

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

Fish Nugget Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51619
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN	4 Each		523291
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce		100012

Preparation Instructions

Heat nuggets at 375 degrees for 8-10 minutes until 165 degrees. Hold in hot pass-thru until ready to serve and assemble wrap.

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve. Hold cheese and lettuce on ice pack when serving.

On line place fish nuggets on wrap and add cheese. Lettuce is optional.

Serve with tartar sauce or ranch.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 0.00 Each

Amount Per Serving	
Calories	450.00
Fat	18.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	937.00mg
Carbohydrates	52.50g
Fiber	7.00g
Sugar	3.00g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 85.00mg	Iron 3.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51620
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	2 #10 CAN		100364
ONION DEHY CHPD	1 Pint		263036
SUGAR BROWN MED	1 Cup		108626
KETCHUP CAN 33 FCY	1 Pint		820783
Ham, Cubed Frozen	1 Pound		100188-H
MUSTARD YELLOW	1/4 Cup		807651

Preparation Instructions

Mix all ingredients together.

Bake at 350 degrees in convection oven 1 hour.

Hold in hot 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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	147.85
Fat	1.48g
SaturatedFat	0.26g
Trans Fat	0.00g
Cholesterol	4.72mg
Sodium	311.79mg
Carbohydrates	28.28g
Fiber	4.94g
Sugar	11.52g
Protein	8.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 3.02mg	Iron 0.05mg

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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

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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

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

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

*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

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

Grilled Chicken on Bun- Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51622
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each		152121
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Place 30 patties on sheet pan and heat in 375 degree oven for 8-10 minutes to 165 degrees.

Pan up in 1/2 veggie pan for serving line.

Hold in pass thru.

Serve hot on a whole grain bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	230.00		
Fat	4.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	500.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	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

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

Assorted Yogurt

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50276
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F	1 Each	READY_TO_EAT Ready to eat	551760
YOGURT DANIMAL STRAWB BAN N/F	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT RASPB RNBW L/F	1 Each	READY_TO_EAT Ready to eat	551770
YOGURT DANIMAL VAN N/F	1 Each		200612
YOGURT CHERRY TRPL L/F	1 Each	READY_TO_EAT Ready to eat	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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	76.00
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	61.00mg
Carbohydrates	14.60g
Fiber	0.00g
Sugar	9.40g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	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

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

Turkey & Noodles

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51624
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	20 Pound	20 pounds raw= 12 pounds, 12 ounces, cooked and diced.	100125
PASTA NOODL KLUSKI AMISH	7 Pound		456632
Water	6 Gallon		Water
BASE CHIX NO ADDED MSG	6 Ounce		106216

Preparation Instructions

Cook and dice turkey. 20 pounds raw turkey roast= 12 pounds, 12 ounces cooked.

Add water and base to 2 stock pots. Bring to a boil.

Before you add the meat and noodles, reserve 2 gallons of the broth in case it gets thick later.

Add meat and bring to a boil again.

Add noodles while stirring. Simmer. (Add noodles before you go to break so they can set.)

Heat to 165 degrees and hold in pass thru.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving	
Calories	253.05
Fat	8.84g
SaturatedFat	2.95g
Trans Fat	0.00g
Cholesterol	122.64mg
Sodium	220.80mg
Carbohydrates	22.12g
Fiber	0.56g
Sugar	0.28g
Protein	22.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51625
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD	3 Ounce		199721
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Layer 2 slices pepperoni, 2 slices ham, 2 slices salami, and 1 slice cheese on whole grain hot dog bun.

Hold in cold pass thru at 40 degrees.

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	305.00		
Fat	10.30g		
SaturatedFat	3.05g		
Trans Fat	0.00g		
Cholesterol	65.50mg		
Sodium	896.70mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.67mg	Iron	3.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	117.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51627
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	3 Package	15 pounds. 39 servings per 5 pound bag.	785860
SAUCE MARINARA A/P	1 #10 CAN		592714
Shredded Mozzarella Cheese, Part Skim	3 2/3 Pound		100021
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	117 Each	9.75 packages	270913

Preparation Instructions

Heat meatballs in steamer in the bags to 165 degrees.

Drain meatballs and add marinara sauce.

Place in the hot pass thru at 165 degrees until ready to serve.

Prepare sandwiches on line- hot dog bun, 3 meatballs with sauce, and top with 1/2 ounce sprinkle of cheese.

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: 117.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	321.33
Fat	12.58g
SaturatedFat	5.13g
Trans Fat	0.45g
Cholesterol	39.50mg
Sodium	576.49mg
Carbohydrates	31.73g
Fiber	4.18g
Sugar	7.08g
Protein	17.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 78.78mg	Iron 2.97mg

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

Nutrition - Per 100g

No 100g Conversion Available