## **Cookbook for Highland MS**

**Created by HPS Menu Planner** 

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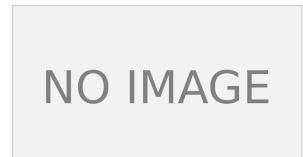
**GRILLED CHICKEN SANDWICH** 

Broccoli w/cheese

ham and turkey croissant

CHICKEN TENDER WRAP

## **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	<b>Prep Instructions</b>	DistPart #
BROCCOLI CUTS IQF	1 Cup	BAKE	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.

Amount Per Serving	<b>、</b>	
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

## **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	<b>Prep Instructions</b>	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	READY_TO_EAT	612464
FRUIT COCKTAIL DCD XL/S	1 Quart		258362
ORANGES MAND WHL L/S	1 Quart		117897

## **Preparation Instructions** No Preparation Instructions available.

Amount Per Serving	<b>X 7</b>	
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				
Calc	ories	58.36		
Fa	at	0.00g		
Satura	tedFat	0.00g		
Tran	s Fat	0.00g		
Chole	sterol	0.00mg		
Sod	ium	3.20mg		
Carboh	ydrates	13.79g		
Fik	ber	1.08g		
Su	gar	9.51g		
Pro	tein	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

		<u> </u>	
Calo	ries	51.47	
Fa	it	0.00g	
Saturat	edFat	0.00g	
Trans	s Fat	0.00g	
Choles	sterol	0.00mg	
Sodi	um	2.82mg	
Carbohy	/drates	12.16g	
Fib	er	0.95g	
Sug	jar	8.39g	
Prot	ein	0.35g	
Vitamin A	40.44IU	Vitamin C	0.52mg
Calcium	9.18mg	Iron	0.24mg

## **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	Prep Instructions	DistPart #
Apples, Gala	18 Gallon 3 Quart (300 Cup)	READY_TO_EAT Rinse under cool water and let dry	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

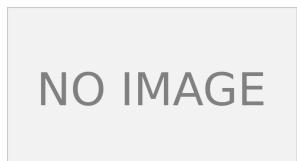
#### **Nutrition Facts**

Servings Per Recipe: 300.00 Serving Size: 1.00 Apple

Amount Per Serving				
Calories	98.00			
Fat	0.00g			
SaturatedFa	t 0.00g			
Trans Fat	0.00g			
Cholesterol	0.00mg			
Sodium	2.00mg			
Carbohydrate	s 23.53g			
Fiber	4.00g			
Sugar	17.84g			
Protein	0.43g			
Vitamin A 0.001	U Vitamin C	0.00mg		
<b>Calcium</b> 12.00	)mg <b>Iron</b>	0.21mg		

#### Nutrition - Per 100g

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

## Preparation Instructions No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving		
Meat	1.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

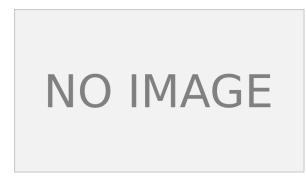
#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving				
Calc	ories	160.00		
Fa	at	5.00g		
Satura	tedFat	1.00g		
Tran	s Fat	0.00g		
Chole	sterol	35.00mg		
Sodium		390.00mg		
Carbohydrates		19.00g		
Fik	ber	3.00g		
Su	gar	2.00g		
Protein		10.00g		
Vitamin A	50.00IU	Vitamin C	7.00mg	
Calcium	40.00mg	Iron	1.60mg	

#### Nutrition - Per 100g

## 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	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	1 Сир	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

## Preparation Instructions No Preparation Instructions available.

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**

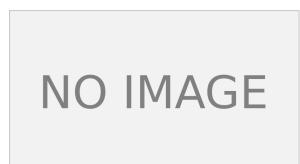
Servings Per Recipe: 1.00 Serving Size: 1.00 Cup

Amount Per Serving				
Calor	ies	270.00		
Fat	t	2.50g		
Saturate	edFat	0.00g		
Trans	Fat	0.00g		
Choles	terol	0.00mg		
Sodi	um	440.00mg		
Carbohy	drates	54.00g		
Fibe	er	4.00g		
Sug	ar	3.00g		
Prote	ein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	10.00mg	Iron	0.70mg	

