

Cookbook for Walkerton Elem.

Created by HPS Menu Planner

Table of Contents

Watson's Whisked Eggs

Assorted Cereal

Fruit

100% Fruit Juice

Top Secret Toast

Variety of Crackers

Mystery Spread

Garden Bar

Nancy Drewberry Waffles with Fresh Berries

Green Beans

Sherlock's Sleuth Scones

Refried Beans

Fiesta Lime Corn

Fruit Slushie

Spanish Rice

Falcon-Fil-A Nuggets

Mashed Potatoes

Steamed Broccoli

Chicken Gravy

Whodunit Breakfast Wrap

Mini Pancakes/Waffles/French Toast

Watson's Whisked Eggs

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52385
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	2 Ounce		533034

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.750
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: 1.00			
Serving Size: 2.00 Ounce			
Amount Per Serving			
Calories		120.00	
Fat		9.00g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		170.00mg	
Sodium		280.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.72mg

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

Nutrition - Per 100g

Calories		211.64	
Fat		15.87g	
SaturatedFat		5.29g	
Trans Fat*		0.00g	
Cholesterol		299.83mg	
Sodium		493.84mg	
Carbohydrates		1.76g	
Fiber		0.00g	
Sugar		1.76g	
Protein		14.11g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	105.82mg	Iron	1.27mg

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

Assorted Cereal

Servings:	17.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9662

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL FRSTD FLKS R/S BWL	1 Each		388190
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CHEERIOS HNYNUT BWL	1 Each	N/A	509396
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	N/A	265811
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each		509303
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CINN CHEX BWL	1 Each	N/A	453143

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		107.34	
Fat		1.14g	
SaturatedFat		0.02g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		150.18mg	
Carbohydrates		23.71g	
Fiber		2.03g	
Sugar		6.65g	
Protein		1.92g	
Vitamin A	35.29IU	Vitamin C	0.42mg
Calcium	53.25mg	Iron	4.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit

Servings:	5.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9660

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CHNK BITE SZ IN JCE	1/2 Cup		610437
FRUIT MIXED DCD IN JCE	1/2 Cup		610348
PINEAPPLE TIDBITS IN JCE	1/2 Cup		189979
PEAR DCD IN JCE	1/2 Cup		610364
APPLESAUCE UNSWT	1/2 Cup		271497

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.475
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		57.94	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		4.00mg	
Carbohydrates		14.39g	
Fiber		1.15g	
Sugar		10.94g	
Protein		0.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.44mg	Iron	0.06mg

*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-9659

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100	1 Each		403040
JUICE FRT PNCH 100	1 Each		355900
JUICE ORNG/PINEAP 100	1 Each		403021
JUICE APPL 100	1 Each		207990
JUICE ORNG 100	1 Each		207980

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		63.40	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		7.00mg	
Carbohydrates		14.80g	
Fiber		0.00g	
Sugar		13.80g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.24mg
Calcium	30.00mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Top Secret Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52381
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2IN	1 Slice	N/A	231053
BUTTER PRINT UNSLTD GRD AA	1 Teaspoon		299405

Preparation Instructions

No Preparation Instructions available.

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: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	133.33		
Fat	4.67g		
SaturatedFat	2.33g		
Trans Fat*	0.00g		
Cholesterol	10.00mg		
Sodium	170.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.00mg	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

Variety of Crackers

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22918

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Package		774471
CRACKER GLDFSH GRHM FREN TST	1 Package		288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GRHM TIGER BITE CHOC	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ	1 Package		503370
CRACKER GLDFSH GRHM VAN	1 Each		198472
CRACKER GLDFSH CINN	1 Package		194510
CRACKER GRHM GRIPZ CHOC IW	1 Package		282441
CRACKER GRHM GRIPZ	1 Package		805640
CRACKER GLDFSH WGRAIN COLOR	1 Package		112702
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

All packages equal 1 grain and are whole grain.
Note: When used at breakfast it does not matter about dessert grains.

