

Cookbook for Northwood High School

Created by HPS Menu Planner

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BBQ Chicken Sandwich

Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19539
School:	Northwood Middle School		

Ingredients

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

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	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

Sloppy Joe Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19612
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/4 Ounce	564790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

3 oz scoop for Sloppy Joe

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	299.90		
Fat	7.99g		
SaturatedFat	2.77g		
Trans Fat	0.00g		
Cholesterol	45.45mg		
Sodium	930.91mg		
Carbohydrates	35.33g		
Fiber	3.83g		
Sugar	12.26g		
Protein	18.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.99mg	Iron	3.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad Base-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19623
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS	2 0.05 Ounce	451730
EGG HRD CKD DCD IQF	4/5 Ounce	192198
CUCUMBER SELECT	1 Ounce	418439
TOMATO ROMA LRG	6/7 Ounce	462551

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.907
Grain	0.000
Fruit	0.000
GreenVeg	0.519
RedVeg	0.134
OtherVeg	0.545
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	59.49
Fat	2.43g
SaturatedFat	0.69g
Trans Fat	0.00g
Cholesterol	83.87mg
Sodium	29.50mg
Carbohydrates	5.65g
Fiber	1.66g
Sugar	3.25g
Protein	4.30g
Vitamin A 260.27IU	Vitamin C 4.89mg
Calcium 39.42mg	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

Green Beans-Northwood High

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19564
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV	3 #10 CAN	273856
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA	1/4 Cup	299405

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	0.140
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	27.11		
Fat	0.61g		
SaturatedFat	0.39g		
Trans Fat	0.00g		
Cholesterol	1.67mg		
Sodium	237.11mg		
Carbohydrates	3.23g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.96mg	Iron	0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Croutons-Northwood High

Servings:	1.00	Category:	Grain
Serving Size:	1.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19622
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Aunt Millie's Homestyle Whole Grain Honey White	2 Slice	380
PAN COAT SPRAY	3/4 Gram	187542

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: 1.00

Serving Size: 1.60 Ounce

Amount Per Serving			
Calories	180.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	6.00g		
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

Calories	396.83		
Fat	4.41g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	705.48mg		
Carbohydrates	74.96g		
Fiber	8.82g		
Sugar	13.23g		
Protein	13.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Ravioli-Northwood High

Servings:	24.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19602

Ingredients

Description	Measurement	DistPart #
RAVIOLI CHS JMBO WGRAIN	72 Each	232950
SAUCE MARINARA A/P	1/2 #10 CAN	592714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	3.107
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 3.00 Each

Amount Per Serving	
Calories	418.84
Fat	11.07g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	2066.93mg
Carbohydrates	59.01g
Fiber	10.75g
Sugar	23.88g
Protein	23.75g
Vitamin A 200.00IU	Vitamin C 6.00mg
Calcium 291.91mg	Iron 5.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Bacon Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20888
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
SAUCE BBQ	1 Tablespoon	212071
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce	100021
BACON CKD	1 Ounce	125141
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Heat chicken patties in oven to 135 degrees. Top with warm bacon slice, BBQ sauce and mozzarella cheese. Wrap in foil. Keep warm.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	515.00
Fat	23.50g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	130.00mg
Sodium	1275.00mg
Carbohydrates	34.50g
Fiber	3.00g
Sugar	13.00g
Protein	41.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Toasted Cheese Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19616
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BREAD WHL WHE PULLMAN SLCD	2 Each	710650
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
BUTTER PRINT UNSLTD GRD AA	2 Teaspoon	299405

Preparation Instructions

Serve 2 sandwiches for high school.