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#### Nutrition - Per 100g

## 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	Prep Instructions	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		
Fa	at	0.00g		
Satura	tedFat	0.00g		
Tran	s Fat	0.00g		
Chole	sterol	0.00mg		
Sodium		252.80mg		
Carbohydrates		4.00g		
Fiber		0.00g		
Su	gar	2.00g		
Protein		0.40g		
Vitamin A	4.64IU	Vitamin C	0.14mg	
Calcium	13.32mg	Iron	0.04mg	

#### Nutrition - Per 100g

## **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	<b>Prep Instructions</b>	DistPart #
Whole Grain Uncrustable	1 Each		536012
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GLDFSH WGRAIN COLOR	1 Package	READY_TO_EAT Ready to Enjoy	112702

## Preparation Instructions No Preparation Instructions available.

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

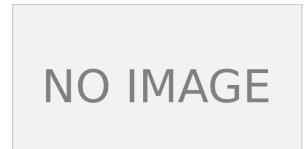
Amount Per Serving			
Calories	480.00		
Fat	25.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	49.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	16.00g		
Vitamin A 0.00IU	Vitamin C 0.00mg		
Calcium 242.00mg	Iron 1.72mg		

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

#### Nutrition - Per 100g

## 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	Prep Instructions	DistPart #
Tyson Whole Grain Breaded Chicken Patty	1		281622
Hamburger Bun	1 Ounce		270913

## Preparation Instructions No Preparation Instructions available.

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

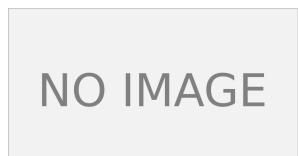
	Amount Per Serving			
Calories		390.00		
Fa	at	16.00g		
Satura	tedFat	2.50g		
Tran	s Fat	0.00g		
Chole	Cholesterol			
Sodium		670.00mg		
Carbohydrates		41.00g		
Fiber		6.00g		
Su	Sugar			
Pro	Protein			
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	30.00mg	Iron	2.00mg	

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

#### Nutrition - Per 100g

## **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	<b>Prep Instructions</b>	DistPart #
KETCHUP PKT LO SOD	2 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	634610

## Preparation Instructions No Preparation Instructions available.

Amount Per Serving	<b>X</b>	
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

<u> </u>			
Amount Per Serving			
Calories		20.00	
Fat		0.00g	
Saturated	Fat	0.00g	
Trans Fa	at	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

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#### Nutrition - Per 100g

## **Mashed Potatoes**

NO IMAGE
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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	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH	1 Carton	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
SALT IODIZED	1 Tablespoon	READY_TO_EAT used to salt food	350732
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR
MARGARINE SLD	1/4 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
MIX GRAVY POULTRY LO SOD	1/4 Cup	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	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.

Starch

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.500

#### **Nutrition Facts**

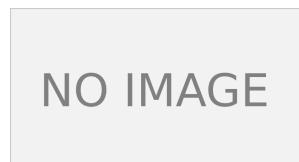
Servings Per Recipe: 85.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		79.74	
Fa	ıt	1.07g	
Saturat	edFat	0.42g	
Trans	s Fat	0.00g	
Choles	Cholesterol		
Sodium		434.84mg	
Carbohydrates		15.09g	
Fib	Fiber		
Sug	Sugar		
Protein		1.52g	
Vitamin A	70.59IU	Vitamin C	0.00mg
Calcium	8.02mg	Iron	0.23mg

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#### Nutrition - Per 100g

## 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	Prep Instructions	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

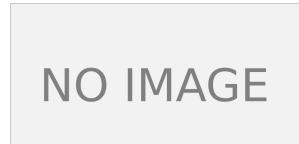
#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 2.00

	Amount Per Serving		
Calo	ries	120.00	
Fa	It	12.00g	
Saturat	tedFat	2.00g	
Trans	s Fat	0.00g	
Choles	sterol	10.00mg	
Sodi	um	120.00mg	
Carbohy	/drates	2.00g	
Fib	er	0.00g	
Sug	jar	0.00g	
Prot	ein	0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
-			

#### Nutrition - Per 100g

## **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	<b>Prep Instructions</b>	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

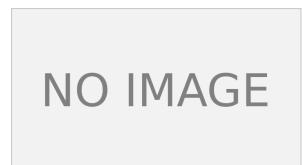
#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 2.00 Packet

