

Cookbook for Union Center Elementary School

Created by HPS Menu Planner

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Eggo Mini Pancakes

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31117
School:	Union Township Middle School/Wheeler High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	210.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	255.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	11.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31226
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	265811
CEREAL FROOT LOOPS R/S BWL	1 Each	283620
CEREAL CINN TOAST CRNCH BWL	1 Each	595934
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL APPLE JACKS R/S BWL	1 Each	283611

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: 6.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	110.33
Fat	1.32g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.33mg
Carbohydrates	23.67g
Fiber	1.68g
Sugar	8.00g
Protein	1.73g
Vitamin A 50.00IU	Vitamin C 0.60mg
Calcium 65.73mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Donuts

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31114
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
DONUT PWDRD MINI IW	1 Package	738201
DONUT CHOC MINI IW	1 Package	738181
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each	371058
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each	371065
DONUT HOLE GLZD PULL APART IW 80-2.5Z	1 Each	371398

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	274.00
Fat	12.00g
SaturatedFat	4.90g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	264.00mg
Carbohydrates	38.80g
Fiber	2.00g
Sugar	17.00g
Protein	4.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.80mg	Iron 1.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop-Tarts

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31115
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	123031
PASTRY POP-TART WGRAIN CINN	1 Package	123081
PASTRY POP-TART WGRAIN FUDG	1 Package	452082
PASTRY POP-TART WGRAIN BLUEB	1 Package	865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30989
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
JUICE APPLE 100 FRSH	1 Each	118921
JUICE ORNG 100 FRSH	1 Each	118930
JUICE APPL 100	1 Each	207990
JUICE GRP 100 FZ	1 Each	135460
JUICE FRT PNCH 100 K-PK 96-4FLZ	1 Each	339790

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	62.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.24mg		
Carbohydrates	14.60g		
Fiber	0.00g		
Sugar	13.40g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.24mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grape or Strawberry Uncrustable Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30996
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PBJ STRAWB	1 Each	536012
SAND UNCRUST PBJ GRP WGRAIN	1 Each	527462
CHEESE STRING MOZZ LT IW	2 Each	786801
CRACKER GLDFSH CHED WGRAIN	2 Package	736280

Preparation Instructions

Package Uncrustable, string cheese, and goldfish cracker together.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	460.00
Fat	22.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	650.00mg
Carbohydrates	47.50g
Fiber	4.00g
Sugar	16.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31126
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	1/2 Cup	110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
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

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27268
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD	3 Ounce	236012
CHEESE AMER 160CT SLCD R/F	1 Slice	722360
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

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	375.00
Fat	19.50g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1360.00mg
Carbohydrates	31.50g
Fiber	2.00g
Sugar	4.50g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 205.57mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Mixed Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34893
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
Mixed Vegetables	1/2 Cup	111230

Preparation Instructions

Note: Only commodity brown box mixed vegetables counts towards red/orange, starchy, and other. All other mixed vegetables count only as Other vegetable subgroup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	59.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	32.00mg		
Carbohydrates	12.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	3.00g		
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

Baked Cinnamon Apple Slices

Servings:	77.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31244
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
APPLE SLCD W/P	3 #10 CAN	117773
SPICE CINNAMON GRND	1/2 Cup	224723

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: 77.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	50.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.08mg		
Carbohydrates	12.09g		
Fiber	2.02g		
Sugar	9.07g		
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

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51713
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each	959048
CHEESE MOZZ SHRD	1/2 Cup	645170
SAUCE MARINARA DIPN CUP	1 Each	677721

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	900.00mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	10.00g
Protein	22.00g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 432.18mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Treat

Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34892
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
XFROST CUP VAN	1 Each	542375
XFROST CUP CHOC L/F	1 Each	126303
XFROST CUP COFF	1 Each	542430
NOVELTY FZ SHRB ORNG TUBE	1 Each	751294

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	95.00
Fat	1.00g
SaturatedFat	0.38g
Trans Fat	0.00g
Cholesterol	3.75mg
Sodium	68.75mg
Carbohydrates	17.00g
Fiber	0.00g
Sugar	12.25g
Protein	7.50g
Vitamin A 0.00IU	Vitamin C 1.50mg
Calcium 190.00mg	Iron 0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad w/ Goldfish & Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40137
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint	451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
Ham, Cubed Frozen	1 1/2 Ounce	100188-H
Assorted Muffin	1 Serving	R-31227
CRACKER GLDFSH CHED WGRAIN	1 Package	736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	430.49
Fat	18.46g
SaturatedFat	6.98g
Trans Fat	0.05g
Cholesterol	54.63mg
Sodium	766.50mg
Carbohydrates	50.71g
Fiber	3.25g
Sugar	18.23g
Protein	19.65g
Vitamin A 3.60IU	Vitamin C 0.01mg
Calcium 61.01mg	Iron 1.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Meal Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34875
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND R/F	1 Each	662512
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	150250
SALSA CUP	1 Each	677802

