

# **Cookbook for Manchester High School**

**Created by HPS Menu Planner**

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# BISCUIT WITH GRAVY MADE WITH LOCALLY GROWN SAUSAGE



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 40.00                  | Category:      | Entree           |
| Serving Size: | 1.00 Each              | HACCP Process: | Same Day Service |
| Meal Type:    | Breakfast              | Recipe ID:     | R-4214           |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description               | Measurement                | Prep Instructions | DistPart # |
|---------------------------|----------------------------|-------------------|------------|
| DOUGH BISC HMSTYL         | 40 Each                    |                   | 504076     |
| GRAVY MIX BISC            | 1 Pound 8 Ounce (24 Ounce) |                   | 281719     |
| Tap Water for Recipes     | 1 Gallon                   | UNPREPARED        | 000001WTR  |
| SAUSAGE WHL HOG BULK TUBE | 1 Pound                    |                   | 836753     |

## Preparation Instructions

Cook and crumble sausage until no longer pink and temp reaches 155 degrees. Drain off fat. Prepare gravy mix according to package directions. Add cooked sausage. Bake biscuits according to the manufacturer's directions. When serving, pour 1/2 cup of sausage gravy over one biscuit.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 261.50           |        |
| <b>Fat</b>           |         | 13.80g           |        |
| <b>SaturatedFat</b>  |         | 6.50g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 6.00mg           |        |
| <b>Sodium</b>        |         | 720.00mg         |        |
| <b>Carbohydrates</b> |         | 29.80g           |        |
| <b>Fiber</b>         |         | 1.00g            |        |
| <b>Sugar</b>         |         | 2.30g            |        |
| <b>Protein</b>       |         | 5.40g            |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 30.00mg | <b>Iron</b>      | 2.42mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# CHICKEN AND BISCUIT SANDWICH



|               |                              |                |                  |
|---------------|------------------------------|----------------|------------------|
| Servings:     | 1.00                         | Category:      | Entree           |
| Serving Size: | 1.00 Each                    | HACCP Process: | Same Day Service |
| Meal Type:    | Breakfast                    | Recipe ID:     | R-4482           |
| School:       | Manchester Elementary School |                |                  |

## Ingredients

| Description          | Measurement | Prep Instructions                                                                                                                                                                                                      | DistPart # |
|----------------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| DOUGH BISC HMSTYL    | 1 Each      |                                                                                                                                                                                                                        | 504076     |
| CHIX PTY HMSTYL 1.6Z | 1 Each      | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>10-12 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 645080     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 2.250 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 305.00           |        |
| <b>Fat</b>           |         | 14.50g           |        |
| <b>SaturatedFat</b>  |         | 6.00g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 12.50mg          |        |
| <b>Sodium</b>        |         | 805.00mg         |        |
| <b>Carbohydrates</b> |         | 34.00g           |        |
| <b>Fiber</b>         |         | 2.50g            |        |
| <b>Sugar</b>         |         | 2.00g            |        |
| <b>Protein</b>       |         | 10.00g           |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 51.00mg | <b>Iron</b>      | 3.20mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# SLICED BAGEL WITH STRAWBERRY CREAM CHEESE



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 1.00                   | Category:      | Entree           |
| Serving Size: | 1.00 Serving           | HACCP Process: | Same Day Service |
| Meal Type:    | Breakfast              | Recipe ID:     | R-78             |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description             | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------|------------|
| BAGEL WHT WGRAIN IW     | 1 Each      |                   | 217911     |
| CHEESE CREAM STRAWB CUP | 1 Each      |                   | 124930     |
| CHEESE CREAM SPRD CUP   | 1           |                   | 417355     |

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.750 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving   |           |                  |          |
|----------------------|-----------|------------------|----------|
| <b>Calories</b>      |           | 210.00**         |          |
| <b>Fat</b>           |           | 7.00g**          |          |
| <b>SaturatedFat</b>  |           | 3.50g**          |          |
| <b>Trans Fat*</b>    |           | 0.00g**          |          |
| <b>Cholesterol</b>   |           | 15.00mg**        |          |
| <b>Sodium</b>        |           | 255.00mg**       |          |
| <b>Carbohydrates</b> |           | 32.00g**         |          |
| <b>Fiber</b>         |           | 4.00g**          |          |
| <b>Sugar</b>         |           | 9.00g**          |          |
| <b>Protein</b>       |           | 7.00g**          |          |
| <b>Vitamin A</b>     | 0.00IU**  | <b>Vitamin C</b> | 0.00mg** |
| <b>Calcium</b>       | 70.00mg** | <b>Iron</b>      | 1.44mg** |

