

Cookbook for Prairie Crossing

Created by HPS Menu Planner

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Assorted Cereals

Servings:	14.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50274
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL GLDN GRAHAMS BWL	1 Each	READY_TO_EAT Ready to eat	509434
CEREAL CHEERIOS HNY BOWL	1 Each	READY_TO_EAT Ready to eat	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL APPLCINN WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	266052
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	READY_TO_EAT Ready to Eat	265811
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL RAISIN BRAN BWL	1 Each		247197

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	107.48
Fat	1.28g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	147.36mg
Carbohydrates	23.64g
Fiber	2.18g
Sugar	6.79g
Protein	2.05g
Vitamin A 42.86IU	Vitamin C 0.51mg
Calcium 60.37mg	Iron 4.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Dried Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51205
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES	1 Each	READY_TO_EAT	544426

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	130.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	27.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.04mg	Iron 0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Graham Snacks

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50275
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM TIGER BITE CHOC	1 Package		123171
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GRHM GRIPZ CHOC IW	1 Package		282441
CRACKER PRESIDENTS SMART	1 Ounce		159381
CRACKER ANIMAL WGRAIN	1 Package		682840
CRACKER GLDFSH CINN	1 Package	READY_TO_EAT Ready to Enjoy	194510

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	120.00
Fat	3.71g
SaturatedFat	0.93g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	107.86mg
Carbohydrates	20.86g
Fiber	1.43g
Sugar	7.14g
Protein	1.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.86mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Burrito

Servings:	114.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51206
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water	1 Gallon		
Tex-Pro Five Taco Filling Mix	1 Package		201183
Cheese, Cheddar Reduced fat, Shredded	7 1/8 Pound		100012
LETTUCE SHRD TACO 1/8CUT	3 Quart 1 Pint 1/4 Cup (14 1/4 Cup)		242489
TORTILLA FLOUR ULTRGR 6IN	114 Each		882690

Preparation Instructions

For Taco Meat:

1. Cook the beef and drain.
2. Add the water and the taco mix, simmer. Heat meat filling to 165 degrees.
3. Hold in hot pass thru until served.

For burrito use a tortilla, #16 disher meat, 1 oz. shredded cheese, and top with 1 oz. of lettuce.

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: 114.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	302.64
Fat	16.80g
SaturatedFat	8.10g
Trans Fat	1.05g
Cholesterol	47.25mg
Sodium	554.64mg
Carbohydrates	22.31g
Fiber	4.10g
Sugar	3.19g
Protein	20.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.25mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rosy Applesauce

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51213
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT	1 #10 CAN		271497
GELATIN MIX STRAWB	1/2 Cup		524581

Preparation Instructions

1. Stir the dry gelatin into the applesauce.
2. Put in side dishes for a 4 oz. serving

Hold in cold pass thru until served.

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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.62		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.07mg		
Carbohydrates	16.33g		
Fiber	2.06g		
Sugar	12.22g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.32mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Spiced Apples

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51214
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices, Canned, Unsweetened	1 #10 CAN		100206
SUGAR BEET GRANUL	1 Cup		108588
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723

Preparation Instructions

Mix drained fruit with cinnamon and sugar.

Serve with 4 oz. ladle.

Serve Cold

Hold in cold pass thru until served.

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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	82.76		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.29mg		
Carbohydrates	20.70g		
Fiber	2.06g		
Sugar	17.61g		
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

Fruited Gelatin

Servings:	76.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51249
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S	4 #10 CAN		290203
GELATIN MIX STRAWB	2 Package		524581
Water	1 1/2 Gallon	Use drained liquid from can plus water to make the 1.5 gallons.	Water

Preparation Instructions

1. Drain the 4 cans of fruit and reserve the liquid to mix into the gelatin (need 1.5 gallons of liquid total).
2. Divide the drained fruit using a 4 ounce spoodle into 5 oz. styrofoam flat bowls or 5 oz. portion cups.
3. Bring fruit juice (and water, if needed to make 1.5 gallons) to a boil.
4. Add gelatin to boiling juice mix.
5. Put liquid gelatin in fruit cups to cover the fruit.
6. Add lids and chill before serving.
7. Label with fruited jell-o and date.
8. Hold in cold pass thru until served.

