

Cookbook for Highland MS

Created by HPS Menu Planner

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Turkey Gravy

Green Beans w/butter buds

French Bread Pizza

Baked Beans

Yogurt

Bug Bites- Graham Crackers

Emoji mashed potatoes

meatballs w/sauce

Bosco Stick 6"

Lasagna Roll Ups

Chicken Nuggets

Peas

Grilled Cheese

Chili

Celery

chocolate cake

pizza

Breakfast for Lunch w/egg omelet

Taco Stick

Chicken Alfredo

Breadstick

Corn Dogs

Strawberry Cup

Spaghetti

BBQ Rib Sandwich

Zee Zee Applesauce

Graham cracekrs

Philly Cheese Steak

Pretzel w/Cheese

Sidekick

pizza cruncher

corn

cookie

fortune cookie

ketchup

BBQ Sauce

Ranch

Italian Dressing

peanut butter

Red Peppers

Broccoli Florets

Assorted Fresh Fruit

Assorted Canned Fruit

Assorted Fresh Fruit

Smiths Milk- Chocolate

french toast

Sausage link

Syrup

Salisbury Steak

Mashed Potatoes

Pork Rib Sandwich-Northwood High

100% Fruit Juice

Fried Rice

Chicken Drumsticks

Garden Salad

French Dressing

Italian Dressing

Broccoli w/cheese

Chicken patty on bun

Sweet Potato Fries

Rotini

HASH BROWN

Glazed Carrots

BEEF RAVIOLI

BEEF GRAVY

Pepperoni Pizza- Deep Dish Round

Pepperoni Pizza- rectangle

Tomato Soup

Hot dog

Uncrustable

Chicken Tenders

popcorn chicken

mustard

Barbecue Sauce

Mayonaise

sour cream

Black Beans

marinara sauce

Fish Shapes

Cheeseburger w/bun

Meatball Sub w/ sauce and cheese

Tater tots

fried rice

egg roll

generals tso

sweet and sour sauce

mashed potatoes- bag reduced sodium

Bosco Stick

Spaghetti

Spaghetti -HS

cheeseburger w/bun

waffle fries

Spiral French fries

Beef Tacos

Breakfast Sandwich

ham and turkey croissant

Spicy Chicken Patty

chicken teriyaki

Taco salad

Seasoned black beans

Loaded Waffle fries-pork

Loaded Waffle fries-beef

Hawaian CHicken

chicken parmesan with pasta

chicken melt

Philly Steak & Cheese Sandwich

CHICKEN TENDER WRAP

BURRITO BOWL

MAC & cHEESE bOWL

COUNTRY FRIED STEAK SANDWICH

hot dog

roasted cauliflower

parm broccoli

hot dog

bosco sticks for pizza station

mac & cheese- hs

GRILLED CHICKEN SANDWICH

muffin

Breakfsat w/lunch french toast. sausage,

MAC & cHEESE BOWL

Honey sriracha Chicken bowl

Boneless Wings

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

Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	13 3/13 Package	561301

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 5.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44291
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	59 Pound 7 Ounce (951 Ounce)	722330
SAUCE CHS CHED DIP CUP	300 Each	528690
CHIP TORTL RND R/F	300 Package	284751
SALSA CUP	300 Each	677802
SAUCE TACO MED PKT	600 Each	156911
SOUR CREAM PKT	300 Each	745903

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	522.40
Fat	24.30g
SaturatedFat	11.80g
Trans Fat	0.00g
Cholesterol	84.00mg
Sodium	1306.20mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	16.00g
Protein	25.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 438.00mg	Iron 1.98mg

*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:	200.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44299
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
BEAN REFRIED VEGTAR LO SOD	200 Serving	668341

Preparation Instructions

Gather a 4" pan and put 4 Liters of water in the pan and place it in the steamer for 20 minutes. Then open 2 bags of dehydrated beans and pour them into the water and mix well. Let set for about 15

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: 200.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	140.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	24.00g		
Fiber	9.00g		
Sugar	0.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots

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

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED	1/2 Cup	510637

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1 cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mac & Cheese

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

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR CHS R/F	400 Serving	566700

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.67 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Roll w/margarine

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

Ingredients

Description	Measurement	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
MARGARINE CUP SPRD WHPD	1 Each	772331

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Salad

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

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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Nutrition - Per 100g

No 100g Conversion Available

Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45898
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
WAFFLE DUTCH WGRAIN 5IN	1 Each	607351
YOGURT VAN L/F	2/3 Cup	881161
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	588510

Preparation Instructions

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes.

