 cup cheese	150250
EGG HRD CKD DCD IQF	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	3 Tbsp.= 1.75 M/MA	192198
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	266548
CROUTON CHS GARL WGRAIN	1 Package	1 packages croutons= 0.5 oz. eq. grain	661022

Preparation Instructions

Place all items together in container.

Meal Components (SLE)

Amount Per Serving

Meat	3.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	560.54
Fat	25.44g
SaturatedFat	9.12g
Trans Fat	0.00g
Cholesterol	227.99mg
Sodium	818.46mg
Carbohydrates	50.83g
Fiber	11.57g
Sugar	14.77g
Protein	34.71g
Vitamin A 820.48IU	Vitamin C 12.33mg
Calcium 371.81mg	Iron 4.66mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41954
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM	1 Pound 10 Ounce (26 Ounce)		166872
Tap Water	1 Gallon		

Preparation Instructions

Hot Water Preparation

1. Measure 1 gallon (3.79 L) of boiling water into a 6 x ½ size steam table pan.
2. Add entire pouch of potatoes at once, using a spoon or wire whip to distribute evenly and wet all potatoes.
3. Let stand 60 seconds, stir well and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.47		
Fat	0.42g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	286.75mg		
Carbohydrates	14.34g		
Fiber	0.84g		
Sugar	0.00g		
Protein	1.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.87mg	Iron	0.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Pop-Tarts- 2 count

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32558
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Package		452082
PASTRY POP-TART WGRAIN CINN	1 Package		123081
PASTRY POP-TART WGRAIN STRAWB	1 Package		123031

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	353.33
Fat	5.67g
SaturatedFat	1.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	286.67mg
Carbohydrates	74.00g
Fiber	6.00g
Sugar	29.67g
Protein	4.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 3.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Hamburger Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46247
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	Or Use GFS#281622	525480
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Cook according to directions on case/package.

For service: Put 1 patty on hamburger bun and hold in warmer for service.

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 Each

Amount Per Serving			
Calories	350.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	530.00mg		
Carbohydrates	34.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Spicy Chicken Patty on Hamburger Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46248
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each		327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Cook according to directions on case/package.

For service: Put 1 patty on hamburger bun and hold in warmer for service.

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 Each

Amount Per Serving			
Calories	380.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	590.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Bacon Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46171
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
BACON TKY CKD	2 Each	2 slices crumbled	834770
EGG HRD CKD DCD IQF	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	3 Tablespoons= 1.75 M/MA	192198
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight cheese= 1/4 cup	150250
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
CROUTON CHS GARL WGRAIN	2 Package	2 packages croutons= 1 oz. eq. grain	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	266548

Preparation Instructions

Place everything together in container.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	514.05
Fat	21.86g
SaturatedFat	8.21g
Trans Fat	0.00g
Cholesterol	227.50mg
Sodium	962.65mg
Carbohydrates	50.74g
Fiber	9.62g
Sugar	15.12g
Protein	31.19g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 357.43mg	Iron 4.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46173
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
TURKEY, DELI BREAST, SLICED	2 Ounce	USDA Brown Box Commodity Weight.	110554
EGG HRD CKD DCD IQF	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	3 Tablespoons= 1.75 M/MA	192198
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight cheese= 1/4 cup	150250
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
CROUTON CHS GARL WGRAIN	2 Package	2 packages croutons= 1 oz. eq. grain	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	266548

Preparation Instructions

Place everything together in container.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	531.33
Fat	20.40g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	240.17mg
Sodium	1040.49mg
Carbohydrates	52.14g
Fiber	9.62g
Sugar	15.12g
Protein	38.81g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 357.43mg	Iron 4.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46169
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	1 Each= 2 M/MA and 1 Grain Or use GFS#327080 (Spicy)	281622
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight= 1/4 cup cheese	150250
EGG HRD CKD DCD IQF	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	3 Tbsp.= 1.75 M/MA	192198
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	266548
CROUTON CHS GARL WGRAIN	1 Package	1 packages croutons= 0.5 oz. eq. grain	661022

Preparation Instructions

Place all items together in container.