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: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	135.98		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.12mg		
Carbohydrates	32.02g		
Fiber	2.00g		
Sugar	29.02g		
Protein	0.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.94mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

5 Cup Salad

Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51250
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL XL/S	1 #10 CAN		225304
PUDDING RTS VAN	1 Pint 1 Cup (3 Cup)		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	1 Pint		191736

Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories	60.47		
Fat	1.06g		
SaturatedFat	1.13g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	29.23mg		
Carbohydrates	12.22g		
Fiber	0.41g		
Sugar	9.03g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hawaiian Salad

Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51251
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S	1/2 #10 CAN		117897
PINEAPPLE TIDBITS IN JCE	1/2 #10 CAN		189979
PUDDING RTS VAN	1 Pint 1 Cup (3 Cup)		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	1 Pint		191736

Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	61.98
Fat	1.06g
SaturatedFat	1.13g
Trans Fat	0.01g
Cholesterol	0.00mg
Sodium	30.91mg
Carbohydrates	11.77g
Fiber	0.14g
Sugar	9.23g
Protein	0.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 8.13mg	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

Cherry 5 Cup Salad

Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51252
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cherries, Sweet, Frozen	2 Package		110872
FRUIT COCKTAIL XL/S	1 #10 CAN		225304
PUDDING RTS VAN	1 Pint 1 Cup (3 Cup)		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	1 Pint		191736

Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

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: 45.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	92.87
Fat	1.06g
SaturatedFat	1.13g
Trans Fat	0.01g
Cholesterol	0.00mg
Sodium	29.23mg
Carbohydrates	20.14g
Fiber	1.85g
Sugar	15.51g
Protein	0.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 4.44mg	Iron 0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Bananas

Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51253
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	8 Each		08044
SYRUP CHOC DUTCH SQZ BTL	1/2 Cup		203092

Preparation Instructions

1. Peel and slice the banana in a bowl.
2. Drizzle chocolate syrup over he banana.
3. Serve cold. Hold in cold pass thru until served.

For smaller amounts, use 1 tsp. chocolate syrup per banana.

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: 8.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	154.75		
Fat	0.15g		
SaturatedFat	0.47g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.51mg		
Carbohydrates	39.00g		
Fiber	3.68g		
Sugar	25.00g		
Protein	1.62g		
Vitamin A	3.78IU	Vitamin C	11.00mg
Calcium	6.01mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisp

Servings:	35.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51255
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 Pint 5/6 Cup (2 5/6 Cup)	1.5 cups for topping 1.33 cups for filling	330094
OATS QUICK HOT CEREAL	1 3/4 Cup		100800
SPICE CINNAMON GRND	1 Tablespoon 1 Teaspoon (4 Teaspoon)	1 tsp. for topping 1 Tbsp. for filling	224723
SPICE NUTMEG GRND	1/2 Tablespoon	Optional	224944
MARGARINE SLD	1 Cup	Softened	733061
SUGAR BROWN MED	1 Pint		108626
Frozen Apple Slices	6 Pound	Thawed. May substitute frozen blueberries, thawed.	100258
Water	2/3 Cup		Water
SUGAR BEET GRANUL	2/3 Cup		108588

Preparation Instructions

Topping:

1. Mix 1.5 cups flour, oats, 1 tsp. cinnamon, nutmeg, and brown sugar. Then cut in the margarine. Mix until crumbly consistency.

Filling:

1. Mix sugar, 1 Tbsp. cinnamon, and 1.33 cup flour together and set aside.
2. Mix fruit and water together and stir in the dry Ingredients until thoroughly incorporated.
3. Put filling in #1 pan.
4. Top with the topping mixture.
5. Bake at 325 for 45 minutes
6. Use a 4 ounce server to serve up apple crisp.

Keep in warmer until serving time

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	197.27
Fat	5.64g
SaturatedFat	2.14g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	53.75mg
Carbohydrates	36.49g
Fiber	2.53g
Sugar	24.42g
Protein	2.02g
Vitamin A 342.86IU	Vitamin C 0.00mg
Calcium 5.30mg	Iron 0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Berry Glaze Dessert

Servings:	60.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51322
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries - frozen	15 Pound	Thawed. May substitute thawed whole or sliced strawberries, or sweet cherries.	100243
GLAZE STRAWBERRY	1/2 #10 CAN		149284

Preparation Instructions

1. Thaw the blueberries just overnight. Drain.
2. Fold blueberries into glaze, do not smash fruit.
3. Dish up in a 6 ounce side dish with a #8 disher.
4. Seal with a lid and mark with the prepared date.
5. Hold in cold pass thru at 35-40 degrees, serve cold.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	127.32		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.54mg		
Carbohydrates	29.96g		
Fiber	5.62g		
Sugar	20.71g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51323
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	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: 2.00

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	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.50g
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

Potato Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51324
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	9 1/3 Pound	Cooked & diced	322385
MAYONNAISE LT	1 Pint 1 Cup (3 Cup)	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
Celery	1 Pint 1 3/4 Cup (3 3/4 Cup)	Chopped	00856
ONION YELLOW JUMBO	1 Cup	Diced	109620
EGG SHL LRG A GRD	12 Each	Diced	206539
RELISH SWT PICKLE	2/3 Cup		485586
SALT SEA	1 Tablespoon		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
MUSTARD YELLOW	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		807651

Preparation Instructions

1. Steam potatoes for 30-40 minutes. Peel and dice.
2. Add all other ingredients. Mix lightly until well blended. Chill.
3. Serve at 40 degrees. portion with a #6 scoop (2/3 cup).

