

Cookbook for Hebron High School

Created by HPS Menu Planner

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Assorted Variety of Muffins

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN BANANA WGRAIN IW	1 Each	N/A	262362
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Assorted Cereal

Servings:	14.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49252

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	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	READY_TO_EAT Ready to eat	264702
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL CHEERIOS HNYNUT BWL	1 Each	READY_TO_EAT Ready to eat	509396
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RICE CHEX BLUEB BOWL	1 Each	N/A	261737

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: 14.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.19		
Fat	1.28g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.08mg		
Carbohydrates	23.71g		
Fiber	2.18g		
Sugar	7.00g		
Protein	1.98g		
Vitamin A	130.07IU	Vitamin C	1.90mg
Calcium	77.87mg	Iron	5.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop-Tart Variety (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49256

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.25 Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 Grain Equivalents	452082
PASTRY POP-TART WGRAIN BLUEB	1 Package	2.25 Grain Equivalents	865101

Preparation Instructions

Updated 8.19.24

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	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

Cereal Bar Variety

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49258

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIO WGRAIN IW	1 Each	N/A	265931
BAR CEREAL GLDN GRHM WGRAIN	1 Each	N/A	265921
BAR CEREAL CINN TST WGRAIN	1 Each	N/A	265891
BAR CEREAL TRIX WGRAIN	1 Each	N/A	268690
BAR CEREAL COCOPUFF WGRAIN	1 Each	N/A	265901

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	158.00		
Fat	3.50g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	108.00mg		
Carbohydrates	29.60g		
Fiber	3.00g		
Sugar	8.80g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	238.00mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49255

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH	1 Each		118930
JUICE APPL 100 FZ	1 Each		135440
JUICE GRP 100 FRSH	1 Each		118940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	63.33
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.33mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	14.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 7.07mg	Iron 0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49273

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/APPLSCE	1 Each	N/A	644950
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity or Use GFS#499789	100036
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

Beef Patties: Cook according to directions on case.

Assembly: Place 1 beef patty and 1 slice cheese between hamburger bun halves. Hold in warmer/hot unit until ready for service.

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	300.00
Fat	10.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	670.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 66.00mg	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

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49275

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	N/A	327080
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

Chicken Patties: Cook according to directions on case.

Assembly: Place 1 chicken patty between hamburger bun halves. Hold in warmer/hot unit until ready 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	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	610.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	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

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

Chicken Patties: Cook according to directions on case.

Assembly: Place 1 chicken patty between hamburger bun halves. Hold in warmer/hot unit until ready for service.

Updated 8.14.24

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	390.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	720.00mg
Carbohydrates	43.00g
Fiber	5.00g
Sugar	5.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 101.00mg	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

Homemade Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49814
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 16IN	1 Each	Note: Keep product frozen at 0°F (-18°C) or below until ready to use. To prevent drying, pizza crust must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature - Thawed pizza crust may be held in the refrigerator for up to five (5) days.	682943
SAUCE PIZZA	1 1/2 Cup	N/A	502141
CHEESE MOZZ SHRD	1 Quart	4 cups	645170

Preparation Instructions

1. Remove pizza crust from the freezer and place on pizza screens or pans. Note: Oiled pizza screens or perforated pans will allow for a crispier baked crust
2. Top pizza crust with 1 1/2 cups of pizza sauce and then add 4 cups of mozzarella cheese to the top.
3. Bake--Convection Oven: 375 °F for 6 - 9 minutes
4. After baking, allow pizza to set for 3-4 minutes before cutting.

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	352.21
Fat	15.84g
SaturatedFat	7.58g
Trans Fat	0.04g
Cholesterol	30.00mg
Sodium	667.50mg
Carbohydrates	30.75g
Fiber	3.06g
Sugar	6.17g
Protein	19.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 430.21mg	Iron 2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit and Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fruit	1/2 Cup	Can use a variety of fruit of choice. Any USDA Brown Box Commodity fruit, canned fruit-drained. GFS#630480-Strawberry, GFS#119873 Blueberry, GFS#244620 Four Berry Blend	
YOGURT VAN FF PRO	1 Cup		673261
CEREAL GRANOLA HNY OATS	2/3 Cup	N/A	818961

Preparation Instructions

Package in parfait cup GFS 773551.