Meal Components (SLE)

Amount Per Serving

Meat	4.750
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	681.19
Fat	32.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	240.00mg
Sodium	991.19mg
Carbohydrates	57.74g
Fiber	12.62g
Sugar	15.12g
Protein	41.62g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 348.43mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Tender Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46170
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
CHIX TNR WGRAIN FC	3 Each	3 Each= 2 M/MA and 1 Grain	283951
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight= 1/4 cup cheese	150250
EGG HRD CKD DCD IQF	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	3 Tbsp.= 1.75 M/MA	192198
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	266548
CROUTON CHS GARL WGRAIN	1 Package	1 packages croutons= 0.5 oz. eq. grain	661022

Preparation Instructions

Place all items together in container.

Meal Components (SLE)

Amount Per Serving

Meat	4.750
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	671.19
Fat	32.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	240.00mg
Sodium	981.19mg
Carbohydrates	57.74g
Fiber	12.62g
Sugar	15.12g
Protein	40.62g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 384.43mg	Iron 5.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46172
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weight or #10 Disher or 3/8 cup = 2 M/MA	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight cheese= 1/4 cup	150250
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	266548
CHIP TORTL RND WGRAIN	1 Ounce	Weight or 10 chips = 1.25 oz eq. grain	739741

Preparation Instructions

Place everything together in container.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	524.29
Fat	20.80g
SaturatedFat	8.80g
Trans Fat	0.00g
Cholesterol	64.00mg
Sodium	791.89mg
Carbohydrates	56.74g
Fiber	13.62g
Sugar	14.12g
Protein	32.42g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 394.43mg	Iron 3.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32668

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ	1 Cup		655937
SUGAR BROWN MED	1 Cup		108626

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	161.04		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	233.74mg		
Carbohydrates	33.58g		
Fiber	4.90g		
Sugar	18.56g		
Protein	6.85g		
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

Variety of Cereal

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37360
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	N/A	265811
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL CHEERIOS HNYNUT BWL	1 Each	N/A	509396
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.55		
Fat	1.38g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	133.35mg		
Carbohydrates	23.70g		
Fiber	2.44g		
Sugar	7.40g		
Protein	2.07g		
Vitamin A	30.00IU	Vitamin C	0.36mg
Calcium	67.28mg	Iron	3.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Boneless Wings

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44510
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	5 Each		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: 1.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	200.00
Fat	8.75g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	337.50mg
Carbohydrates	12.50g
Fiber	2.50g
Sugar	0.00g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.25mg	Iron 1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Dinner Roll (For Boneless Wings)

Servings:	1.00	Category:	Grain
Serving Size:	1.00 roll	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46250
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

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 roll

Amount Per Serving

Calories	70.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	110.00mg
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

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14702
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
Ham, Cubed Frozen	2 Ounce	Weigh.	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight cheese= 1/4 cup	150250
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
CROUTON CHS GARL WGRAIN	2 Package	2 packages croutons= 1 oz. eq. grain	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	1 roll = 1 oz. eq. grain	266548

Preparation Instructions

Place everything together in container.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	451.85
Fat	17.28g
SaturatedFat	7.64g
Trans Fat	0.00g
Cholesterol	59.51mg
Sodium	1061.52mg
Carbohydrates	53.02g
Fiber	9.62g
Sugar	15.76g
Protein	29.82g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 332.43mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32670
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	1 Pint		206504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	2 Ounce	Weigh. 2 oz. weight popcorn chicken= 1 oz. eq. M/MA and 0.50 oz. eq. grain	327120
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	Weigh. 1 oz. weight= 1/4 cup cheese	150250
Variety of Fresh Vegetables	1/2 Cup	Cucumber, grape tomatoes, green pepper, celery, etc.	
ROLL DNNR WGRAIN WHT 1Z 10- 12CT	1 Each	1 roll = 1 oz. eq. grain	266548
CROUTON CHS GARL WGRAIN	1 Package	1 packages croutons= 0.5 oz. eq. grain	661022