Once heated, sprinkle with confectioner s sugar or other toppings as desired.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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

Amount Per Serving	
Calories	520.00
Fat	21.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	715.00mg
Carbohydrates	68.00g
Fiber	3.00g
Sugar	30.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 247.00mg	Iron 2.16mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast sausage link

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45899
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
SAUSAGE LNK CKD SKNLS 1Z	2 Each	734969

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving			
Calories	240.00		
Fat	24.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	400.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tangerine stir fry

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

Ingredients

Description	Measurement	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	97 Pound 8 Ounce (1560 Ounce)	791710
RICE FRIED VEG WGRAIN	87 Pound 8 Ounce (1400 Ounce)	676463

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

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

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF	1 Cup	285590

Preparation Instructions

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

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

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

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger w/bun

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

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
BEEF STK BRGR CHARB	1 Each	203260

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PATTY

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spiral French fries

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

Ingredients

Description	Measurement	DistPart #
FRIES SPIRAL	3 Ounce	200859

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

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

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

Nutrition - Per 100g

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

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

Grape tomatoes

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

Ingredients

Description	Measurement	DistPart #
Grape Tomatoes-pint	1/2 Cup	4281

Preparation Instructions

Clean. Portion in bowls. Serve chilled

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45928

Ingredients

Description	Measurement	DistPart #
GRAVY MIX TKY	1/4 Cup	242440

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	100.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1520.00mg
Carbohydrates	16.00g
Fiber	0.00g
Sugar	4.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.00mg	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

Green Beans w/butter buds

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

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT FNCY 4SV	1/2 Cup	118737
BUTTER SUB	1 Tablespoon	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

French Bread Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45933

Ingredients

Description	Measurement	DistPart #
FRENCH BRD WGRAIN 50/50 CHS	1 Each	154321

Preparation Instructions

Prepare according to manufactures directions.

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

Amount Per Serving	
Calories	299.60
Fat	11.10g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	429.90mg
Carbohydrates	32.00g
Fiber	2.90g
Sugar	8.00g
Protein	16.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.04mg	Iron 2.24mg

*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:	1.00	Category:	Vegetable
Serving Size:	4.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45979

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR R/SOD	4 3/5 Ounce	567091

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.60 Ounce

Amount Per Serving	
Calories	172.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	425.50mg
Carbohydrates	34.50g
Fiber	5.75g
Sugar	13.80g
Protein	8.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 57.50mg	Iron 2.19mg

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

Nutrition - Per 100g

Calories	132.28		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.28mg		
Carbohydrates	26.46g		
Fiber	4.41g		
Sugar	10.58g		
Protein	6.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.09mg	Iron	1.68mg

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

Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45980

Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F	1 Each	186911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

Bug Bites- Graham Crackers

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

Ingredients

Description	Measurement	DistPart #
CRACKER GRHM BUG BITES	1 Package	859560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bag

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

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

Nutrition - Per 100g

No 100g Conversion Available

Emoji mashed potatoes

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

Ingredients

Description	Measurement	DistPart #
POTATO MASH SHPD EMOTICON	5 Each	538872

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

meatballs w/sauce

Servings:	380.00	Category:	Entree
Serving Size:	1.00 Meatballs	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45983
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	1520 Each	785860
SAUCE SPAGHETTI FCY	28 Pound 8 Ounce (456 Ounce)	852759

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 380.00

Serving Size: 1.00 Meatballs

Amount Per Serving	
Calories	168.00
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	364.00mg
Carbohydrates	9.00g
Fiber	2.00g
Sugar	4.00g
Protein	13.00g
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

Bosco Stick 6"

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

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	235411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll Ups

Servings:	180.00	Category:	Entree
Serving Size:	180.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45985

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN	180 Each	234041
SAUCE SPAGHETTI FCY	5 #10 CAN	852759
Tap Water for Recipes	1 Gallon 1 Pint (18 Cup)	000001WTR

Preparation Instructions

Spray 2 inch counter pan with pan spray

Place 1/4 can of spaghetti sauce in bottom of pan

Place 18 roll ups in the pan

Cover with 1/4 can of sauce

Cover with foil or lid and bake in convection over or combi oven to an internal temperature of 165 degree

Serve immediately or hot hold in 135 degree or above hot holding cabinet

Batch cook as needed.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 180.00 Each

Amount Per Serving	
Calories	274.37
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	704.21mg
Carbohydrates	36.36g
Fiber	4.45g
Sugar	9.91g
Protein	17.45g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 317.18mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

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

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 Each	281831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45987

Ingredients

Description	Measurement	DistPart #
PEAS FZ	1/2 Cup	110510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	62.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	58.00mg
Carbohydrates	11.00g
Fiber	4.00g
Sugar	4.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

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

Ingredients

Description	Measurement	DistPart #
MARGARINE LIQUID	1 Tablespoon	266965
BREAD WGRAIN WHT 16-22Z GCHC	2 Each	266547
CHEESE AMER YEL 160CT SLCD	2 Slice	271411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45990

Ingredients

Description	Measurement	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	5 5/6 Ounce	344012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	152.00
Fat	5.00g
SaturatedFat	1.70g
Trans Fat	0.00g
Cholesterol	31.00mg
Sodium	230.00mg
Carbohydrates	15.00g
Fiber	4.00g
Sugar	5.00g
Protein	13.00g
Vitamin A 1252.00IU	Vitamin C 19.00mg
Calcium 51.00mg	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