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.375

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.66 Cup

Amount Per Serving	
Calories	110.42
Fat	2.26g
SaturatedFat	0.36g
Trans Fat	0.00g
Cholesterol	54.00mg
Sodium	251.97mg
Carbohydrates	19.91g
Fiber	2.09g
Sugar	2.74g
Protein	3.24g
Vitamin A 1.75IU	Vitamin C 16.89mg
Calcium 20.50mg	Iron 0.90mg

*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

Fruit Parfait

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50639
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1 Quart 1 Pint (6 Cup)	Use any canned or frozen fruit of choice.	110860
YOGURT VAN L/F PARFPR	1 Quart 1 Pint (6 Cup)		811500

Preparation Instructions

1. Spoon 1/4 cup yogurt into bottom of 10-12 oz. cup.
2. Add 1/4 cup fruit.
3. Repeat layers.
4. Cover and chill until ready to serve.

Serve with 1 package of grahams.

Hold in cold pass thru until served.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 12.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	150.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	61.70mg
Carbohydrates	33.13g
Fiber	2.00g
Sugar	21.42g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	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 with Meat Sauce

Servings:	300.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51364
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	20 Pound		100158
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package	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.	573201
PASTA SPAG 51 WGRAIN	20 Pound		221460
SAUCE TOMATO	8 #10 CAN	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	306347
Spaghetti Sauce Mix	2 Package		307085
SPICE PEPR BLK REG FINE GRIND	1/4 Cup		225037
SEASONING ITAL HRB	1/2 Cup		428574
SPICE GARLIC POWDER	1 Tablespoon		224839

Preparation Instructions

1. Brown off the ground beef until cooked completely with no big chunks.
2. Drain off water and fat. Add spices. Mix.
3. Add the bagged meat sauce and tomato sauce.
4. Mix thoroughly. Heat to 165 degrees.

5. In separate pot cook the spaghetti in water with a little oil and salt. Drain.
6. Add pasta to the mixed hot spaghetti sauce.
7. Pan up in #2 pans and hold in hot pass thru until ready to serve.
8. Serve with 6 fl. ounce spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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: 300.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	296.98
Fat	9.31g
SaturatedFat	3.19g
Trans Fat	0.80g
Cholesterol	52.13mg
Sodium	920.86mg
Carbohydrates	41.93g
Fiber	4.63g
Sugar	9.89g
Protein	19.23g
Vitamin A 528.44IU	Vitamin C 10.86mg
Calcium 30.48mg	Iron 2.75mg

*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

Garlic Biscuit Stick

Servings:	300.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51365
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	6 Pound		733061
SPICE PAPRIKA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		518331
SPICE GARLIC POWDER	1/2 Cup		224839
SPICE BASIL LEAF	1/4 Cup		513628
DOUGH BISC STICK 250-1.25Z RICH	300 Each		149070

Preparation Instructions

1. Whip margarine & mix in spices in mixer.
2. Spread butter on one side of biscuit stick.
3. Tray up the biscuit sticks on paper lined baking sheet. Bake at 375 degrees until lightly toasted.
4. Place in pass thru to keep warm.

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: 300.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	144.00
Fat	12.14g
SaturatedFat	5.88g
Trans Fat	0.05g
Cholesterol	0.00mg
Sodium	220.40mg
Carbohydrates	13.00g
Fiber	0.30g
Sugar	1.00g
Protein	2.10g
Vitamin A 480.00IU	Vitamin C 0.00mg
Calcium 15.99mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51165
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/5 Ounce		100117
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

Preparation Instructions

Thaw the chicken under refrigeration over night.