Preparation Instructions

Place all items together in container.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.54
Fat	20.44g
SaturatedFat	7.62g
Trans Fat	0.00g
Cholesterol	42.99mg
Sodium	758.46mg
Carbohydrates	49.83g
Fiber	11.57g
Sugar	13.77g
Protein	28.71g
Vitamin A 820.48IU	Vitamin C 12.33mg
Calcium 346.81mg	Iron 3.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Spicy Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36673
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT SPCY WG FC 1.13Z	3 Each		281731

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: 3.00 Each

Amount Per Serving

Calories	260.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	390.00mg
Carbohydrates	17.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.00mg	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

HS: Meatball Teriyaki Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49689
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .5Z	6 Each		197645
SAUCE TERIYAKI	1 Fluid Ounce	1/8 cup or 2 Tablespoons	246506
BROCCOLI FLORETS	1/2 Cup		610902
Rice	1 Serving	STOVE TOP: USING A 2:1 WATER TO RICE RATIO, BRING WATER TO A BOIL. ADD RICE. COVER; REDUCE HEAT TO LOW AND SIMMER ABOUT 20-25 MINUTES OR UNTIL ALL WATER IS ABSORBED. OVEN: USING A 2:1 WATER TO RICE RATIO, ADD BOILING WATER TO BAKING PAN WITH RICE . COVER TIGHTLY AND BAKE AT 350 DEGREES FOR 25-30 MINUTES, OR UNTIL ALL WATER IS ABSORBED. Note: 1/4 cup of dried rice makes 1 cup cooked rice	R-32559

Preparation Instructions

1 Serving =

6 Meatball, 2 Tablespons Teriyaki sauce, 1/2 cup steamed broccoli, and 1 cup cooked rice

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Serving

Amount Per Serving

Calories	486.67		
Fat	20.00g		
SaturatedFat	8.00g		
Trans Fat	1.00g		
Cholesterol	40.00mg		
Sodium	1980.00mg		
Carbohydrates	52.33g		
Fiber	4.00g		
Sugar	5.67g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.33mg	Iron	3.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Mostaccioli

Servings:	480.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14714
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	30 Pound	***Non-Whole Grain***	413350
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	90 Pound	N/A	573201
SAUCE SPAGHETTI FCY	6 #10 CAN	N/A	852759
Cheese, Mozzarella, Part Skim, Shredded	30 Pound		100021

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	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	294.93		
Fat	11.25g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	54.46mg		
Sodium	466.75mg		
Carbohydrates	30.14g		
Fiber	3.18g		
Sugar	7.96g		
Protein	18.64g		
Vitamin A	346.61IU	Vitamin C	10.18mg
Calcium	36.30mg	Iron	1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Chicken Alfredo

Servings:	225.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14713
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	15 Pound		100101
SAUCE ALFREDO FZ	45 Pound	N/A	155661
PASTA MOSTACC RIG W/LINES	20 Pound	**Non-Whole Grain**	413350

Preparation Instructions

Updated 12.20.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	202.62
Fat	3.12g
SaturatedFat	0.77g
Trans Fat	0.01g
Cholesterol	26.70mg
Sodium	120.79mg
Carbohydrates	30.82g
Fiber	1.42g
Sugar	2.14g
Protein	12.74g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.55mg	Iron 1.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33326

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-sodium, Canned	2 #10 CAN		100309
BUTTER SUB	1/2 Cup		209810
SUGAR BROWN MED	1/2 Cup		108626

Preparation Instructions

1. Put the carrots in the steamer and cook for 15 minutes at 150 degrees.
3. Mix together the butter buds and brown sugar.
4. Pour over the carrots.
5. Toss well to coat.
6. Cover the pans and keep warm in hot boxes

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: 37.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	51.59		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	154.19mg		
Carbohydrates	13.11g		
Fiber	2.02g		
Sugar	6.63g		
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

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33700

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
CHEESE BLND CHED/MONTRY JK SHRD	1/4 Cup	READY_TO_EAT None	712131
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	***Non-Whole Grain***	713340

Preparation Instructions

Arrange meat and cheese on tortilla. Fold.