Amount Per Serving			
Calor	ies	40.00	
Fat	t	0.00g	
Saturate	edFat	0.00g	
Trans	Fat	0.00g	
Choles	terol	0.00mg	
Sodi	um	180.00mg	
Carbohy	drates	10.00g	
Fibe	ər	0.00g	
Sug	ar	8.00g	
Prote	ein	0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	0.00mg

#### Nutrition - Per 100g

### 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	Prep Instructions	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			
Calo	ries	67.00	
Fa	t	1.00g	
Saturat	edFat	0.00g	
Trans	s Fat	0.00g	
Choles	sterol	0.00mg	
Sodi	um	1.00mg	
Carbohy	/drates	16.00g	
Fib	er	2.00g	
Sug	jar	3.00g	
Prot	ein	2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

#### Nutrition - Per 100g

## **Corn Dogs**

NO	IMA	GE			
Serving	<b>gs:</b> 1	.00	Category:	Entree	
Serving	<b>Size:</b> 1	.00	HACCP Process:	Same Day Se	rvice
Meal Ty	v <b>pe:</b> L	unch	Recipe ID:	R-45999	
Ingredi	ents				
Description	Measureme	nt	Prep Instructions		DistPart #
CORN DOG CHIX WGRAIN	1 Each	NONSTICK BAKIN MINUTES. FROM T INTERNAL PRODU MEAT THERMOME ACTUAL EQUIPME	OVEN 375°F. PREHEAT OVEN. PLACE CORN IG SHEET. FROM FROZEN - HEAT FOR APPE THAWED - HEAT FOR APPROXIMATELY 15 M JCT TEMPERATURE SHOULD REACH 160°F. ETER. TIMES AND TEMPERATURES MAY VA ENT AND QUANTITY OF PRODUCT PREPAR CAUTION: PRODUCT WILL BE HOT.	ROXIMATELY 20 MINUTES. CONFIRM WITH A RY BASED ON	620220

## Preparation Instructions No Preparation Instructions available.

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	

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#### Nutrition - Per 100g

## **Baby Carrots**

# **NO IMAGE**

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	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	1/2 Cup		510637

## Preparation Instructions

#### **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

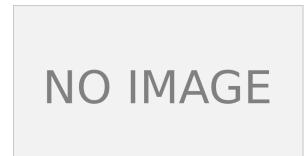
#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50 1 cup

Amount Per Serving			
Ca	lories	44.50	
l	Fat	0.00g	
Satur	atedFat	0.00g	
Tra	ns Fat	0.00g	
Chol	esterol	0.00mg	
So	dium	80.00mg	
Carbohydrates		10.68g	
Fiber		3.56g	
S	ugar	5.36g	
Protein		0.00g	
Vitamin A	21400.00IU	Vitamin C	7.80mg
Calcium	37.36mg	Iron	0.36mg

#### Nutrition - Per 100g

## **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

<b>Description Measurement</b>	Prep Instructions	DistPart #
FRIES SPIRAL 3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	200859

## Preparation Instructions No Preparation Instructions available.

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

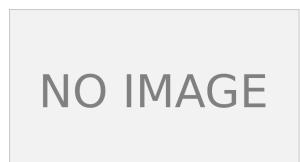
Amount Per Serving			
Calories	110.00		
Fat	4.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A 0.00IU	Vitamin C	0.00mg	
Calcium 10.00mg	Iron	0.30mg	

\*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

### 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	Prep Instructions	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**

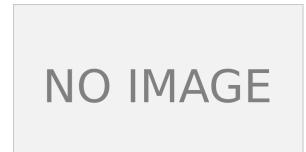
Servings Per Recipe: 1.00 Serving Size: 2.00 Pack

<u>eeg</u> ee.					
	Amount Per Serving				
Calo	ries	0.00			
Fa	ıt	0.00g			
Saturat	tedFat	0.00g			
Trans	s Fat	0.00g			
Choles	sterol	0.00mg			
Sodi	um	130.00mg			
Carbohy	/drates	0.00g			
Fib	er	0.00g			
Sug	jar	0.00g			
Prot	ein	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

# **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	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546
BEEF STK BRGR CHARB	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071

# **Preparation Instructions**

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 P	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