Assemble: tortilla wrap, chicken fajita, cheese

Wrap, Fold in ends of tortilla and roll from other end until closed

Offer with shredded lettuce, salsa & sour cream. (Optional)

Refrigerate until ready to serve

Hold at 40 Degrees or less

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 1.00 Each

Amount Per Serving	
Calories	339.82
Fat	13.26g
SaturatedFat	7.88g
Trans Fat	0.00g
Cholesterol	84.65mg
Sodium	812.35mg
Carbohydrates	32.38g
Fiber	4.00g
Sugar	3.88g
Protein	24.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.50mg	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

Pizza Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51525
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
ONION DEHY CHPD	1/2 Cup		263036
SEASONING ITAL HRB	1 1/2 Tablespoon		428574
SAUCE TOMATO	3/4 #10 CAN		306347
SUGAR BROWN MED	1/2 Cup		108626
Pizza Sauce Mix	1/3 Package		306245
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545
Shredded Mozzarella Cheese, Part Skim	3 Pound 2 Ounce (50 Ounce)		100021

Preparation Instructions

1. Cook ground beef & dry onions then drain.
 2. Add remaining ingredients.
 3. Simmer for 15-20 minutes. Cook until 165 degrees.
 4. Put in hot pass-thru and hold at 165 degrees or higher.
 5. Make up sandwiches on line as needed. Hold cheese in cold pass-thru and on ice when you serve sandwiches.
- Serving Size= #16 disher with 0.5 ounce cheese.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	269.97
Fat	12.17g
SaturatedFat	4.89g
Trans Fat	1.19g
Cholesterol	43.54mg
Sodium	578.38mg
Carbohydrates	23.20g
Fiber	2.41g
Sugar	5.73g
Protein	15.76g
Vitamin A 98.21IU	Vitamin C 0.00mg
Calcium 25.38mg	Iron 1.16mg

*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 Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50640
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each		645080
DOUGH BISCUIT WGRAIN	1 Each		237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.750
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	267.70
Fat	11.90g
SaturatedFat	5.50g
Trans Fat	0.07g
Cholesterol	14.50mg
Sodium	596.20mg
Carbohydrates	29.00g
Fiber	4.10g
Sugar	2.00g
Protein	10.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.58mg	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

Salisbury Steak & Gravy

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51528
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD	72 Each		690030
MIX GRAVY BRN LO SOD	1 Package		552050
Water	1 Gallon		Water

Preparation Instructions

1. Pan up the steaks 30-32 to a pan & steam to temperature 18- degrees.
 2. Mix the heated water with the gravy mix. Heat to 165 degrees or higher. Pour 1/2 gallon over the heated steaks.
- Hold in hot pass thru until ready to serve.

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: 72.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	222.50
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	467.02mg
Carbohydrates	8.50g
Fiber	1.00g
Sugar	1.90g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51530
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

1. Portion ham in 1.22 oz. servings.
2. Place 1.22 oz. ham and 1 slice of cheese on bun. Serve cold.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 1.00 Each

Amount Per Serving			
Calories	187.00		
Fat	6.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.50mg		
Sodium	552.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	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

Deli Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51529
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	1 3/5 ounces		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

1. Slice turkey, portion in 1.59 oz. servings.
2. Place 1.59 oz. turkey and 1 slice of cheese on bun. Serve cold.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 1.00 Each

Amount Per Serving			
Calories	206.00		
Fat	6.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	35.50mg		
Sodium	589.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	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

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51558
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Package		613738
Water	1 Gallon		Water

Preparation Instructions

Bring water to a boil. Measure one gallon ins a pan and stir in the instant potatoes until smooth. Pour into the serving pan. Hold in pass thru.

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: 39.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	76.33		
Fat	0.85g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	313.78mg		
Carbohydrates	14.42g		
Fiber	0.85g		
Sugar	0.00g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51531
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	6 1/4 Pound		100036
BREAD WHL WHE PULLMAN SLCD	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
BUTTER ALT LIQ PREPOIL	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	BAKE This product is recommended for sauteing, grilling, pan frying, broiling, basting, baking, and as a buttery spread for breads.	425532

Preparation Instructions

1. Spread one side of the bread with 1 Tbsp. of the Whirl.
2. Place prepared bread on paper lined cookie sheet. Top with 4 slices of cheese.
3. Add another slice of prepared bread to the cheese.
4. Bake in 375 degree oven for 15-20 minutes or until golden brown.
5. Hold in hot pass thru at 165 degrees or higher until ready to serve.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	540.00
Fat	40.00g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	980.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.00mg	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

Tomato Soup

Servings:	300.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51532
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	13 #10 CAN 1/3 #5 CAN (24 #5 CAN)		101427
Water	13 #10 CAN 1/3 #5 CAN (24 #5 CAN)		Water

Preparation Instructions

Mix the water with the soup, heat. Hold at 165 degrees.
Serve with an 8 ounce disher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	102.26
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	545.38mg
Carbohydrates	22.72g
Fiber	1.14g
Sugar	13.63g
Protein	2.27g

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

Calcium 22.72mg **Iron** 0.68mg

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

Nutrition - Per 100g

No 100g Conversion Available