1. Place 1/4 cup of fruit in parfait cup and then 1/2 cup of yogurt. Repeat.
2. Place parfait divider on top of the yogurt.
3. Place 2/3 cup (#6 Disher) of granola in the divider.
4. Place lid on cup.
5. Hold in cooler at 40 F or lower for serving.

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	492.82
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	6.00mg
Sodium	187.89mg
Carbohydrates	95.43g
Fiber	4.21g
Sugar	52.52g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 293.34mg	Iron 1.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Chicken Salad with Croutons and Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49819
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
CHIX PULLED WHT DRK BLND	1 1/4 Ounce	Weight	467802
CHEESE AMER SHRD R/F	1/4 Cup	N/A	861950
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CRACKER GLDFSH XTRA WGRAIN	1 Package	N/A	745481

Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and chicken) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	351.40
Fat	14.13g
SaturatedFat	3.63g
Trans Fat	0.00g
Cholesterol	42.08mg
Sodium	1023.00mg
Carbohydrates	39.17g
Fiber	2.65g
Sugar	5.75g
Protein	21.32g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 258.74mg	Iron 3.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Ham Salad with Croutons and Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49817
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
TURKEY HAM DCD	1 1/2 Ounce	Weight	202150
CHEESE AMER SHRD R/F	1/4 Cup	N/A	861950
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CRACKER GLDFSH XTRA WGRAIN	1 Package		745481

Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and ham) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	356.58
Fat	14.56g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	42.59mg
Sodium	1213.80mg
Carbohydrates	38.75g
Fiber	2.65g
Sugar	5.75g
Protein	21.67g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 256.66mg	Iron 3.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Turkey Salad with Croutons and Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49818
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
TURKEY BRST DCD	2 Ounce	Weight	451300
CHEESE AMER SHRD R/F	1/4 Cup	N/A	861950
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CRACKER GLDFSH XTRA WGRAIN	1 Package	READY_TO_EAT Ready to Enjoy	745481

Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and turkey) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	347.32
Fat	12.56g
SaturatedFat	3.26g
Trans Fat	0.00g
Cholesterol	35.41mg
Sodium	1274.02mg
Carbohydrates	40.28g
Fiber	2.65g
Sugar	5.75g
Protein	23.32g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 256.66mg	Iron 3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Salad with Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49278

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
CHEESE PARM SHRD FCY	1 Ounce	Weight	256455
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022

Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (sliced breaded chicken patty and parmesan cheese) on top. Place 2 packages of croutons in container.

Offer dressing on side

Keep refrigerated

Updated 8.21.24

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	500.00
Fat	25.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1050.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	5.00g
Protein	30.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 417.00mg	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

Homemade Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49813
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 16IN	1 Each	Note: Keep product frozen at 0°F (-18°C) or below until ready to use. To prevent drying, pizza crust must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature - Thawed pizza crust may be held in the refrigerator for up to five (5) days.	682943
SAUCE PIZZA	1 1/2 Cup	N/A	502141
CHEESE MOZZ SHRD	1 Quart	4 cups	645170
PEPPERONI SLCD 18-20/Z	32 Slice		730025

Preparation Instructions

1. Remove pizza crust from the freezer and place on pizza screens or pans. Note: Oiled pizza screens or perforated pans will allow for a crispier baked crust
2. Top pizza crust with 1 1/2 cups of pizza sauce and then add 4 cups of mozzarella cheese to the top and then arrange 32 slices of pepperoni on top of pizza.
3. Bake--Convection Oven: 375 °F for 6 - 9 minutes
4. After baking, allow pizza to set for 3-4 minutes before cutting.

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	389.54
Fat	19.30g
SaturatedFat	8.64g
Trans Fat	0.04g
Cholesterol	38.00mg
Sodium	790.17mg
Carbohydrates	30.75g
Fiber	3.06g
Sugar	6.17g
Protein	20.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 430.21mg	Iron 2.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Charcuterie Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49844
School:	Hebron High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPE RED SDLSS	1/2 Cup	Can also use cantaloup or honeydew or another choice of fruit	596914
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Each	N/A	680130
SALAMI GENOA SLCD	5 Slice	N/A	430460
HAM SLCD .5Z	2 Slice		294187
CRACKER GLDFSH XTRA WGRAIN	2 Package	Or use 2 packages of GFS#282422 Cheez-it	745481

Preparation Instructions

Package all items together.