### **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	Prep Instructions	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

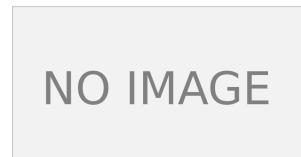
Amount Per Serving		
Calories	172.50	
Fat	0.00g	
SaturatedFat	0.00g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	425.50mg	
Carbohydrates	34.50g	
Fiber	5.75g	
Sugar	13.80g	
Protein	8.05g	
Vitamin A 0.00IU	Vitamin C	0.00mg
Calcium 57.50mg	Iron	2.19mg

\*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 Trope Eat is	for information only and is not	

\*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	Prep Instructions	DistPart #
Grape Tomatoes-pint	1/2 Cup	READY_TO_EAT	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**

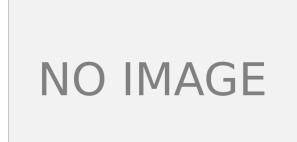
Servings Per Recipe: 1.00 Serving Size: 1.00 Cup

Amount Per Serving			
Calc	ories	30.00	
F	at	0.00g	
Satura	tedFat	0.00g	
Tran	s Fat	0.00g	
Chole	sterol	0.00mg	
Sod	lium	0.00mg	
Carboh	ydrates	6.00g	
Fil	ber	1.00g	
Su	gar	4.00g	
Pro	tein	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

### 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	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE SPAGHETTI FCY	2 Fluid oz	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
MEATBALL CKD .65Z 6-5 COMM	4 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860

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**

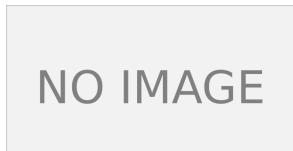
Servings Per Recipe: 1.00 Serving Size: 1.00 Sub

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 331.67	mg Iron 3.00mg	

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

#### Nutrition - Per 100g

### **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	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
4-5 Lettuce Shrd 1/4	1 Pint		755173
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
Red Gold Salsa, Dipping Cup, 3 Oz Each, 84/Case	1		677802
CHIP TORTL RND R/F	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

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**

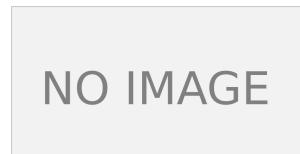
Servings Per Recipe: 1.00 Serving Size: 1.00 Each

U			
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

### 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	<b>Prep Instructions</b>	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			
Calc	Calories		
Fa	at	5.00g	
Satura	tedFat	3.50g	
Tran	s 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

### **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	Prep Instructions	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

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**

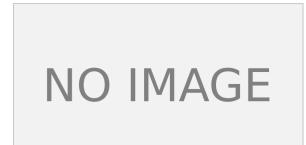
Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		137.50	
Fat		0.00g	
Satura	tedFat	0.00g	
Tran	s 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

# **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	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<ul> <li>BAKE</li> <li>Preparation: Appliances vary, adjust accordingly.</li> <li>Conventional Oven</li> <li>1. Preheat oven to 375°F.</li> <li>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.</li> <li>3. Heat for 35-40 minutes.</li> <li>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</li> <li>CONVECTION</li> <li>Preparation: Appliances vary, adjust accordingly.</li> <li>Convection Oven</li> <li>1. Preheat oven to 350°F.</li> <li>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.</li> <li>3. Heat for 25-30 minutes</li> <li>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</li> </ul>	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	
Saturate	edFat	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

# **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	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
MARGARINE CUP SPRD WHPD	1 Each	READY_TO_EAT These individual servings of whipped vegetable oil spread work well with take-out or grab-and-go front-of-house.	772331

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

# **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	Prep Instructions	DistPart #
MARGARINE LIQUID	1 Tablespoon	READY_TO_EAT This ready-to-use liquid margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	266965
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
CHEESE AMER YEL 160CT SLCD	2 Slice		271411

Amount Per Serving
Meat
Grain

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

1.000

#### **Nutrition Facts**

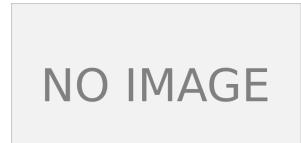
Servings Per Recipe: 1.00 Serving Size: 1.00 Sandwich

