

Cookbook for Beiriger and Wadsworth Elementary

Created by HPS Menu Planner

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Assorted Variety of Cereal

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43564
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	N/A	265811
CEREAL FRSTD FLKS BWL	1 Each		233021
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790

Preparation Instructions

Updated 10.8.24

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	107.75
Fat	1.30g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	158.75mg
Carbohydrates	23.75g
Fiber	1.76g
Sugar	7.88g
Protein	1.43g
Vitamin A 75.00IU	Vitamin C 0.90mg
Calcium 64.30mg	Iron 3.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts® (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43589
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.25 oz Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 oz Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB	1 Package	2.25 oz Grain Equivalents	865101
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 oz Grain Equivalents	452082

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

Assorted Pop-Tarts® (1 count)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43590
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Piece	1.00 oz Grain Equivalents	695890
PASTRY POP-TART WGRAIN CINN	1 Piece	1.25 oz Grain Equivalents	695880
PASTRY POP-TART WGRAIN FUDG	1 Each	1.25 oz Grain Equivalents	452062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.167
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 Each

Amount Per Serving			
Calories	170.00		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	118.33mg		
Carbohydrates	36.33g		
Fiber	3.00g		
Sugar	14.67g		
Protein	2.00g		
Vitamin A	166.67IU	Vitamin C	0.00mg
Calcium	130.00mg	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

Graham Snack

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43565
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GLDFSH GRHM FREN TST	1 Each	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GRHM TIGER BITE CHOC	1 Package		123171

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	121.43
Fat	3.93g
SaturatedFat	0.86g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.29mg
Carbohydrates	20.29g
Fiber	1.29g
Sugar	7.43g
Protein	1.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.14mg	Iron 0.93mg

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Nutrition - Per 100g

No 100g Conversion Available

PB&J Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43546
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ STRAWB	1 Each		536012
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ LT IW	2 Each		566413
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Package together 1 Uncrustable, 1 String cheese and 1 package of Goldfish OR Cheez-its

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	6.25g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	640.00mg
Carbohydrates	46.50g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 303.50mg	Iron 1.71mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted BeneFIT Bars

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51889
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST APPL CINN	1 Each		879671

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	8.33g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	216.67mg		
Carbohydrates	47.00g		
Fiber	3.33g		
Sugar	21.67g		
Protein	4.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43554
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CUCUMBER MINI SDLSS	1/8 Cup		361231
TURKEY HAM DCD	2 Ounce	N/A	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.625
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	299.90
Fat	15.87g
SaturatedFat	8.01g
Trans Fat	0.00g
Cholesterol	66.54mg
Sodium	670.11mg
Carbohydrates	18.43g
Fiber	1.95g
Sugar	2.24g
Protein	18.18g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 315.34mg	Iron 1.26mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43547
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box Ham available use GFS#556121 but must use a 3.06 weight then	100187
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN SUB SLCD WGRAIN 5IN	1 Each	N/A	276142

Preparation Instructions

Updated 10.8.24

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	270.82
Fat	8.60g
SaturatedFat	3.80g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	785.41mg
Carbohydrates	35.10g
Fiber	2.00g
Sugar	7.05g
Protein	17.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 2.05mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43551
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 2/11 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box available use GFS#689541 and 3 ounce weight instead	100121
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN SUB SLCD WGRAIN 5IN	1 Each	N/A	276142

Preparation Instructions

Updated 10.8.24

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	307.00
Fat	8.50g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	63.50mg
Sodium	848.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	5.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 2.05mg

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Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38566
School:	Beiriger and Wadsworth Elementary		

Ingredients

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

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 Package

Amount Per Serving	
Calories	210.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	105.00mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	6.00g
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

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50553
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3/8 Cup	#10 Disher	722330
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	N/A	150250
Doritos Nacho Cheese Tortilla Chips, Reduced-Fat, Whole Grain	1 Each		456090

Preparation Instructions

Taco Meat: KEEP FROZEN-Place 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.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
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 Each

Amount Per Serving	
Calories	316.02
Fat	14.60g
SaturatedFat	5.96g
Trans Fat	5.00g
Cholesterol	50.05mg
Sodium	609.60mg
Carbohydrates	28.50g
Fiber	4.98g
Sugar	5.01g
Protein	18.96g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 170.49mg	Iron 2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	110.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38570
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	20 Pound	USDA Brown Box	100348
BUTTER SUB	1 1/4 Cup	1 Package	209810
Tap Water for Recipes	1 Quart	Tap Water	000001WTR
SPICE PEPR BLK CRACKED	1/4 Cup		516856

Preparation Instructions

Cook frozen corn using preferred method and drain off any liquid.

Pour into two full pans that have been sprayed.

Add dry Butter Buds to hot tap water; whisk to reconstitute. Pour over cooked/drained corn and heat to temperature. Hold for serving.