Celery

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

Ingredients

Description	Measurement	DistPart #
CELERY STIX	1/2 Cup	781592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

chocolate cake

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45992

Ingredients

Description	Measurement	DistPart #
MIX CAKE CHOC	1 Piece	255661

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	151.52
Fat	3.79g
SaturatedFat	1.89g
Trans Fat	0.00g
Cholesterol	7.58mg
Sodium	280.30mg
Carbohydrates	26.52g
Fiber	0.76g
Sugar	15.15g
Protein	2.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.73mg	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

pizza

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

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 4X6 WGRAIN 100	400 Each	153650

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch w/egg omelet

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

Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS COLBY	1 Each	554470
SAUSAGE LNK CKD SKNLS 1Z	2 Each	734969
BREAD ELFIN BLUEB LOAF WGRAIN	1 Each	592048
HASHBROWN FAST 2.5Z	2 Each	242241

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Stick

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45995

Ingredients

Description	Measurement	DistPart #
Beef Taco Stick, Whole Grain Flour Tortilla, Beef Taco Filling-wrapped, 2 oz. equivalent grains, 2 oz. M/MA	1 BURRITO	119660

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: 0.00

Amount Per Serving	
Calories	345.01
Fat	12.82g
SaturatedFat	8.35g
Trans Fat	0.00g
Cholesterol	52.41mg
Sodium	630.69mg
Carbohydrates	31.87g
Fiber	3.85g
Sugar	0.00g**
Protein	20.07g
Vitamin A 251.90IU	Vitamin C 6.36mg
Calcium 328.78mg	Iron 2.76mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45996

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	570533
SAUCE ALFREDO FZ	2 Ounce	155661
PASTA PENNE CKD	1 Cup	835900
Whole Grain Garlic Texas Toast	1 Each	197582
Cereal, Ready-to-eat; Kellogg's Corn Pops, Retail Pack, 17.2oz/12	1 0	119751

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.010
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	560.21
Fat	19.45g
SaturatedFat	6.15g
Trans Fat	0.03g
Cholesterol	61.84mg
Sodium	687.52mg
Carbohydrates	63.14g
Fiber	3.00g
Sugar	5.28g
Protein	31.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 227.65mg	Iron 3.66mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breadstick

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

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD	1 Each	789310

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Dogs

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

Ingredients

Description	Measurement	DistPart #
CORN DOG CHIX WGRAIN	1 Each	620220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Cup

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

Ingredients

Description	Measurement	DistPart #
STRAWBERRY CUP	1 Each	655010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti

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

Ingredients

Description	Measurement	DistPart #
PASTA SPAGHETTI CKD	1 Cup	835910
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1 Ounce	573201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46021
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY	1 Each	451410
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

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	360.00
Fat	12.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	860.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	14.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	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

Zee Zee Applesauce

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Graham cracekrs

Servings:	1.00	Category:	Grain
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46023
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH GRHM VAN	1 Each	198472

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: 0.00

Amount Per Serving			
Calories	120.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	2.00g		
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

Philly Cheese Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46024
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL CKD	3 Ounce	710831
MUSHROOM STEMS PCS	1 0	319078
ONION SLCD 3/16IN	1 Ounce	591122
SAUCE CHS QUESO BLANCO FZ	1 Ounce	722110
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	350.80
Fat	14.80g
SaturatedFat	6.30g
Trans Fat	0.01g
Cholesterol	44.50mg
Sodium	1053.25mg
Carbohydrates	34.00g
Fiber	2.05g
Sugar	6.50g
Protein	18.85g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.00mg	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

Pretzel w/Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick

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

Ingredients

Description	Measurement	DistPart #
SLUSHIE BL RASP/LEM	1 Each	794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Container

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

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

Nutrition - Per 100g

No 100g Conversion Available

pizza cruncher

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

Ingredients

Description	Measurement	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	143271

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

corn

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

Ingredients

Description	Measurement	DistPart #
CORN FZ 30 COMM	1/2 Cup	120490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

cookie

Servings:	1.00	Category:	Grain
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46029
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
COOKIE TRPL CHOC FUDG WGRAIN	1 Each	864022

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: 0.00

Amount Per Serving	
Calories	198.60
Fat	7.40g
SaturatedFat	2.10g
Trans Fat	0.06g
Cholesterol	6.00mg
Sodium	135.90mg
Carbohydrates	31.00g
Fiber	2.70g
Sugar	15.00g
Protein	2.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.38mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

fortune cookie

Servings:	1.00	Category:	Grain
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46030
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
COOKIE FORTUNE WGRAIN	1 Each	565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.167
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: 0.00

Amount Per Serving			
Calories	11.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	1.67g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	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

ketchup

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

Ingredients

Description	Measurement	DistPart #
KETCHUP PKT LO SOD	2 Each	634610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Package

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Sauce

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

Ingredients

Description	Measurement	DistPart #
SAUCE BBQ PKT	800 Each	294659

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 2.00 Package

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch

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

Ingredients

Description	Measurement	DistPart #
DRESSING RNCH FF	800 Each	261432

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 2.00 Package

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

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46034
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
DRESSING ITAL FF PKT	1 Each	187194

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	55.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	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

peanut butter

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

Ingredients

Description	Measurement	DistPart #
PEANUT BUTTER CUP	1 Each	522141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Container