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\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# CINNAMON POPTART



|               |                        |                |         |
|---------------|------------------------|----------------|---------|
| Servings:     | 1.00                   | Category:      | Entree  |
| Serving Size: | 1.00 Package           | HACCP Process: | No Cook |
| Meal Type:    | Breakfast              | Recipe ID:     | R-7640  |
| School:       | Manchester High School |                |         |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN | 1 Package   |                   | 123081     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.500 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 350.00           |        |
| <b>Fat</b>           |          | 6.00g            |        |
| <b>SaturatedFat</b>  |          | 2.00g            |        |
| <b>Trans Fat*</b>    |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 0.00mg           |        |
| <b>Sodium</b>        |          | 240.00mg         |        |
| <b>Carbohydrates</b> |          | 73.00g           |        |
| <b>Fiber</b>         |          | 6.00g            |        |
| <b>Sugar</b>         |          | 30.00g           |        |
| <b>Protein</b>       |          | 5.00g            |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 260.00mg | <b>Iron</b>      | 3.60mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# FUDGE POPTART



|               |                        |                |         |
|---------------|------------------------|----------------|---------|
| Servings:     | 1.00                   | Category:      | Entree  |
| Serving Size: | 1.00 Package           | HACCP Process: | No Cook |
| Meal Type:    | Breakfast              | Recipe ID:     | R-7639  |
| School:       | Manchester High School |                |         |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN FUDG | 1 Package   |                   | 452082     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.500 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 370.00           |        |
| <b>Fat</b>           |          | 6.00g            |        |
| <b>SaturatedFat</b>  |          | 2.00g            |        |
| <b>Trans Fat*</b>    |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 0.00mg           |        |
| <b>Sodium</b>        |          | 390.00mg         |        |
| <b>Carbohydrates</b> |          | 76.00g           |        |
| <b>Fiber</b>         |          | 6.00g            |        |
| <b>Sugar</b>         |          | 30.00g           |        |
| <b>Protein</b>       |          | 5.00g            |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 200.00mg | <b>Iron</b>      | 3.60mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# STRAWBERRY POPTART



|               |                        |                |         |
|---------------|------------------------|----------------|---------|
| Servings:     | 1.00                   | Category:      | Entree  |
| Serving Size: | 1.00 Package           | HACCP Process: | No Cook |
| Meal Type:    | Breakfast              | Recipe ID:     | R-7638  |
| School:       | Manchester High School |                |         |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN STRAWB | 1 Package   |                   | 123031     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.250 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 340.00           |        |
| <b>Fat</b>           |          | 5.00g            |        |
| <b>SaturatedFat</b>  |          | 1.50g            |        |
| <b>Trans Fat*</b>    |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 0.00mg           |        |
| <b>Sodium</b>        |          | 230.00mg         |        |
| <b>Carbohydrates</b> |          | 73.00g           |        |
| <b>Fiber</b>         |          | 6.00g            |        |
| <b>Sugar</b>         |          | 29.00g           |        |
| <b>Protein</b>       |          | 4.00g            |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 260.00mg | <b>Iron</b>      | 3.60mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# HASH BROWN STARZ



|               |                              |                |                  |
|---------------|------------------------------|----------------|------------------|
| Servings:     | 1.00                         | Category:      | Fruit            |
| Serving Size: | 7.00 Piece                   | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                        | Recipe ID:     | R-15904          |
| School:       | Manchester Elementary School |                |                  |

## Ingredients

| Description          | Measurement | Prep Instructions                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | DistPart # |
|----------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| HASHBROWN STARZ .36Z | 7 Each      | DEEP_FRY<br>Deep Fry: 345° - 350°F for 2-2 ½ minutes. Deep fry from frozen state. Fill basket ½ full. Conventional Oven: 400°F for 20-25 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. Convection Oven: 400°F for 10-12 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. | 233101     |

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.500 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 7.00 Piece

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 151.20   |                  |        |
| <b>Fat</b>           | 8.40g    |                  |        |
| <b>SaturatedFat</b>  | 0.84g    |                  |        |
| <b>Trans Fat*</b>    | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 277.20mg |                  |        |
| <b>Carbohydrates</b> | 16.80g   |                  |        |
| <b>Fiber</b>         | 1.68g    |                  |        |
| <b>Sugar</b>         | 0.84g    |                  |        |
| <b>Protein</b>       | 1.68g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 9.24mg   | <b>Iron</b>      | 0.60mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# APPLE JUICE



|               |                              |                |         |
|---------------|------------------------------|----------------|---------|
| Servings:     | 1.00                         | Category:      | Fruit   |
| Serving Size: | 4.00 Fluid Ounce             | HACCP Process: | No Cook |
| Meal Type:    | Breakfast                    | Recipe ID:     | R-7530  |
| School:       | Manchester Elementary School |                |         |

## Ingredients

| Description          | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| JUICE APPLE 100 FRSH | 1 Each      |                   | 118921     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 50.00            |        |
| <b>Fat</b>           |         | 0.00g            |        |
| <b>SaturatedFat</b>  |         | 0.00g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 0.00mg           |        |
| <b>Sodium</b>        |         | 1.20mg           |        |
| <b>Carbohydrates</b> |         | 13.00g           |        |
| <b>Fiber</b>         |         | 0.00g            |        |
| <b>Sugar</b>         |         | 12.00g           |        |
| <b>Protein</b>       |         | 0.10g            |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 11.21mg | <b>Iron</b>      | 0.20mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# GRAPE JUICE



|               |                        |                |         |
|---------------|------------------------|----------------|---------|
| Servings:     | 1.00                   | Category:      | Fruit   |
| Serving Size: | 4.00 Fluid Ounce       | HACCP Process: | No Cook |
| Meal Type:    | Breakfast              | Recipe ID:     | R-7636  |
| School:       | Manchester High School |                |         |