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	449.30
Fat	25.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	730.50mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	3.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 438.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31130
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
CORN SUPER SWT	1/2 Cup	358991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	74.63		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.67g		
Fiber	0.75g		
Sugar	3.73g		
Protein	2.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31125
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C MED/LRG	1/2 Cup	285680

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	22.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.58mg		
Carbohydrates	5.22g		
Fiber	2.24g		
Sugar	2.99g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.85mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51734
School:	Union Center Elementary School		

Ingredients

Description	Measurement	DistPart #
BREAD WHL WHE PULLMAN SLCD	2 Slice	710650
CHEESE AMER 160CT SLCD R/F	2 Slice	722360
MARGARINE SLD	1/2 Tablespoon	733061

Preparation Instructions

Spread margarine on bottom slice of bread, add 2 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	260.00		
Fat	11.50g		
SaturatedFat	4.75g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	675.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	13.00g		
Vitamin A	375.00IU	Vitamin C	0.00mg
Calcium	272.00mg	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

Mini French Toast

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31225
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
FRENCH TST MINI CHOC CHIP IW	1 Package	498492
FRENCH TST MINI CINN IW	1 Package	150291
FRENCH TST MINI BRY IW	1 Package	150281

Preparation Instructions

Preheat Convection oven to 350 °

Single layer on sheet pan lined with parchment paper.

CCP: Heat in convection oven from frozen for 8-10 minutes.

From thawed state 5 - 6 minutes

CCP: Hold in warming unit for no longer than 3 hours

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	203.33
Fat	6.33g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	35.67g
Fiber	3.00g
Sugar	10.67g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.67mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boom Boom Chicken

Servings:	214.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51732
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	45 Pound	327120
SAUCE BOOM BOOM	1 1/2 Gallon	877930

Preparation Instructions

1. Cook 1 bag of chicken as directed on 350 for 10-12 minutes on each baking sheet. If needed, bake a little longer to get chicken a little crispy.
2. Steam to warm Boom Boom Sauce for 15 min.
3. Remove from oven and coat each tray of chicken thoroughly with 1-3/4 cup of Boom Boom Sauce before serving.

Note: Serve 12 pieces per student for 2 oz m/ma and 1 oz for grain/bread.

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: 214.00

Serving Size: 12.00 Each

Amount Per Serving			
Calories	389.19		
Fat	28.74g		
SaturatedFat	5.01g		
Trans Fat	0.00g		
Cholesterol	35.60mg		
Sodium	611.73mg		
Carbohydrates	17.30g		
Fiber	3.32g		
Sugar	2.90g		
Protein	15.51g		
Vitamin A	120.72IU	Vitamin C	0.00mg
Calcium	39.87mg	Iron	2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31134
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN	1/4 Cup	516371

Preparation Instructions

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	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

Assorted Muffin

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31227
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
MUFFIN DBL CHOC WGRAIN IW	1 Each	262343
MUFFIN BANANA WGRAIN IW	1 Each	262362
MUFFIN BLUEBERRY WGRAIN IW	1 Each	262370
MUFFIN CHOCOLATE CHP WGRAIN IW	1 Each	273681

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	185.00		
Fat	6.50g		
SaturatedFat	1.25g		
Trans Fat	0.05g		
Cholesterol	12.50mg		
Sodium	111.25mg		
Carbohydrates	29.25g		
Fiber	1.25g		
Sugar	15.00g		
Protein	2.50g		
Vitamin A	3.60IU	Vitamin C	0.01mg
Calcium	9.01mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20424
School:	Union Township Middle School/Wheeler High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	360.00
Fat	12.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	860.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	14.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Baked Beans

Servings:	77.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31243
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
BEAN BAKED ORIG	3 #10 CAN	520098
SAUCE BBQ SWEET	1/2 Cup	435170

Preparation Instructions

Heat and serve. Warm in 350 degree oven for approx 30 minutes.

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	0.504
Starch	0.000

Nutrition Facts

Servings Per Recipe: 77.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	155.32		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	590.54mg		
Carbohydrates	31.27g		
Fiber	5.04g		
Sugar	13.03g		
Protein	7.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.39mg	Iron	1.89mg

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

Nutrition - Per 100g

No 100g Conversion Available