Amount Per Serving	
Calories	120.00
Fat	10.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	95.00mg
Carbohydrates	6.00g
Fiber	2.00g
Sugar	2.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Red Peppers

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46036
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
PEPPERS RED DOMESTIC	1/2 Cup	560715

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	19.00		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.40mg		
Carbohydrates	5.00g		
Fiber	0.80g		
Sugar	3.00g		
Protein	0.60g		
Vitamin A	1999.88IU	Vitamin C	116.28mg
Calcium	6.12mg	Iron	0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Florets

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46037
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE	1/2 Cup	732451

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: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	30.90
Fat	0.30g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.00mg
Carbohydrates	6.00g
Fiber	2.40g
Sugar	2.00g
Protein	2.60g
Vitamin A 566.93IU	Vitamin C 81.17mg
Calcium 42.77mg	Iron 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

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

Ingredients

Description	Measurement	DistPart #
Apples, Gala	1 Serving	310

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Canned Fruit

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

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

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

Nutrition - Per 100g

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

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

Assorted Fresh Fruit

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

Ingredients

Description	Measurement	DistPart #
Apples, Gala	18 Gallon 3 Quart (300 Cup)	310

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Apple

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

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

Nutrition - Per 100g

No 100g Conversion Available

Smiths Milk- Chocolate

Servings:	480.00	Category:	Milk
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46202
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
TRU MOO CHOCOLATE MILK	480 Serving	47282

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving	
Calories	140.00
Fat	2.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	180.00mg
Carbohydrates	20.00g
Fiber	0.00g
Sugar	18.00g
Protein	8.00g
Vitamin A 15.00IU	Vitamin C 0.00mg
Calcium 25.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

french toast

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 3.00 Each

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage link

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

Ingredients

Description	Measurement	DistPart #
SAUSAGE TKY LNK BKFST CKD	2 Each	352740

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Syrup

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

Ingredients

Description	Measurement	DistPart #
SYRUP PANCK CUP	400 Each	160090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

Servings:	400.00	Category:	Entree
Serving Size:	1.00 PATTY	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46564
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
AdvancePierre Charbroiled Beef Steakburgers, 3 Ounce	400	203260
GRAVY MIX BROWN	400 Serving	242450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 PATTY

Amount Per Serving			
Calories	225.00		
Fat	14.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	480.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	18.00g		
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

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

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-46565

Ingredients

Description	Measurement	DistPart #
POTATO PRLS GLDN X-RICH	1 Carton	559911
SALT IODIZED	1 Tablespoon	350732
Tap Water for Recipes	2 Gallon	000001WTR
MARGARINE SLD	1/4 Pound	733061
MIX GRAVY POULTRY LO SOD	1/4 Cup	552061

Preparation Instructions

Add salt to carton before mixing.

Place boiling water in steam pan or mixer.

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

Put on serving line or in pass through.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	79.74		
Fat	1.07g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.18mg		
Sodium	434.84mg		
Carbohydrates	15.09g		
Fiber	0.79g		
Sugar	0.04g		
Protein	1.52g		
Vitamin A	70.59IU	Vitamin C	0.00mg
Calcium	8.02mg	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

Pork Rib Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46566

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY	1 Each	451660
SAUCE BBQ PKT	1 Each	294659
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	380.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	990.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	17.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.00mg	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

100% Fruit Juice

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fried Rice

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46689
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumsticks

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

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	603391

Preparation Instructions

BAKE

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes or until internal temperature reaches 165 degrees F or Greater.

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

Serving size: 1 drumstick

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Salad

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

French Dressing

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

Ingredients

Description	Measurement	DistPart #
DRESSING FREN LT PKT	200 Package	187186

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Package

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

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Dressing

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

Ingredients

Description	Measurement	DistPart #
DRESSING ITAL FF PKT	200 Each	187194

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Package

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli w/cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46772
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF	1 Cup	285590
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	4 Ounce	310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	233.33
Fat	14.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	600.00mg
Carbohydrates	12.67g
Fiber	4.00g
Sugar	1.33g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.67mg	Iron 1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken patty on bun

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PATTY

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46775
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
FRIES SWT 5/16IN S/C SVRY	3 Ounce	817730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	160.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	0.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46780
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 4/9 Ounce	728590

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	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	314.00
Fat	16.00g
SaturatedFat	6.20g
Trans Fat	1.00g
Cholesterol	54.00mg
Sodium	606.00mg
Carbohydrates	24.00g
Fiber	4.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 613.00IU	Vitamin C 23.00mg
Calcium 55.00mg	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

HASH BROWN

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46898
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
HASHBROWN RND	2 Each	389003

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving			
Calories	90.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

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

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	IN100309
MARGARINE SLD	1/4 Pound	733061
SUGAR BROWN MED	1 Cup	108626

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

BEEF RAVIOLI

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46903

Ingredients

Description	Measurement	DistPart #
RAVIOLI BEEF MT SCE MINI	1 Cup	195219

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	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	230.00
Fat	8.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	750.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	5.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	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

BEEF GRAVY

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46905
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX BROWN	1 Cup	242450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	100.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1400.00mg		
Carbohydrates	16.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Pizza- Deep Dish Round