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		117.50	
Fat		3.71g	
SaturatedFat		0.79g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		123.75mg	
Carbohydrates		19.50g	
Fiber		1.17g	
Sugar		5.92g	
Protein		1.92g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	Iron	0.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mystery Spread

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52378
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GUACAMOLE CLSC	1 Each		558401

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		120.00	
Fat		12.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		260.00mg	
Carbohydrates		2.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	2.40mg
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

Garden Bar

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9661

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
PEPPERS GREEN LRG	1 Cup		592315
PEPPERS YELLOW 20CT AVG	1 Each		439746
PEPPERS RED	1 Cup		597082
BROCCOLI CRWN ICELESS	1 Cup		704547
CAULIFLOWER BITE SIZE	1 Cup		732486
CUCUMBER SUPER SELECT	1 Cup		592323
CARROT BABY WHL CLEANED	0 Ounce		510637
TOMATO CHERRY 11 MRKN	1 Cup		569551
RADISH SLCD 1/8IN	1 Cup		212733

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.300
OtherVeg	0.450
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	34.39		
Fat	0.20g		
SaturatedFat	0.06g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	28.52mg		
Carbohydrates	7.74g		
Fiber	2.23g		
Sugar	3.47g		
Protein	1.24g		
Vitamin A	4989.75IU	Vitamin C	88.29mg
Calcium	27.01mg	Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nancy Drewberry Waffles with Fresh Berries

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52383
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 4IN EGGOJI	2 Each		888284
SUGAR POWDERED 10X 12-2 PION	1 Teaspoon		859740
Variety of Fresh Fruits	1/4 Cup	Piazza item #45436	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 2.00 Each			
Amount Per Serving			
Calories		224.86	
Fat		6.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		300.09mg	
Carbohydrates		40.65g	
Fiber		3.40g	
Sugar		15.06g	
Protein		4.00g	
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	268.56mg	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

Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23050

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN	3 #10 CAN		328251
BUTTER PRINT SLTD GRD AA	3 Ounce		191205
SEASONING MIX RNCH	1 Fluid Ounce		618684
SPICE ONION MINCED	1 Fluid Ounce		513997

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: 72.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		31.73	
Fat		0.94g	
SaturatedFat		0.60g	
Trans Fat*		0.00g	
Cholesterol		2.55mg	
Sodium		340.21mg	
Carbohydrates		4.98g	
Fiber		2.16g	
Sugar		2.16g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--

Sherlock's Sleuth Scones

Servings:	120.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52379
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH SCONE MXD BRY WGRAIN 2.5Z	120 Each		319296
SUGAR POWDERED 10X 12-2 PION	1 Pint 1 Cup (3 Cup)		859740
BUTTER PRINT UNSLTD GRD AA	1 Tablespoon		299405
1% Low Fat White Milk*	1/2 Carton		13871
FLAVORING VANILLA IMIT	1 Tablespoon		110744

Preparation Instructions

Scones: Bake as directed on case

Icing: Mix rest of recipe ingredients together and drizzle over top of baked scones.

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: 120.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		243.95	
Fat		8.10g	
SaturatedFat		3.56g	
Trans Fat*		0.00g	
Cholesterol		15.31mg	
Sodium		250.53mg	
Carbohydrates		40.22g	
Fiber		3.00g	
Sugar		16.11g	
Protein		4.03g	
Vitamin A	0.58IU	Vitamin C	0.00mg
Calcium	21.23mg	Iron	1.40mg

*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:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23045

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	Use commodity first, but if not available use GFS#293962	100362
Cheese, Cheddar Reduced fat, Shredded	1 Pint 1 Cup (3 Cup)		100012

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: 72.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	131.89		
Fat	1.00g		
SaturatedFat	0.67g		
Trans Fat*	0.00g		
Cholesterol	3.33mg		
Sodium	184.22mg		
Carbohydrates	21.72g		
Fiber	5.39g		
Sugar	1.08g		
Protein	8.71g		
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

Fiesta Lime Corn

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40138
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT	9 1/4 Pound		358991
PEPPERS RED DOMESTIC	1 Pound		560715
ONION YELLOW JUMBO	1 Pound	Diced small	109620
SPICE CHILI POWDER MILD	1 Tablespoon		331473
SPICE CUMIN GRND	2 Teaspoon		273945
SPICE PAPRIKA	2 Teaspoon		518331
SPICE ONION POWDER	2 Teaspoon		126993
CILANTRO CLEANED	1 Cup		219550
JUICE LIME KEY WEST	1/4 Cup		332381