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	286.67		
Fat	14.33g		
SaturatedFat	7.67g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	480.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.00mg	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

Cold Sub-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19618
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	1 1/2 Ounce	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/2 Ounce	100187
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	258.32		
Fat	6.85g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	48.55mg		
Sodium	729.02mg		
Carbohydrates	32.40g		
Fiber	2.00g		
Sugar	5.23g		
Protein	19.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	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-Northwood High

Servings:	200.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19619
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO	8 #10 CAN 3/7 #5 CAN (15 #5 CAN)	488232
MILK PWD INST FF	3 Quart	113336
Cold Water	6 1/2 Gallon	0000

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	0.671
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	121.93
Fat	1.11g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	1.44mg
Sodium	453.94mg
Carbohydrates	23.01g
Fiber	1.07g
Sugar	14.49g
Protein	4.72g
Vitamin A 1.58IU	Vitamin C 0.49mg
Calcium 101.16mg	Iron 0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Soup

Servings:	160.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29090
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
ONION DEHY CHPD	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	263036
CELERY STIX	3 Quart	781592
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon	225037
SALT IODIZED	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	350732
Mixed Vegetables	8 Pound	110871
TOMATO PASTE 26	2/3 #10 CAN	100196
SOUP VEG	3 #10 CAN 7/13 #5 CAN (6 #5 CAN)	101451
Tap Water for Recipes	3 1/2 Gallon	000001WTR
BASE BEEF	1/8 Cup	160800

Preparation Instructions

Steam mixed vegetables till just tender.

Sauté onion and celery in large soup kettle.

Add salt and pepper

Add mixed vegetables to kettle.

Then add remaining ingredients (canned soup, water, and beef base) and stir well. Heat to 160 degrees.

Dip into soup pans. Keep hot to serve.

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: 160.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	77.60
Fat	0.27g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1228.99mg
Carbohydrates	15.49g
Fiber	2.50g
Sugar	5.43g
Protein	2.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.74mg	Iron 0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cream of Broccoli Soup

Servings:	160.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32423

Ingredients

Description	Measurement	DistPart #
PEPPERS GREEN LRG	3 Quart	592315
ONION DEHY CHPD	3/4 Cup	263036
CELERY STIX	3 Quart	781592
CARROT BABY WHL CLEANED	3 Quart	510637
BROCCOLI FLORETS	15 Pound	610902
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon	225037
SALT SEA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	748590
MILK PWD INST FF	1 Gallon	113336
Tap Water for Recipes	6 1/2 Gallon	000001WTR
BASE CHIX	2 Fluid Ounce 1 Tablespoon 1 0 Teaspoon (16 Teaspoon)	160821
FLOUR HR A/P	2 1/2 Pound	227528
BUTTER PRINT UNSLTD GRD AA	3 1/2 Pound	299405
Cheese, Cheddar Reduced fat, Shredded	5 Pound	100012

Preparation Instructions

In VCM, grind thawed broccoli, carrots, celery, & peppers. Steam until just done. Combine broth & water in large soup kettle. Heat slightly. Stir in dry milk. Make rue of butter and flour and stir into very hot liquid. Add salt and vegetables. Stir in shredded cheese. Heat slowly. Heat to 165 degrees, being careful not to burn. Dip into soup pans. Keep hot to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	228.40
Fat	10.85g
SaturatedFat	6.95g
Trans Fat	0.00g
Cholesterol	33.40mg
Sodium	369.92mg
Carbohydrates	23.69g
Fiber	4.75g
Sugar	11.57g
Protein	10.23g
Vitamin A 16478.56IU	Vitamin C 15.79mg
Calcium 205.48mg	Iron 1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Noodle Soup-Northwood High

Servings:	200.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19621
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BASE CHIX	1 Quart 1 Pint (6 Cup)	160821
ONION DEHY CHPD	1 Pint 1/2 Cup (2 1/2 Cup)	263036
Cold Water	14 Gallon	0000
PASTA NOODL EGG FINE 1/16IN	8 Pound	310875
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
CELERY STIX	1 Gallon	781592
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon	225037
SALT IODIZED	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	108286

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	89.59
Fat	1.47g
SaturatedFat	0.36g
Trans Fat	0.00g
Cholesterol	21.73mg
Sodium	158.20mg
Carbohydrates	14.07g
Fiber	1.04g
Sugar	1.04g
Protein	5.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.74mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Potato Soup