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47724
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 5IN WGRAIN	1 Each	605911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving	
Calories	310.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	510.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	8.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	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

Pepperoni Pizza- rectangle

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

Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 4X6 WGRAIN 100	1 Each	152111

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

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

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO LO SOD RTS	1 Cup	514829

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.760
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	130.00
Fat	4.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	60.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	13.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot dog

Servings:	400.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47732
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/	400 Each	265039
BUN HOT DOG WHEAT WHL 12-12CT GCHC	400 Each	517830

Preparation Instructions

Serve:

1 hotdog in 1 bun

Add 1/2 oz of chili then Top with 1/2 oz Cheese Sauce

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	270.00
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	635.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.89mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

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

Ingredients

Description	Measurement	DistPart #
Whole Grain Uncrustable	1 Each	536012
CHEESE STRING MOZZ IW	1 Each	786580
CRACKER GLDFSH WGRAIN COLOR	1 Package	112702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders

Servings:	400.00	Category:	Entree
Serving Size:	3.00 Tenders	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47916
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX TNR WGRAIN FC	1200 Each	283951

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 3.00 Tenders

Amount Per Serving	
Calories	260.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	390.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	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

popcorn chicken

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47917
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	536620

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: 10.00 Piece

Amount Per Serving	
Calories	260.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	550.00mg
Carbohydrates	17.00g
Fiber	3.00g
Sugar	0.00g
Protein	19.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 20.00mg	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

mustard

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Pack	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48350
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
MUSTARD PKT	2 Each	675562

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Pack

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Barbecue Sauce

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

Ingredients

Description	Measurement	DistPart #
SAUCE BBQ PKT	2 Each	294659

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Packet

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mayonaise

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

Ingredients

Description	Measurement	DistPart #
MAYONNAISE PKT	2 Package	433744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

sour cream

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49240
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
SOUR CREAM PKT	1 Each	745903

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	60.00		
Fat	5.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	10.00mg		
Carbohydrates	1.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Black Beans

Servings:	200.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49575
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
BEAN SEAS BLK DEHY	16 Pound 13 Ounce (269 Ounce)	183900
Salsa, Low-Sodium, Canned	1 Gallon 1 Quart (20 Cup)	100330
Cheese, Mozzarella, Part Skim, Shredded	2 Quart 1 Pint (10 Cup)	100021

Preparation Instructions

Use one package of black beans per 4B pan. Prepare beans per package instructions. Add 2 cups of heated salsa and mix. Top with 1 cup mozzarella cheese and put in hot cart.

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: 200.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	174.56
Fat	2.39g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	398.75mg
Carbohydrates	26.56g
Fiber	9.71g
Sugar	2.98g
Protein	10.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.71mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

marinara sauce

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Shapes

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49618
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN	4 Each	523291

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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: 4.00 Piece

Amount Per Serving	
Calories	240.00
Fat	10.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	690.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	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

Cheeseburger w/bun

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

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
BEEF STK BRGR CHARB	1 Each	203260
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice	189071

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PATTY

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub w/ sauce and cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49635
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each	276142
CHEESE MOZZ SHRD	1/4 Cup	645170
SAUCE SPAGHETTI FCY	2 Fluid oz	852759
MEATBALL CKD .65Z 6-5 COMM	4 Each	785860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.417
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving	
Calories	427.33
Fat	17.50g
SaturatedFat	7.50g
Trans Fat	0.60g
Cholesterol	51.00mg
Sodium	819.33mg
Carbohydrates	41.00g
Fiber	4.67g
Sugar	10.33g
Protein	25.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 331.67mg	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

Tater tots

Servings:	1.00	Category:	Vegetable
Serving Size:	9.00 tots	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49636
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
POTATO TATER TOT ROUNDS	9 Each	324167

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 9.00 tots

Amount Per Serving	
Calories	152.40
Fat	7.62g
SaturatedFat	1.90g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	314.32mg
Carbohydrates	19.05g
Fiber	1.90g
Sugar	0.00g
Protein	1.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.48mg	Iron 0.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

fried rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49641
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
RICE FRIED VEG WGRAIN	1 Cup	676463

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

egg roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49642
School:	Highland High School		

Ingredients

Description	Measurement	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	0.250
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

generals tso

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49643
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
SAUCE GEN TSO	1/4 Cup	802850

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 cup

Amount Per Serving			
Calories	140.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	680.00mg		
Carbohydrates	32.00g		
Fiber	0.00g		
Sugar	28.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

sweet and sour sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49644
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
SAUCE SWT SOUR	1/2 Cup	219096

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	140.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	580.00mg
Carbohydrates	34.00g
Fiber	0.00g
Sugar	28.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	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

mashed potatoes- bag reduced sodium

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49645
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
POTATO MASH SEAS R/SOD	1/2 Cup	860560
MIX GRAVY POULTRY LO SOD	1/4 Cup	552061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	221.45
Fat	5.77g
SaturatedFat	0.92g
Trans Fat	0.00g
Cholesterol	15.04mg
Sodium	520.58mg
Carbohydrates	34.60g
Fiber	1.84g
Sugar	3.01g
Protein	4.85g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.47mg	Iron 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Stick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 stick	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49647
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 7IN WGRAIN	1 Each	555982

