

Cookbook for Westville

Created by HPS Menu Planner

Table of Contents

HS: Memphis Bowl

Yogurt Lunchable

Yogurt Parfait

Uncrustable, String Cheese, & Pretzel Sticks

Ham Chef Salad

Popcorn Chicken Salad

MS/HS: Two Soft Pretzels

HS: BBQ Rib Sandwich

Blackhawk Cold Sub

Ham Chef Salad

Popcorn Chicken Salad

HS: Chicken Quesadilla

Pop-Tarts- 2 count

Cheeseburger

Variety of Cereal

HS: Hot Dog on Steamed Bun

HS: Buffalo Chicken Pizza

Broccoli & Cheese

Refried Beans

Mashed Potatoes

Chicken Patty on Hamburger Bun

HS: Spicy Chicken Patty on Hamburger Bun

Bacon Chef Salad

Turkey Chef Salad

Crispy Chicken Salad

Crispy Chicken Tender Salad

Taco Salad

Baked Beans

HS: Boneless Wings

HS: Dinner Roll (For Boneless Wings)

HS: Spicy Chicken Tenders

HS: Meatball Teriyaki Bowl

Turkey Wrap

HS: Buffalo Chicken Wrap

Homemade Mostaccioli

HS: Chicken Alfredo

Glazed Carrots

HS: Chicken Egg Roll

HS: Grilled Cheese Sandwich

HS: Breaded Pork Chop Sandwich

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

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

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

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

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

Blackhawk Cold Sub

| | | | |
|----------------------|---------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-47072 |
| School: | Westville | | |

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

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 |

*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-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 |

*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

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 |

*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

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: 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

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

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 |

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

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 |

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

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

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

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

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

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

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