U				
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

# **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	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

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**

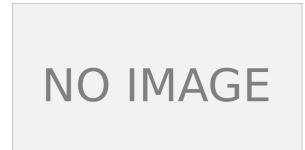
Servings Per Recipe: 1.00 Serving Size: 1.00 Sandwich

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

# **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	Prep Instructions	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	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

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**

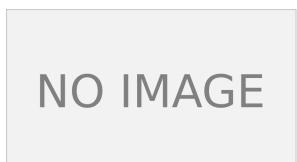
Servings Per Recipe: 1.00 Serving Size: 1.00 Sandwich

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

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

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**

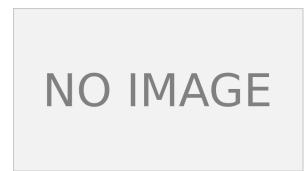
Servings Per Recipe: 1.00 Serving Size: 1.00 Sandwich

Amount P	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

### **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

<b>Description</b>	Measurement	Prep Instructions	DistPart #
POTATO TATER TOT ROUNDS	9 Each	DEEP_FRY Deep Fry 1.5 LBS at 345-350°F (174°-177°C) for 3 /u2013 3 1 2 minutes. Deep fry from frozen state. Fill basket 1 2 full. Convention Oven 1.5 LBS at 400°F (205°C) for 20-25 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. Convection Oven: 1 .5 LBS at 400°F (205°C) for 10-12 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. MUST COOK THOROUGHLY BEFORE EATING. KEEP FROZEN /u2013 DO NOT THAW. For food safety, read and follow the cooking instructions as product must reach a minimum of 165°F (74°C) internal temperature as measured by a food thermometer in several spots.	324167

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000

0.000

0.500

Legumes

Starch

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 9.00 tots

Amount Per Serving				
152.40				
7.62g				
1.90g				
0.00g				
0.00mg				
314.32mg				
19.05g				
1.90g				
0.00g				
1.90g				
Vitamin C	0.00mg			
Iron	0.69mg			
	152.40 7.62g 1.90g 0.00g 0.00mg 314.32mg 19.05g 1.90g 0.00g 1.90g Vitamin C			

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

#### Nutrition - Per 100g

### 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	<b>Prep Instructions</b>	DistPart #
Tyson Whole Grain Breaded Chicken Patty	1		281622
SAUCE SPAGHETTI	1/2 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	744520
CHEESE MOZZ SHRD	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
PASTA SPAGHETTI CKD	1 Cup		835910

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

5		5	
Amount Per Serving			
Cal	ories	740.00	
F	at	33.00g	
Satura	atedFat	10.50g	
Trar	ns Fat	0.00g	
Chole	esterol	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

# 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	Prep Instructions	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

Amount Per	r Serving	
	Meat	

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**

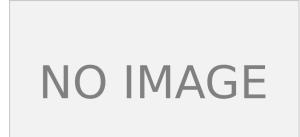
Servings Per Recipe: 10.00 Serving Size: 1.00 Cup

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

### **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	Prep Instructions	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	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2minutes if frozen, 2 1 2 - 3 minutes if thawed. GRILL To Grill: Prepare over medium heat for 4-5 minutes if frozen, or 3- 4 if thawed.	588510

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#### **Nutrition Facts**

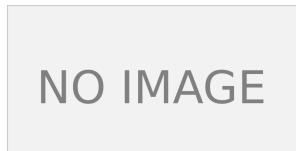
Servings Per Recipe: 1.00 Serving Size: 1.00 sandwich

Αmoι	unt Per Serving	
Calories	380.00	
Fat	22.50g	
SaturatedFat	8.50g	
Trans Fat	0.00g	
Cholesterol	152.50mg	
Sodium	900.00mg	
Carbohydrate	<b>s</b> 28.00g	
Fiber	2.00g	
Sugar	3.50g	
Protein	16.50g	
Vitamin A 300.00	OIU Vitamin C 1.20mg	
Calcium 143.00	Omg <b>Iron</b> 1.85mg	

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

#### Nutrition - Per 100g

### **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	Prep Instructions	DistPart #
SHELL TACO CORN WGRAIN 5IN	1 Each		714350
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	PREPARED This is a refrigerated product that can be used directly from the bag	882700
CHEESE MONTRY JK SHRD FTHR	1/4 Cup		469947
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330