Servings:	240.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20936
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
POTATO DCD	8 #10 CAN	118583
ONION DEHY CHPD	1/2 Pound	263036
CELERY STALK 24 SZ	2 Quart	170895
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon	225037
SALT IODIZED	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	350732
MILK PWD INST FF	3 Gallon	113336
Tap Water for Recipes	9 Gallon	000001WTR
FLOUR ULTRAGRAIN	4 Pound	515002
BUTTER PRINT UNSLTD GRD AA	4 Pound	299405
Cheese, Cheddar Reduced fat, Shredded	5 Pound	100012

Preparation Instructions

Drain potatoes. In large soup kettle combine dry milk powder and tepid water. Mix well. Stir in dry onions, salt, and pepper. Heat till almost boiling. Make a paste of flour and melted butter. Stir into hot liquid till thickened. Stir in potatoes and steamed celery. Stir in shredded cheese. Heat to 150 degrees, being careful not to burn. Dip into soup pans. Keep hot to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	226.50
Fat	8.19g
SaturatedFat	5.18g
Trans Fat	0.00g
Cholesterol	27.47mg
Sodium	356.88mg
Carbohydrates	26.99g
Fiber	1.68g
Sugar	12.93g
Protein	12.57g
Vitamin A 23.84IU	Vitamin C 1.76mg
Calcium 328.03mg	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

Ice Cups

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21206
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW	1 Each	863880
SLUSHIE STRAWB-MANG	1 Each	863890
SLUSHIE BL RASP/LEM	1 Each	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: 3.00

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	33.33mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.67g
Protein	0.00g
Vitamin A 1250.00IU	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

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19349
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/	1 Each	417350
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each	270913

Preparation Instructions

- Pull hot dogs day before
- Put hot dogs in 4B pans (2 packs per pan)
- Combi oven on steam/ Lid off
- 20 min- 160
- Check after 10 minutes.
- Put in hot dog buns and wrap

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	320.00		
Fat	18.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	730.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	38.89mg	Iron	2.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19596

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	2 Gallon	100348
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA	1/4 Cup	299405

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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	73.25
Fat	1.69g
SaturatedFat	0.44g
Trans Fat	0.00g
Cholesterol	1.88mg
Sodium	1.00mg
Carbohydrates	16.00g
Fiber	2.00g
Sugar	3.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.19mg	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

Rosy Applesauce

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19366
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
Applesauce cnd	1 #10 CAN	110541comm
GELATIN MIX STRAWB	1/3 Cup	524581

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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.05mg		
Carbohydrates	16.28g		
Fiber	1.03g		
Sugar	13.18g		
Protein	0.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.11mg	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

Orange Chicken

Servings:	325.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10981
School:	Nappanee Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	15 Package	791710

Preparation Instructions

Put 1 bag of chicken on paper lined cookie sheet (15 pans) and bake in 350 degree oven for 30 minutes until 165 degrees or hotter. Using 8-4B pans put 2 bags of sauce per pan and heat in combi oven. Add 2 cookie sheets (2 bags) of chicken per pan of sauce. Stir until coated well. Keep hot in pass through.

Use #8 dipper for all students (approximately 20-25 servings per bag).

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	259.05		
Fat	5.45g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	61.35mg		
Sodium	518.09mg		
Carbohydrates	34.09g		
Fiber	2.73g		
Sugar	17.72g		
Protein	19.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.96mg

*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-19453
School:	Northwood Middle 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

Broccoli-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19555
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE	2 Gallon	732451
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA	1/4 Cup	299405

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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	37.15
Fat	0.99g
SaturatedFat	0.54g
Trans Fat	0.00g
Cholesterol	1.88mg
Sodium	30.00mg
Carbohydrates	6.00g
Fiber	2.40g
Sugar	2.00g
Protein	2.60g
Vitamin A 566.93IU	Vitamin C 81.17mg
Calcium 42.96mg	Iron 0.66mg

*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-28150
School:	Northwood High School		

Ingredients

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

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: 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

Spicy Chicken Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19604

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19607
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	2 Gallon	100350
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA	1/4 Cup	299405

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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.25		
Fat	0.69g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	58.00mg		
Carbohydrates	11.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.19mg	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

Bacon Egg Cheese Biscuit-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19544
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
Egg Patty	1 Each	110931
BACON CKD	1 Slice	125141
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
DOUGH BISCUIT WGRAIN	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