Preparation Instructions

1. Combine corn, red bell peppers, and onion.
2. To steam: Place corn mixture in steamtable pans (12" x 20" x 2 1/2"). Heat uncovered, in steamer at 5 pound pressure. For frozen corn, heat 9-13 minutes. For canned corn, heat 4-8 minutes.
Note: For 50 servings, use 1 pan.
3. CCP: Heat to 140° F or higher,
4. Add seasonings. Stir lightly.
5. CCP: Hold for hot service at 135° F or higher

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	98.30		
Fat	0.94g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	7.70mg		
Carbohydrates	21.10g		
Fiber	1.17g		
Sugar	5.26g		
Protein	2.94g		
Vitamin A	196.17IU	Vitamin C	12.07mg
Calcium	3.65mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27634

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG	1 Each		863890

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: 4.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	32.50mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	18.75g		
Protein	0.00g		
Vitamin A	1187.50IU	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

Spanish Rice

Servings:	25.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23894

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN	1 Pound 10 Ounce (26 Ounce)		576280
BUTTER PRINT SLTD GRD AA	1/4 Cup		191205
Tap Water for Recipes	1 Quart 1 Pint 1 Cup (7 Cup)	Boiling	000001WTR

Preparation Instructions

Conventional Oven:

1. Preheat oven to 350 degrees
2. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well.
3. Cover and bake for approximately 35 minutes or until most of the liquid is absorbed. Stir well. Keep warm.

Stove Top:

1. Combine 7 cups of water and 1/4 cup of butter or margarine in a stockpot. Bring to a boil.
2. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-25 minutes or until most of the liquid has been absorbed, stirring occasionally.
3. Stir well and transfer to a serving pan. Keep warm. Fluff with fork before serving.

Updated 6.9.23

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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		120.00	
Fat		2.80g	
SaturatedFat		1.12g	
Trans Fat*		0.00g	
Cholesterol		4.80mg	
Sodium		170.40mg	
Carbohydrates		21.84g	
Fiber		1.04g	
Sugar		0.00g	
Protein		4.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.80mg	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

Falcon-Fil-A Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52317
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Jennie-O Dill Breaded Turkey Nuggets	6 Each		463236

Preparation Instructions

Cook according to directions on case.

Note: Additional Grain item should be paired or offered with entree

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: 1.00			
Serving Size: 6.00 Each			
Amount Per Serving			
Calories		230.00	
Fat		9.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		690.00mg	
Carbohydrates		15.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.40mg

*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:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM	1 Pound 10 Ounce (26 Ounce)		166872
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

Preparation Instructions

Measure 1 gallon (3.79L) of boiling water into a 6? x 1/2 size steam table pan.
Add entire pouch of potatoes at once, using a spoon or wire whip to distribute evenly and wet all potatoes.
Let stand for 60 seconds, stir well 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	0.200

Nutrition Facts

Servings Per Recipe: 40.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		64.00	
Fat		0.40g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		272.00mg	
Carbohydrates		13.60g	
Fiber		0.80g	
Sugar		0.00g	
Protein		1.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.24mg

*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:	49.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	9 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA	3 Ounce		191205
SEASONING GARLIC HRB NO SALT	1 Fluid Ounce	Any salt free seasoning may be used.	565164

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: 49.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		38.60	
Fat		1.37g	
SaturatedFat		0.87g	
Trans Fat*		0.00g	
Cholesterol		3.75mg	
Sodium		33.33mg	
Carbohydrates		5.51g	
Fiber		3.01g	
Sugar		1.00g	
Protein		3.01g	
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

Chicken 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-32412
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX	15 Ounce	N/A	242390
Tap Water for Recipes	1 Gallon	N/A	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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		11.72	
Fat		0.47g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		187.50mg	
Carbohydrates		1.88g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.94mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whodunit Breakfast Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52380
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WRAP TKY MAPL	1 Each		696160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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		200.00	
Fat		10.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		25.00mg	
Sodium		310.00mg	
Carbohydrates		17.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		7.00g	
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

Mini Pancakes/Waffles/French Toast

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22941

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW	1 Package		284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
WAFFLE MINI MAPL IW	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
FRENCH TST MINI CHOC CHIP IW	1 Package		498492
FRENCH TST MINI CINN IW	1 Package		150291

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: 6.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		201.67	
Fat		6.00g	
SaturatedFat		1.17g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		216.67mg	
Carbohydrates		35.67g	
Fiber		3.67g	
Sugar		10.83g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.33mg	Iron	2.23mg

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

Nutrition - Per 100g

No 100g Conversion Available