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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.27		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.91mg		
Carbohydrates	16.36g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
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

Buttered Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51790
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547
BUTTER ALT LIQ NT	1/2 Tablespoon		614640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	140.00
Fat	8.00g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	175.00mg
Carbohydrates	16.00g
Fiber	2.00g
Sugar	2.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.50mg	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

Fresh Baked Blueberry Muffin

Servings:	45.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44966
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX MUFF BLUEB IMIT	5 Pound		280859

Preparation Instructions

Prepare according to directions on package.

Note: Muffin prepared weighs 2.3 ounce.

Updated 1.14.25

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: 45.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories	216.65		
Fat	5.42g		
SaturatedFat	2.17g		
Trans Fat	0.00g		
Cholesterol	16.25mg		
Sodium	389.96mg		
Carbohydrates	36.83g		
Fiber	0.00g		
Sugar	19.50g		
Protein	2.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.66mg	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

Steamed Broccoli

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43594
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1 Cup	USDA Brown Box	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: 2.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43555
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	2 Each		566413
SNACK MIX STRAWB YOG WGRAIN	2 Package	N/A	266020
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
YOGURT DANIMAL STRAWB BAN N/F	1 Each	N/A	869921
YOGURT RASPB RNBW L/F	1 Each	N/A	551770

Preparation Instructions

Package together 1Yogurt, 1 String cheese and 1 package of Goldfish OR Cheez-its, and 1 package of Strawberry Yogurt Chex

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	365.00
Fat	9.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	475.00mg
Carbohydrates	51.50g
Fiber	2.50g
Sugar	15.50g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 380.00mg	Iron 1.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43593
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	1/2 Cup		100307

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	25.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatballs with Marinara Sauce

Servings:	40.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50559
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	160 Each	N/A	785860
SAUCE MARINARA	2 Quart 1 Pint (10 Cup)	N/A	144215

Preparation Instructions

Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat marinara sauce.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 135 degrees F or higher.

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: 40.00

Serving Size: 4.00 Each

Amount Per Serving	
Calories	179.00
Fat	9.75g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	431.00mg
Carbohydrates	10.00g
Fiber	2.00g
Sugar	4.50g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 69.50mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cooked Spaghetti Noodles

Servings:	16.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50560
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	1 Pound	***Non-Whole Grain***	654560
Tap Water	1 Gallon		

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Penne Pasta

Servings:	16.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44968
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	1 Pound	**Non-Whole Grain**	413350
Tap Water for Recipes	16 Gallon		000001WTR

Preparation Instructions

Use 1 gallon of Boiling water per pound of pasta. When water has reached a boil, add 1 Tablespoon of salt and pasta. Stir occasionally to prevent sticking and keep water at rolling boil. Cook for 7-8 minutes or until al dente.

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.90mg

*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:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50558
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ NT	1 Cup		614640
BREAD WGRAIN WHT 16-22Z GCHC	48 Each		266547
Land O Lakes® 50% Reduced Fat American Cheese Slices	48 slices		499789
Land O'Lakes White American Cheese, Sliced	48 slices		499787

Preparation Instructions

1. Brush melted butter on a large bun pan.
2. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).
3. Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:
Conventional oven: 400 ° F for 15 - 20 minutes.
Convection oven: 350 ° F for 10 - 15 minutes.
DO NOT OVER BAKE
Serve immediately.
CCP: Hot foods should held at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	410.00
Fat	23.33g
SaturatedFat	9.17g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1003.33mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	7.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.67mg	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

Steamed Carrots

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50557
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1 Cup	USDA Brown Box	100352

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	27.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51793
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN	N/A	101427
Tap Water for Recipes	1 Quart 1 Pint 1 Cup (7 Cup)	N/A	000001WTR

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN WATER. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170°F.

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: 14.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	91.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	486.94mg		
Carbohydrates	20.29g		
Fiber	1.01g		
Sugar	12.17g		
Protein	2.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.29mg	Iron	0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cooked Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51791
School:	Beiriger and Wadsworth Elementary		

Ingredients

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

Preparation Instructions

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.

Note: About ¼ cup of uncooked rice is needed to make ½ cup of cooked rice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	170.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Brown Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51792
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD	1 Pound	N/A	552050
Tap Water	1 Gallon		

Preparation Instructions

POUR the full package of Low Sodium Brown Gravy 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.

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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	12.66		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	65.81mg		
Carbohydrates	2.53g		
Fiber	0.00g		
Sugar	0.51g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.05mg

*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:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43561
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Pound 12 Ounce (28 Ounce)	1 package	613738
Tap Water for Recipes	1 Gallon 1 Cup (17 Cup)	Boiling Water	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

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	313.79mg		
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

Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43592
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	1 Pound 10 1/4 Ounce (26 1/4 Ounce)		668341
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

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: 17.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	161.32		
Fat	0.58g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	161.32mg		
Carbohydrates	27.65g		
Fiber	10.37g		
Sugar	0.00g		
Protein	10.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.61mg	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