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**

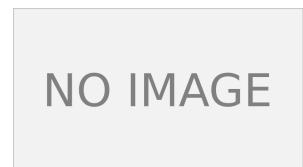
Servings Per Recipe: 1.00 Serving Size: 2.00 TACO

<u></u>			
Amo	ount Pe	r Serving	
Calories		383.10	
Fat		19.13g	
SaturatedFa	at	8.13g	
Trans Fat		0.00g	
Cholestero	Ì	59.00mg	
Sodium		560.70mg	
Carbohydrat	es	30.67g	
Fiber		4.67g	
Sugar		3.00g	
Protein		23.47g	
Vitamin A 0.001	U	Vitamin C	0.00mg
Calcium 297.6	67mg	Iron	3.18mg

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

#### Nutrition - Per 100g

## **Refried Beans**



HACCP Process:	Same Day Service
Recipe ID:	R-44299
	Recipe ID:

#### Ingredients

Description	Measurement	Prep Instructions	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

Starch

Amount Per Serving	. ,
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500

0.000

#### **Nutrition Facts**

Servings Per Recipe: 200.00 Serving Size: 0.50 Cup

	Amount P	er Serving	
Calc	ories	140.00	
Fa	at	0.50g	
Satura	tedFat	0.00g	
Tran	s Fat	0.00g	
Chole	sterol	0.00mg	
Sod	ium	140.00mg	
Carboh	ydrates	24.00g	
Fik	ber	9.00g	
Su	gar	0.00g	
Pro	tein	9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	Calcium 50.00mg		2.10mg

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

#### Nutrition - Per 100g

## **Chicken Alfredo**

# **NO IMAGE**

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	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	UNSPECIFIED Not currently available	570533
SAUCE ALFREDO FZ	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661
PASTA PENNE CKD	1 Cup		835900
Whole Grain Garlic Texas Toast	1 Each	BAKE	197582
Cereal, Ready-to-eat; Kellogg's Corn Pops, Retail Pack, 17.2oz/12	1 0		119751

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

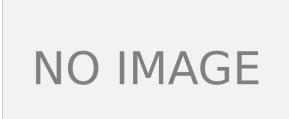
	Amount Per Serving			
Cal	ories	560.21		
F	at	19.45g		
Satura	atedFat	6.15g		
Trar	ns Fat	0.03g		
Chole	esterol	61.84mg		
Soc	dium	687.52mg		
Carboh	nydrates	63.14g		
Fi	ber	3.00g		
Su	ıgar	5.28g		
Pro	otein	31.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	227.65mg	Iron	3.66mg	

\*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

## **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	Prep Instructions	DistPart #
 X BRST FLLT LLD 3Z	1 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre- heated, 350°F convection oven for approximately 17-21 minutes. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
N HAMB SLCD RAIN WHT 4 10- T	1 Each		266546

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**

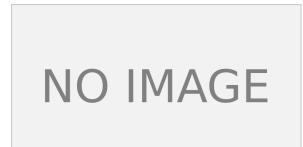
Servings Per Recipe: 1.00 Serving Size: 1.00 Sandwich

<u> </u>			
Amount Per Serving			
Calories		270.00	
Fa	at	4.50g	
Satura	tedFat	1.00g	
Tran	s Fat	0.00g	
Chole	sterol	60.00mg	
Sodium		630.00mg	
Carboh	ydrates	26.00g	
Fik	ber	3.00g	
Su	gar	4.00g	
Pro	tein	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

## **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	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	1 Cup	BAKE	285590
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	4 Ounce		310668

Amount Pe	er Serving

1.000	
0.000	
0.000	
1.000	
0.000	
0.000	
0.000	
0.000	
	0.000 0.000 1.000 0.000 0.000 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

## 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	Prep Instructions	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

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

U		
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

## **CHICKEN TENDER WRAP**

## **NO IMAGE**

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	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
TORTILLA FLOUR ULTRGR 8 18- 12CT	2 Each	PREPARED This is a refrigerated product that can be used directly from the bag	882700
CHEESE BLND CHED/MONTRY JK SHRD	1/2 Cup	READY_TO_EAT None	712131

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 512.00m	ng <b>Iron</b> 4.67mg	

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

#### Nutrition - Per 100g