Note: Student should be able to take additional servings of fruit, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	441.07
Fat	22.65g
SaturatedFat	8.01g
Trans Fat	0.00g
Cholesterol	50.20mg
Sodium	1194.75mg
Carbohydrates	45.06g
Fiber	2.73g
Sugar	14.28g
Protein	20.97g
Vitamin A 84.00IU	Vitamin C 3.36mg
Calcium 252.49mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Bagel Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity or Use GFS#499789	100036
BAGEL WHT WGRAIN 2Z	1 Each		230264

Preparation Instructions

Bagel: Thaw the day or two before. May place in warmer morning of to warm bagel up

Egg Patty: Cook according to directions on case

Assembly: Place 1 egg patty and 1 slice between bagel halves. Hold in warmer/hot unit until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	235.00		
Fat	7.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	82.50mg		
Sodium	390.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.50g		
Protein	12.00g		
Vitamin A	32.73IU	Vitamin C	0.01mg
Calcium	45.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Taco Seasoning with Ground Beef

Servings:	232.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49798

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD	1 Pint 1 Cup (3 Cup)		195164
SPICE CUMIN GRND	1 Pint 1 Cup (3 Cup)		273945
SPICE PAPRIKA	5 Fluid Ounce	5/8 cup	518331
SPICE GARLIC POWDER	5 Fluid Ounce	5/8 cup	224839
SALT IODIZED	1/3 Cup		125557
Beef, Fine Ground 85/15, Frozen	40 Pound	Thaw	100158
Water	1 Gallon 2 Quart 1/8 Cup (24 1/8 Cup)		Water

Preparation Instructions

1. Mix all spices together.
 2. Brown ground beef and drain.
 3. Sprinkle taco seasoning mix over meat. Stir in water.
 4. Bring to a boil, stirring frequently.
 5. Reduce heat and simmer mixture for 20-30 minutes, stirring occasionally.
- CCP: Heat mixture to 155°F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 232.00

Serving Size: 2.00 ounce weight

Amount Per Serving

Calories	168.81		
Fat	12.35g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	510.46mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.99mg

*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:	85.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH LO SOD	3 Pound 9 Ounce (57 Ounce)	N/A	222585
Tap Water for Recipes	2 Gallon		000001WTR

Preparation Instructions

Boil water in kettle. Pour 2 gallon of boiling water in large mixing bowl. Pour in 1 container potato pearls while stirring with a wire whisk. Allow potatoes to sit for 3-4 minutes before service.

Temp at 145 degrees or above for 15 seconds.

Serve with a #8 disher.

Updated 8.14.24

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.44		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.41mg		
Carbohydrates	15.21g		
Fiber	1.52g		
Sugar	0.00g		
Protein	1.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.60mg	Iron	0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	142.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD	1 Pound 6 5/8 Ounce (22 5/8 Ounce)	1 Package	552061
Tap Water for Recipes	1 Gallon	N/A	000001WTR

Preparation Instructions

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 142.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	20.08		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	2.51mg		
Sodium	57.73mg		
Carbohydrates	3.01g		
Fiber	0.00g		
Sugar	0.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.02mg	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

Sausage Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49265

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	N/A	138941
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	***Non-Whole Grain***	120851

Preparation Instructions

Biscuit: Heat according to directions on case

Sausage Patty: Cook according to directions on case

Assembly: Place 1 sausage patty between split biscuit. Hold in warmer/hot unit until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	660.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	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

Assorted Variety of BeneFit Bar

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST BAN CHOC CHNK IW	1 Each		875860

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 Each

Amount Per Serving	
Calories	280.00
Fat	8.33g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	216.67mg
Carbohydrates	47.00g
Fiber	3.33g
Sugar	21.67g
Protein	4.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.67mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Orange Carrots

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49305

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	8 Pound	USDA Brown Box Commodity or Use GFS#285750	100352
STARCH CORN	1/2 Cup		318012
Tap Water for Recipes	1 Pint 1 Cup (3 Cup)	N/A	000001WTR
SUGAR BROWN MED	1 Pint	N/A	108626
JUICE ORNG 100 FZ	1 Each		135450
SPICE CINNAMON GRND	3 Teaspoon		224723
BUTTER ALT LIQ	1 1/2 Cup		130541