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	317.70
Fat	18.90g
SaturatedFat	8.50g
Trans Fat	0.07g
Cholesterol	144.50mg
Sodium	756.20mg
Carbohydrates	25.00g
Fiber	2.60g
Sugar	2.50g
Protein	12.40g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	27.58mg
Iron	1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Penne Alfredo

Servings:	34.00	Category:	Entree
Serving Size:	0.67 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31957
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
ENTREE PENNE W/ALFREDO SCE	10 Pound	491074
Chicken, Diced, Cooked, Frozen	2 Pound	100101

Preparation Instructions

Place 2 bags of JTM Penne Alfredo in 4B pan with 2 lbs of diced chicken. Steam 15 minutes with no lid. Add lid and steam additional 30 minutes.

Note: Use a #6 dipper

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.67 Cup

Amount Per Serving	
Calories	272.71
Fat	10.75g
SaturatedFat	5.73g
Trans Fat	0.05g
Cholesterol	48.78mg
Sodium	580.08mg
Carbohydrates	24.31g
Fiber	0.08g
Sugar	6.27g
Protein	18.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.73mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19449
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB	1 Each	203260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	350.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	370.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Roasted Carrots-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19567

Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C MED/LRG	2 Gallon	285680
OIL OLIVE XVRGN ITAL	1 Fluid Ounce	432050
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon	265103

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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	26.14
Fat	0.44g
SaturatedFat	0.06g
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

Blueberry or Strawberry Yogurt Dessert- HS

Servings:	300.00	Category:	Fruit
Serving Size:	5.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11949
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
TOPPING WHIP	8 Carton	307092
YOGURT BLUEB L/F	40 Pound	558311
Blueberries, Frozen	4 Gallon	110624

Preparation Instructions

In a larger mixer bowl, whip topping according to carton instructions. Fold in yogurt & berries (if using frozen fruit, drain well). Dip into 5 oz. plastic souffle cups to serve. Keep cold.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 300.00

Serving Size: 5.00 Fluid Ounce

Amount Per Serving			
Calories	141.08		
Fat	6.74g		
SaturatedFat	6.05g		
Trans Fat	0.03g		
Cholesterol	2.67mg		
Sodium	53.87mg		
Carbohydrates	20.04g		
Fiber	0.85g		
Sugar	17.43g		
Protein	2.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.83mg	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

Baked Oatmeal-Northwood High

Servings:	48.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19530
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT UNSLTD GRD AA	1 Pint	299405
SUGAR BEET GRANUL	1 Pint 1 Cup (3 Cup)	108588
EGG SHL LRG A GRD	8 Each	206539
MILK PWD INST FF	1 Quart	113336
SALT IODIZED	2 Teaspoon	108286
BAKING POWDER	2 Fluid Ounce	361032
OATS QUICK HOT CEREAL	3 Quart	240869
SUGAR BROWN MED	1/2 Cup	108626
SPICE CINNAMON GRND	2 Teaspoon	224731
FLAVORING VANILLA IMIT	2 Teaspoon	110744

Preparation Instructions

Mix all ingredients together day before serving. Put into greased 2-B pan. Refrigerate over night. Bake at 325 for 25 minutes or till done thru. Serve warm with milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	242.05
Fat	9.48g
SaturatedFat	5.20g
Trans Fat	0.00g
Cholesterol	52.83mg
Sodium	288.54mg
Carbohydrates	32.84g
Fiber	2.00g
Sugar	19.34g
Protein	7.10g
Vitamin A 2.20IU	Vitamin C 0.68mg
Calcium 171.16mg	Iron 0.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Sandwich

Servings:	13.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51913
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	1 Quart	100101
DRESSING SALAD	1 Pint	251066
SEASONING POULTRY	1 Teaspoon	273996
SPICE PEPR RED CAYENNE GRND	1 Teaspoon	225088
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon	225037
SUGAR BEET GRANUL	1 Tablespoon	108588
SALT SEA	1 Teaspoon	748590
ONION DCD 1/2IN	1 Fluid Ounce	426059
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	13 Each	266546

Preparation Instructions

Mix all ingredients together. Serve with a #12 scoop.