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 stick

Amount Per Serving	
Calories	210.00
Fat	6.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	270.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 211.00mg	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

Spaghetti

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49648
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN	1 Cup	221460
SAUCE SPAGHETTI FCY	1/2 Cup	852759

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	218.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	256.00mg
Carbohydrates	47.00g
Fiber	6.00g
Sugar	7.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.00mg	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

Spaghetti -HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49649
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN	1 Cup	221460
SAUCE SPAGHETTI FCY	1/2 Cup	852759
CHEESE MOZZ SHRD	1 Ounce	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	308.00
Fat	7.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	436.00mg
Carbohydrates	48.00g
Fiber	6.00g
Sugar	8.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 229.00mg	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

cheeseburger w/bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49650
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	661851
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice	189071

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 Each

Amount Per Serving	
Calories	350.00
Fat	16.00g
SaturatedFat	6.55g
Trans Fat	0.80g
Cholesterol	56.50mg
Sodium	531.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	5.00g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 149.50mg	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

waffle fries

Servings:	1.00	Category:	Vegetable
Serving Size:	9.00 fries	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49654
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
FRIES WAFFLE SEAS	9 Piece	371160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 9.00 fries

Amount Per Serving			
Calories	190.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	360.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spiral French fries

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49655
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
FRIES SPIRAL	3 Ounce	200859

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

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

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

Nutrition - Per 100g

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

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

Beef Tacos

Servings:	1.00	Category:	Entree
Serving Size:	2.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49696
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
SHELL TACO CORN WGRAIN 5IN	1 Each	714350
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
CHEESE MONTRY JK SHRD FTNR	1/4 Cup	469947
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330

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: 2.00 TACO

Amount Per Serving			
Calories	383.10		
Fat	19.13g		
SaturatedFat	8.13g		
Trans Fat	0.00g		
Cholesterol	59.00mg		
Sodium	560.70mg		
Carbohydrates	30.67g		
Fiber	4.67g		
Sugar	3.00g		
Protein	23.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	297.67mg	Iron	3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49697
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CROISSANT WGRAIN SLCD 2.2Z	1 Each	662882
EGG PTY RND 3.5IN	1 Each	741320
CHEESE AMER YEL 160CT SLCD	1 Slice	271411
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	588510

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	380.00
Fat	22.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	152.50mg
Sodium	900.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	3.50g
Protein	16.50g
Vitamin A 300.00IU	Vitamin C 1.20mg
Calcium 143.00mg	Iron 1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

ham and turkey croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49698
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CROISSANT WGRAIN SLCD 2.2Z	1 Each	662882
TURKEY HAM SLCD .51Z	2 Ounce	656891
TURKEY BRST SLCD OVN RSTD	2 Ounce	689541
CHEESE PROV NAT SLCD .75Z	1 Slice	726532

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.879
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	415.17
Fat	19.19g
SaturatedFat	8.84g
Trans Fat	0.00g
Cholesterol	107.59mg
Sodium	1290.34mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	3.00g
Protein	37.41g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 215.00mg	Iron 2.52mg

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49699
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
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	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 Sandwich

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

chicken teriyaki

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49742
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CHIX STRP TERYAKI	2 6/7 Ounce	890911
SAUCE TERYAKI	2 Fluid Ounce	417622
PASTA SPAGHETTI CKD	1 Cup	835910

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 Serving

Amount Per Serving	
Calories	560.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	1705.00mg
Carbohydrates	86.00g
Fiber	2.00g
Sugar	41.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 2.90mg

*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:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49743
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
4-5 Lettuce Shrd 1/4	1 Pint	755173
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
Red Gold Salsa, Dipping Cup, 3 Oz Each, 84/Case	1	677802
CHIP TORTL RND R/F	1 Each	662512

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.262
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.582
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	406.36
Fat	19.03g
SaturatedFat	8.14g
Trans Fat	0.00g
Cholesterol	51.45mg
Sodium	671.56mg
Carbohydrates	38.15g
Fiber	5.26g
Sugar	4.26g
Protein	18.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 270.55mg	Iron 1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned black beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49755
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BEANS BLACK LO SOD	1/2 Cup	231981
SPICE CHILI POWDER MILD	2 Teaspoon	331473
SPICE CUMIN GRND	1 Teaspoon	273945
SPICE ALLSPICE GRND	1/4 Teaspoon	513601
SEASONING NO SALT ORIG	1/4 Teaspoon	844071
SUGAR CANE GRANUL	1/2 Teaspoon	425311

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	137.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	375.00mg		
Carbohydrates	25.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Waffle fries-pork

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49756
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ CKD	2 Ounce	250720
SAUCE CHS QUESO BLANCO FZ	2 Ounce	722110
FRIES WAFFLE SEAS	1 Cup	371160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	401.60
Fat	24.60g
SaturatedFat	10.10g
Trans Fat	0.01g
Cholesterol	69.00mg
Sodium	966.50mg
Carbohydrates	22.00g
Fiber	2.10g
Sugar	0.00g
Protein	19.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.00mg	Iron 1.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Waffle fries-beef