Preparation Instructions

1. Place carrots into 2 1/2" half steam table pans.
2. Mix water with cornstarch and set aside.
3. For Glaze: Combine orange juice, liquid butter alternative, brown sugar, and cinnamon.
4. Bring glaze mixture to a boil. Pour in cornstarch mixture. Allow to thicken and remove from heat.
5. Pour finished glaze mixture over the carrots in the pan. Bake

Conventional oven: 375°F for 20-30 minutes

Convection oven: 325°F for 15-20 minutes

CCP: Heat to 145° F or higher

CCP: Hold for hot service at 140°F or higher

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	161.07		
Fat	10.42g		
SaturatedFat	1.95g		
Trans Fat	0.00g		
Cholesterol	32.17mg		
Sodium	93.32mg		
Carbohydrates	20.29g		
Fiber	2.68g		
Sugar	14.73g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggo® Bites Mini Pancakes

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831

Preparation Instructions

Heat and thaw product according to directions on case.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	6.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	105.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Macaroni and Cheese

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49849
School:	Hebron High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water	4 Gallon		
PASTA ELBOW MACAR 51 WGRAIN	2 3/4 Pound		229941
1% White Milk	1 Gallon	16 Cartons	13871
BUTTER ALT LIQ	1 1/3 Cup		130541
SPICE MUSTARD GRND	1 1/3 Tablespoon	1 Tablespoon and 1 teaspoon	224928
SPICE PEPR BLK REG FINE GRIND	1 1/3 Tablespoon	1 Tablespoon and 1 teaspoon	225037
Land O Lakes® 50% Reduced Fat American Cheese Slices	8 1/3 Pound		499789

Preparation Instructions

1. Heat water to rolling boil.
 2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until tender, stir occasionally. DO NOT OVERCOOK. Drain cooked pasta well.
 3. Quickly stir milk into drained macaroni. Add liquid butter alternative and seasonings.
 4. Coarsely chop the sliced cheese and add it to the pasta mixture. Stir constantly until the cheese is melted and the mixture is smooth. The mixture may still be quite liquid at this stage. CCP: Heat to 140°F or higher.
 5. Pour macaroni and cheese mixture into serving pans which have been lightly coated with pan release spray. Hold for 30 minutes on a 180°F-190°F steamtable or in the hot holding cabinet to allow sufficient time for mixture to set up properly.
- CCP: Hold for hot service at 140°F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 44.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	401.10
Fat	20.28g
SaturatedFat	9.56g
Trans Fat	0.00g
Cholesterol	50.82mg
Sodium	796.06mg
Carbohydrates	36.60g
Fiber	2.00g
Sugar	11.55g
Protein	21.53g
Vitamin A 3.64IU	Vitamin C 0.73mg
Calcium 499.79mg	Iron 1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Rotini and Meat Sauce

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49311

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 Pound	Thaw ahead	573201
PASTA ROTINI 51 WGRAIN	2 Pound		229951
Tap Water for Recipes	1 Quart 1 Pint (6 Cup)	N/A	000001WTR
CHEESE MOZZ SHRD	1 Pound	4 cups	645170

Preparation Instructions

Thaw J.T.M. Premium Beef Spaghetti Sauce under refrigeration 24-36 hours prior to preparation.

1. Pre-heat convection oven to 325° F.
2. Lightly spray the bottom and sides of a 2" deep, full-size pan with non-stick pan spray.
3. Pour thawed, Premium Beef Spaghetti Sauce into pan.
4. Add hot water and dry pasta and blend well.
5. Cover pan and bake for 30 minutes.
6. Carefully remove from oven, gently stir, and top with shredded cheese.
7. Bake uncovered for an additional 5-10 minutes or until cheese is melted.

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: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	274.63
Fat	8.48g
SaturatedFat	3.84g
Trans Fat	0.00g
Cholesterol	41.03mg
Sodium	280.91mg
Carbohydrates	32.02g
Fiber	3.70g
Sugar	6.56g
Protein	17.53g
Vitamin A 369.71IU	Vitamin C 10.86mg
Calcium 162.74mg	Iron 2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Ziti

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49828
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon	UNPREPARED	000001WTR
PASTA PENNE RIGATE 51 WGRAIN	6 1/4 Pound		221482
Spaghetti Sauce	3 #10 CAN		852759
TOMATO DCD NSA	1 #10 CAN		827614
CHEESE MOZZ SHRD	6 1/4 Pound	N/A	645170
SPICE GARLIC POWDER	2 Fluid Ounce	4 Tablespoons	513857
SPICE PARSLEY FLAKES	2 Fluid Ounce	4 Tablespoons	513989
CHEESE RICOTTA WHP PART SKM	6 Pound		512265
EGG WHL LIQ	1 Quart 1 Pint (6 Cup)		284122