Note: Meat/Meat Alternative calculated with Govt (brown box) Diced Chicken; will need to be adjusted with use of another kind of chicken. Serve with Hamburger buns (GFS#517810) or 8" Tortilla Shell (GFS#882700)

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 13.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	307.97
Fat	12.15g
SaturatedFat	1.73g
Trans Fat	0.00g
Cholesterol	44.62mg
Sodium	686.15mg
Carbohydrates	31.04g
Fiber	3.00g
Sugar	7.45g
Protein	14.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.46mg	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

Roasted Cauliflower-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51914
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER REG CUT	2 Gallon	732494
OIL OLIVE XVRGN ITAL	1 Fluid Ounce	432050
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon	265103

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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	16.25		
Fat	0.54g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	24.10mg
Calcium	11.00mg	Iron	0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37103
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

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	265.82		
Fat	8.60g		
SaturatedFat	4.05g		
Trans Fat	0.00g		
Cholesterol	44.39mg		
Sodium	855.41mg		
Carbohydrates	30.10g		
Fiber	3.00g		
Sugar	6.55g		
Protein	18.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Sausage Egg and Cheese Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21255
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Egg Patty	1 Each	110931
SAUSAGE PTY CKD CN 1.5Z	1 Each	466891
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
DOUGH BISCUIT WGRAIN	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	462.70
Fat	32.90g
SaturatedFat	13.50g
Trans Fat	0.07g
Cholesterol	164.50mg
Sodium	911.20mg
Carbohydrates	26.00g
Fiber	2.60g
Sugar	2.50g
Protein	15.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19594

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB	1 Each	203260
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	18.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	510.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Roasted Squash-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19601

Ingredients

Description	Measurement	DistPart #
SQUASH BTRNUT DCD 1 4-4 P/L	2 Gallon	668831
OIL OLIVE XVRGN ITAL	1 Fluid Ounce	432050
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon	265103

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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	36.75
Fat	0.44g
SaturatedFat	0.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.50mg
Carbohydrates	11.00g
Fiber	1.50g
Sugar	1.00g
Protein	0.50g
Vitamin A 2000.00IU	Vitamin C 18.00mg
Calcium 40.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Eah	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19369
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	525480
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Eah

Amount Per Serving			
Calories	350.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	530.00mg		
Carbohydrates	34.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Omelet with Toast-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19532
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	1 Each	462489
380 - Aunt Millie's WG Honey White Bread	1 Each	380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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	280.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	260.00mg
Sodium	720.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	5.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.00mg	Iron 7.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19565

Ingredients

Description	Measurement	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each	786520
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

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	310.00
Fat	10.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	600.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub-Northwood High

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19590
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	320 Each	785860
SAUCE SPAGHETTI FCY	1/2 #10 CAN	852759
SAUCE PIZZA	1/2 #10 CAN	502141
CHEESE MOZZ SHRD	2 1/2 Pound	645170
BUN SUB SLCD WGRAIN 5IN	80 Each	276142

Preparation Instructions

4 meatballs with 2 Tablespoons of Mozzarella Cheese per sandwich

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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	376.43
Fat	14.66g
SaturatedFat	5.75g
Trans Fat	0.60g
Cholesterol	43.50mg
Sodium	609.33mg
Carbohydrates	38.77g
Fiber	3.88g
Sugar	8.57g
Protein	21.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 225.89mg	Iron 3.32mg

*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:	34.00	Category:	Entree
Serving Size:	0.80 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19413
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package	573201
BEEF CRUMBLES	1 Pound	581950
SALT IODIZED	1 Teaspoon	108286
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon	225037
SPICE GARLIC POWDER	1 1/2 Teaspoon	224839
SEASONING SPAGHETTI ITAL	2 Fluid Ounce	413453
PASTA SPAGHETTI CKD	1 Quart	835910

Preparation Instructions

Place first 6 items in 4B pan and stir. Lay noodles on top. Serve with #5 disher. 7.5 quarts per pan. 34 servings per pan.