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49757
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ	2 Ounce	722110
FRIES WAFFLE SEAS	1 Cup	371160
TACO FILLING BEEF R/SOD	2 Ounce	175983

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.476
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	403.11
Fat	25.77g
SaturatedFat	10.59g
Trans Fat	0.01g
Cholesterol	65.16mg
Sodium	1008.31mg
Carbohydrates	22.48g
Fiber	2.84g
Sugar	0.00g
Protein	19.03g
Vitamin A 304.80IU	Vitamin C 0.00mg
Calcium 230.55mg	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

Hawaiian CHicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49761
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	327120
RICE BRN PARBL WGRAIN	1/2 Cup	516371
SAUCE TERIYAKI	1/4 Cup	417622
PINEAPPLE CHUNKS IN JCE	1/2 Cup	189952

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.818
Fruit	0.373
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	810.61
Fat	17.18g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	21.82mg
Sodium	1661.82mg
Carbohydrates	138.20g
Fiber	6.02g
Sugar	45.78g
Protein	23.27g
Vitamin A 118.91IU	Vitamin C 0.00mg
Calcium 54.50mg	Iron 4.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

chicken parmesan with pasta

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49762
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
Tyson Whole Grain Breaded Chicken Patty	1	281622
SAUCE SPAGHETTI	1/2 Cup	744520
CHEESE MOZZ SHRD	1/2 Cup	645170
PASTA SPAGHETTI CKD	1 Cup	835910

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.250
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	740.00
Fat	33.00g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	995.00mg
Carbohydrates	73.00g
Fiber	7.00g
Sugar	13.00g
Protein	38.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 448.00mg	Iron 3.10mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

chicken melt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49763
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	570533
BREAD GARL TX TST SLC WGRAIN	2 Each	197582
SAUCE HOT	1 Tablespoon	790835
CHEESE QUESO RICO SHRD	1/4 Cup	578665

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 Serving

Amount Per Serving	
Calories	399.67
Fat	18.83g
SaturatedFat	7.15g
Trans Fat	0.00g
Cholesterol	62.17mg
Sodium	1192.01mg
Carbohydrates	29.77g
Fiber	2.00g
Sugar	2.00g
Protein	26.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 234.00mg	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

Philly Steak & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49764
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ	1/4 Cup	722110
Aunt Millie's Whole Grain Mini Sub Buns	1 Each	5157
MUSHROOM STEMS PCS	1/2 Cup	182530
ONION YELLOW JUMBO	1/2 Cup	109620
PEPPERS GREEN LRG	1/2 Cup	592315
Philly beef steaks	3 Ounce	501775

Preparation Instructions

Beef

1. Spray medium pan and place 1/2 pkg of beef steak (out of bag) in pan.
2. Steam with lid ajar approximately 15-20 minutes.
3. Stir and temp. Drain partially.

Cheese

1. Place bag of queso cheese in slotted pan. (Leave in bag.)
2. Steam appropriately 20 minutes. Temp. Cut open bag of cheese and add to beef steak. Stir well. Cover with lid. Place in heated pass thru.

Onions & Peppers (serve separately)

1. Paper & Spray cookie sheet.
2. Place one bag peppers and onions per pan. Spread out on cookie sheet.
3. Spray with butter spray. Bake at 325 degrees for 5 minutes or less. Want a quick roast. Need to watch while baking.
4. Then place in sprayed med pan with lid. Put in heated pass thru.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.825
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	506.44
Fat	21.25g
SaturatedFat	9.65g
Trans Fat	0.01g
Cholesterol	69.00mg
Sodium	1721.66mg
Carbohydrates	46.45g
Fiber	8.67g
Sugar	9.65g
Protein	16.14g
Vitamin A 277.16IU	Vitamin C 65.46mg
Calcium 240.73mg	Iron 12.43mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN TENDER WRAP

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49765
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CHIX TNR WGRAIN FC	4 Each	283951
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each	882700
CHEESE BLND CHED/MONTRY JK SHRD	1/2 Cup	712131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.667
Grain	4.333
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 Wrap

Amount Per Serving	
Calories	786.67
Fat	44.00g
SaturatedFat	17.33g
Trans Fat	0.00g
Cholesterol	83.33mg
Sodium	1090.00mg
Carbohydrates	61.33g
Fiber	8.00g
Sugar	3.33g
Protein	40.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 512.00mg	Iron 4.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

BURRITO BOWL

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49766
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
Long Grain Rice	1/2 Cup	722987
CHIX DCD 1/2IN WHT CKD	2 Ounce	599697
CILANTRO CLEANED	1 Tablespoon	219550
JUICE LIME	1/4 Cup	887632
MINH® Chicken Egg Roll	1 Each	470764
CHEESE BLND CHED/MONTRY JK SHRD	1/2 Cup	712131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	5.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.313
Legumes	0.000
Starch	0.200

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	805.00
Fat	24.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	122.00mg
Sodium	793.33mg
Carbohydrates	96.50g
Fiber	3.00g
Sugar	2.50g
Protein	49.33g
Vitamin A 50.00IU	Vitamin C 7.00mg
Calcium 449.93mg	Iron 4.75mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