Preparation Instructions

1. Cook the pasta in boiling water until just short of 'al dente'. DO NOT OVERCOOK. Place a colander over a bowl and drain the pasta. Place the drained pasta in a large bowl or pan, and mix in half of the spaghetti sauce. Set aside.
2. Place all of the ricotta cheese in a large bowl or pan. Mix in the eggs, garlic powder, and dried parsley until well combined. Stir 3 1/8 pounds of mozzarella cheese and combine well. Set aside.
3. In a large bowl, combine the cooked pasta with sauce with the cheese mixture. Use (4) 2-2/1" deep pans for 100 servings. Using the remaining sauce, ladle 3 cups of sauce onto the bottom of each pan. Put 27 cups of mixture in each pan. Fill the pans with the pasta mixture leaving enough room to top each pan with 3 cups more of sauce. Finish by topping each pan with 12 1/2 ounce of the remaining mozzarella cheese each.
4. Cover each pan with foil.

CCP: Bake in a 350°F oven until the cheese has melted and the baked ziti reached 165°F for 15 seconds, about 45 minutes. Remove foil from pans during the last 20 minutes of baking.

CCP: Hold hot at 140°F or higher until served.

Portion Size = 1 cup (8 fluid ounce spoodle)

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	293.55
Fat	11.19g
SaturatedFat	5.46g
Trans Fat	0.00g
Cholesterol	81.77mg
Sodium	604.04mg
Carbohydrates	32.53g
Fiber	2.52g
Sugar	9.42g
Protein	15.72g
Vitamin A 129.33IU	Vitamin C 2.33mg
Calcium 282.48mg	Iron 2.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet and Sour Sauce with Vegetables

Servings:	80.00	Category:	Condiments or Other
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49834
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN LRG	1 Quart 1 Pint (6 Cup)	Diced	198757
CARROT BABY WHL PETITE	1 Quart	Diced	768146
ONION YELLOW JUMBO	1 Pint 1/2 Cup (2 1/2 Cup)	Diced	200778
SAUCE SWT SOUR	1/2 Gallon		242292

Preparation Instructions

1. Wash and cut vegetables
2. Sauté carrots in a pan coated with vegetable cooking spray for 4 minutes. Add onion and green peppers and cook for 2 more minutes.
3. Add sweet and sour sauce to vegetables and continue to cook. For 3 more minutes.

CCP: Hold for hot service at 140°F or higher

Serving Size: 1/4 cup or 2 Fluid Ounce

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	53.20		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	91.69mg		
Carbohydrates	12.52g		
Fiber	0.35g		
Sugar	9.42g		
Protein	0.14g		
Vitamin A	41.43IU	Vitamin C	9.28mg
Calcium	3.39mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49695

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1/4 Cup		231059

Preparation Instructions

Stovetop:

Bring water to a boil. Add rice and stir. Cover tightly and simmer over a low heat until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with fork before serving.

Oven:

Combine rice and hot water in a shallow pan, and stir. Cover and bake in a 350 degree F oven, until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving.

Steamer:

Combine rice and hot water in a steam table pan, and stir. Cover and steam according to manufacturer's directions, or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

Note: 1/4 cup dry rice equals 1 cup cooked rice

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	80.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Chicken Wings

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49858
School:	Hebron High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL CKD	6 Piece		150220

Preparation Instructions

Conventional Oven

Place frozen chunks in preheated oven at 400°F for 8-10 minutes.

Convection Oven

Place frozen chunks in preheated oven at 375°F for 6-8 minutes.

Note: Recipe is mainly for naming purposes only.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 6.00 Each

Amount Per Serving

Calories	345.00		
Fat	19.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	82.50mg		
Sodium	600.00mg		
Carbohydrates	16.50g		
Fiber	1.50g		
Sugar	0.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49274

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/APPLSCE	1 Each	N/A	644950
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

Beef Patties: Cook according to directions on case.

Assembly: Place 1 beef patty between hamburger bun halves. Hold in warmer/hot unit until ready for service.

Updated 8.14.24

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	260.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	530.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	4.00g
Protein	20.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 66.00mg **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