Meal Components (SLE)

Amount Per Serving

Meat	2.027
Grain	0.235
Fruit	0.000
GreenVeg	0.000
RedVeg	0.420
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.80 Cup

Amount Per Serving	
Calories	195.28
Fat	7.91g
SaturatedFat	3.04g
Trans Fat	0.00g
Cholesterol	51.87mg
Sodium	508.17mg
Carbohydrates	13.16g
Fiber	2.09g
Sugar	6.29g
Protein	15.99g
Vitamin A 543.70IU	Vitamin C 15.97mg
Calcium 41.92mg	Iron 2.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19603

Ingredients

Description	Measurement	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	849014
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
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	420.00
Fat	19.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	620.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Baked Apples

Servings:	208.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29088
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
SUGAR BROWN MED	6 Pound	108626
SPICE CINNAMON GRND	1 Fluid Ounce 1 1/2 Tablespoon (3 1/2 Tablespoon)	224723
FLOUR HR A/P	1 Pint	227528
SUGAR CANE GRANUL	1 Quart 1 Cup (5 Cup)	108642
Apple Slices, Canned, Unsweetened	8 #10 CAN	100206

Preparation Instructions

Mix brown sugar, cinnamon, flour, and sugar in bowl.

Grease 8 2-B pans well.

Put 1 #10 can apples in each pan.

Add 1 1/4 cups of sugar-flour-cinnamon mixture to each pan. Toss/mix apples and mixture together.

Bake at 325 degrees for 25 to 30 minutes.

Serve warm with #8 disher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.077
Fruit	0.497
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 208.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	120.20
Fat	0.01g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	9.95mg
Carbohydrates	30.51g
Fiber	2.02g
Sugar	26.68g
Protein	0.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.17mg	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

Turkey Bacon Club Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21257
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	2 6/7 Ounce	110554
BACON CKD	1 Slice	125141
BREAD WGRAIN SLCD 1/2IN	2 Slice	231053
LETTUCE LEAF DELI	1 Slice	416593
TOMATO 6X6 LRG	2 Slice	199001

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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 Sandwich

Amount Per Serving	
Calories	339.49
Fat	9.50g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	45.17mg
Sodium	896.13mg
Carbohydrates	43.32g
Fiber	4.72g
Sugar	5.33g
Protein	22.67g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 130.83mg	Iron 2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bean Dip-Northwood High

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19598
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY	2 Package	183910
SALSA 103Z	1 #10 CAN	452841
SEASONING TACO SPICY	1 Fluid Ounce	413445

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	221.46		
Fat	1.58g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	914.15mg		
Carbohydrates	39.29g		
Fiber	10.52g		
Sugar	2.15g		
Protein	10.52g		
Vitamin A	0.74IU	Vitamin C	1.04mg
Calcium	58.83mg	Iron	4.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs w/toast-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19531
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	6 Ounce	584584
380 - Aunt Millie's WG Honey White Bread	1 Each	380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.027
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	301.91
Fat	13.11g
SaturatedFat	3.03g
Trans Fat	0.00g
Cholesterol	378.41mg
Sodium	826.00mg
Carbohydrates	20.03g
Fiber	2.00g
Sugar	6.03g
Protein	21.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.04mg	Iron 9.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Sandwich

Servings:	120.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20889
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	23 Pound	570533
ONION DEHY CHPD	2 Fluid Ounce	263036
HONEY	1 Cup	225614
SEASONING MESQ HRBFAJITA	1 Cup	527971
SUGAR BROWN MED	1 Fluid Ounce	108626
SPICE MUSTARD DRY	1 Fluid Ounce	400018
SALT IODIZED	0 Teaspoon	350732
SAUCE BBQ	1 Gallon	212071
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	120 Each	266546

Preparation Instructions

Heat chicken in steam kettle with dry onion. Mix remaining seasoning, and sauce and add to chicken. Heat to temp. Dip 8 quart into 4-B pans to keep warm. To serve, put #12 disher chicken mixture onto hamburger bun. Wrap in foil wrap. Keep hot.

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: 120.00

Serving Size: 0.33 Cup

Amount Per Serving	
Calories	370.72
Fat	7.11g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	56.22mg
Sodium	842.06mg
Carbohydrates	47.32g
Fiber	3.21g
Sugar	23.54g
Protein	23.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.18mg	Iron 3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available