MAC & cHEESE bOWL

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49767
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	1 Cup	119122
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	327120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.659
Grain	2.068
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	670.91
Fat	30.18g
SaturatedFat	11.73g
Trans Fat	0.50g
Cholesterol	66.82mg
Sodium	1841.82mg
Carbohydrates	61.27g
Fiber	5.27g
Sugar	10.09g
Protein	40.27g
Vitamin A 118.91IU	Vitamin C 0.00mg
Calcium 660.27mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

COUNTRY FRIED STEAK SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49768
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
PORK STK BRD WGRAIN 85-3.85Z ADVPIER	1 Each	760821
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	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 Sandwich

Amount Per Serving	
Calories	440.00
Fat	19.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	660.00mg
Carbohydrates	42.00g
Fiber	5.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

hot dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49769
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 6" 8/# R/SOD 2-5# ARMOUR	1 Each	743171
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each	270913
CHILI HOT DOG W/MT BEAN	1/4 Cup	103063

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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 Sandwich

Amount Per Serving	
Calories	390.00
Fat	20.50g
SaturatedFat	7.50g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	920.00mg
Carbohydrates	34.00g
Fiber	5.00g
Sugar	5.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 61.28mg	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

roasted cauliflower

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49770
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER IQF	25 Pound	285600
CHEESE PARM GRTD	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	164259
OIL SALAD CANOLA NT	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	393843
SPICE GARLIC POWDER	1 Fluid Ounce	224839
SEASONING NO SALT ORIG	1 Fluid Ounce	844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	176.65
Fat	16.25g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	169.17mg
Carbohydrates	5.33g
Fiber	2.66g
Sugar	2.66g
Protein	5.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 107.83mg	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

parm broccoli

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49771
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS	2 Pound	610902
SEASONING NO SALT ORIG	1 Tablespoon	844071
SPICE GARLIC POWDER	1 1/2 Teaspoon	224839
CHEESE PARM GRTD	1/2 Cup	164259
OIL SALAD CANOLA NT	1/4 Cup	393843

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: 10.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	132.00
Fat	7.40g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.02mg
Carbohydrates	12.00g
Fiber	7.20g
Sugar	2.40g
Protein	9.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.01mg	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

hot dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49777
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 6" 8/# R/SOD 2-5# ARMOUR	1 Each	743171
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each	270913

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 Sandwich

Amount Per Serving	
Calories	330.00
Fat	19.00g
SaturatedFat	7.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	570.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	5.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.28mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

bosco sticks for pizza station

Servings:	1.00	Category:	Entree
Serving Size:	2.00 sticks	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49785
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD	2 Each	432180
SAUCE MARINARA DIPN CUP	1 Each	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 sticks

Amount Per Serving	
Calories	490.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	860.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

mac & cheese- hs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49786
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	1 Cup	119122

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	420.00
Fat	16.00g
SaturatedFat	9.00g
Trans Fat	0.50g
Cholesterol	45.00mg
Sodium	1460.00mg
Carbohydrates	46.00g
Fiber	2.00g
Sugar	9.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 621.00mg	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

GRILLED CHICKEN SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49789
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT GRLLD 3Z	1 Each	185033
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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 Sandwich

Amount Per Serving	
Calories	270.00
Fat	4.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	630.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.00g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.00mg	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

muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49791
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
MUFFIN CRNBRD WGRAIN IW	1 Piece	497499

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: 1.00 Piece

Amount Per Serving	
Calories	240.00
Fat	8.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	150.00mg
Carbohydrates	0.00g**
Fiber	0.00g**
Sugar	0.00g**
Protein	0.00g**
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 0.00mg**	Iron 0.00mg**

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfsat w/lunch french toast. sausage,

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49907
School:	Highland MS		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	588510
French Toast Sticks	3 Each	669431

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: 1.00 Serving

Amount Per Serving	
Calories	290.00
Fat	15.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	145.00mg
Sodium	550.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	11.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 59.00mg	Iron 1.36mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

MAC & cHEESE bOWL

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49908
School:	Highland MS		

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup	119122
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	327120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.284
Grain	1.443
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	460.91
Fat	22.18g
SaturatedFat	7.23g
Trans Fat	0.25g
Cholesterol	44.32mg
Sodium	1111.82mg
Carbohydrates	38.27g
Fiber	4.27g
Sugar	5.59g
Protein	27.77g
Vitamin A 118.91IU	Vitamin C 0.00mg
Calcium 349.77mg	Iron 2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey sriracha Chicken bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49933
School:	Highland MS		

Ingredients

Description	Measurement	DistPart #
CHIX TNDR WGRAIN FC	3 Each	283951
SAUCE SRIRACHA HNY	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	113552
RICE BRN PARBL WGRAIN	1/2 Cup	516371
PINEAPPLE CRUSHED IN JCE	1/2 Cup	272078

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	5.000
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 Bowl

Amount Per Serving	
Calories	764.70
Fat	18.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	930.00mg
Carbohydrates	128.43g
Fiber	5.75g
Sugar	37.69g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 54.87mg	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