Updated 8.14.24

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	410.00
Fat	18.50g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	920.00mg
Carbohydrates	33.00g
Fiber	1.00g
Sugar	2.00g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 252.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Buffalo Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49692
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z	2 Piece		533830
CHEESE BLND CHED/MONTRY JK SHRD	1/4 Cup	N/A	712131
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	***Non-Whole Grain***	713340
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730
SAUCE REDHOT SANDWICH	1/2 Tablespoon		357261
DRESSING RNCH	1 Tablespoon		631430

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.750
Fruit	0.000
GreenVeg	0.250
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		597.50	
Fat		33.50g	
SaturatedFat		11.75g	
Trans Fat		0.00g	
Cholesterol		72.50mg	
Sodium		1260.00mg	
Carbohydrates		47.00g	
Fiber		3.50g	
Sugar		5.00g	
Protein		31.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Chicken Egg Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49691
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MINH® Chicken Egg Roll	1 Each		470764

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	160.00
Fat	5.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	390.00mg
Carbohydrates	19.00g
Fiber	3.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 50.00IU	Vitamin C 7.00mg
Calcium 40.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49690
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Land O Lakes® 50% Reduced Fat American Cheese Slices	96 Slice		499789
MARGARINE SLD	1 Cup	Melted	733061
BREAD WGRAIN WHT 16-22Z GCHC	48 Each		266547

Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).

Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	366.67
Fat	17.33g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	823.33mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	8.00g
Protein	16.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 380.00mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Breaded Pork Chop Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44509
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each		661950
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Pork Patty Cooking:

1. Preheat oven to 375 degrees F.
2. Lay out patties on an oven sheet pan in a single layer.
3. Heat for 13-15 minutes or until heated through.

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 Sandwich

Amount Per Serving

Calories	410.00		
Fat	19.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	570.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	3.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Memphis Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39186
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup		119122
PORK PULLED BBQ SEMI DRY BROOKWD	3 Ounce	Weight	801860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	504.26
Fat	27.86g
SaturatedFat	12.89g
Trans Fat	0.34g
Cholesterol	98.72mg
Sodium	1081.06mg
Carbohydrates	30.82g
Fiber	1.34g
Sugar	6.03g
Protein	33.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 422.37mg	Iron 1.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

MS/HS: Two Soft Pretzels

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38662
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN	2 Each		607122

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	140.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Satellite SUB

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44508
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD	3 Ounce	3 slices of each kind of meat	199721
CHEESE AMER 160CT SLCD	1 Slice	N/A	150260
BUN SUB SLCD WGRAIN 5IN	1 Each	N/A	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	335.00
Fat	13.30g
SaturatedFat	4.80g
Trans Fat	0.00g
Cholesterol	70.50mg
Sodium	961.70mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	5.50g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.17mg	Iron 2.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43498
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

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 Each

Amount Per Serving

Calories	350.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	910.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	14.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Chicken Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44370
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN	1 Each	BAKE	231750

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 Each

Amount Per Serving

Calories	280.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	660.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14710
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	N/A	661851
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Updated 8.14.24

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	350.00
Fat	16.00g
SaturatedFat	6.55g
Trans Fat	0.80g
Cholesterol	56.50mg
Sodium	546.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	5.00g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.00mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Hot Dog on Steamed Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49688
School:	South Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Cook according to directions on case/package.

For service: Put 1 hot dog frank on bun and hold in warmer for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	810.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	70.11mg	Iron	2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS: Buffalo Chicken Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45388
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16IN	1 Slice		627101

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 Each

Amount Per Serving

Calories	264.00
Fat	12.80g
SaturatedFat	4.70g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	506.80mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	5.00g
Protein	13.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 216.20mg	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

Broccoli & Cheese

Servings:	170.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32581
School:	Westville		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

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	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	531.15
Fat	34.93g
SaturatedFat	22.46g
Trans Fat	0.00g
Cholesterol	99.81mg
Sodium	2023.31mg
Carbohydrates	21.15g
Fiber	3.71g
Sugar	1.24g
Protein	28.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1042.98mg	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