## Ingredients

| Description        | Measurement | Prep Instructions | DistPart # |
|--------------------|-------------|-------------------|------------|
| JUICE GRP 100 FRSH | 1 Each      |                   | 118940     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 80.00            |        |
| <b>Fat</b>           |         | 0.00g            |        |
| <b>SaturatedFat</b>  |         | 0.00g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 0.00mg           |        |
| <b>Sodium</b>        |         | 0.00mg           |        |
| <b>Carbohydrates</b> |         | 19.00g           |        |
| <b>Fiber</b>         |         | 0.00g            |        |
| <b>Sugar</b>         |         | 18.00g           |        |
| <b>Protein</b>       |         | 0.00g            |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 10.00mg | <b>Iron</b>      | 0.60mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# ORANGE JUICE



|               |                              |                |         |
|---------------|------------------------------|----------------|---------|
| Servings:     | 1.00                         | Category:      | Fruit   |
| Serving Size: | 4.00 Fluid Ounce             | HACCP Process: | No Cook |
| Meal Type:    | Breakfast                    | Recipe ID:     | R-7532  |
| School:       | Manchester Elementary School |                |         |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| JUICE ORNG 100 FRSH | 1 Each      |                   | 118930     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 60.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat*</b>    | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 13.00g |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 12.00g |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.20mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# HOMEMADE TURKEY AND NOODLES WITH PB SANDWICH HALF



|               |                        |                |                   |
|---------------|------------------------|----------------|-------------------|
| Servings:     | 288.00                 | Category:      | Entree            |
| Serving Size: | 1.00 Cup               | HACCP Process: | Complex Food Prep |
| Meal Type:    | Lunch                  | Recipe ID:     | R-22093           |
| School:       | Manchester High School |                |                   |

## Ingredients

| Description                                                                | Measurement                                     | Prep Instructions | DistPart # |
|----------------------------------------------------------------------------|-------------------------------------------------|-------------------|------------|
| BASE CHIX                                                                  | 1 1/3 Cup                                       |                   | 439606     |
| PASTA NOODL KLUSKI 1/8IN                                                   | 20 Pound                                        |                   | 270385     |
| School White Wheat Sandwich Bread                                          | 288 Slice                                       | READY_TO_EAT      | 12385      |
| Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin. | 40 Pound                                        | CONVECTION        | 100125     |
| SALT IODIZED                                                               | 1 Tablespoon 1 Teaspoon (4 Teaspoon)            |                   | 350732     |
| Cold Water                                                                 | 12 Gallon                                       |                   | 0000       |
| PEANUT BUTTER SMOOTH 6-5 COMM                                              | 1 Gallon 1 Pint 1/4 Tablespoon (288 Tablespoon) |                   | 110780     |

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.722 |
| <b>Grain</b>    | 2.111 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 1.00 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 378.88           |        |
| <b>Fat</b>           |         | 14.89g           |        |
| <b>SaturatedFat</b>  |         | 3.24g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 58.63mg          |        |
| <b>Sodium</b>        |         | 422.91mg         |        |
| <b>Carbohydrates</b> |         | 39.44g           |        |
| <b>Fiber</b>         |         | 3.11g            |        |
| <b>Sugar</b>         |         | 2.83g            |        |
| <b>Protein</b>       |         | 22.86g           |        |
| <b>Vitamin A</b>     | 0.01IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 30.92mg | <b>Iron</b>      | 1.73mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# PBJ COMBO



|               |                              |                |         |
|---------------|------------------------------|----------------|---------|
| Servings:     | 1.00                         | Category:      | Entree  |
| Serving Size: | 1.00 Package                 | HACCP Process: | No Cook |
| Meal Type:    | Lunch                        | Recipe ID:     | R-7451  |
| School:       | Manchester Elementary School |                |         |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| CHEESE STRING MOZZ IW       | 1 Each      |                   | 786580     |
| CRACKER GLDFSH CHED WGRAIN  | 1 Each      |                   | 736280     |
| SAND UNCRUST PBJ GRP WGRAIN | 1 Each      |                   | 527462     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 480.00           |        |
| <b>Fat</b>           |          | 25.50g           |        |
| <b>SaturatedFat</b>  |          | 8.00g            |        |
| <b>Trans Fat*</b>    |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 20.00mg          |        |
| <b>Sodium</b>        |          | 650.00mg         |        |
| <b>Carbohydrates</b> |          | 48.00g           |        |
| <b>Fiber</b>         |          | 4.00g            |        |
| <b>Sugar</b>         |          | 16.00g           |        |
| <b>Protein</b>       |          | 17.00g           |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 261.00mg | <b>Iron</b>      | 1.70mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# SALAD BAR



|               |                        |                |         |
|---------------|------------------------|----------------|---------|
| Servings:     | 1.00                   | Category:      | Entree  |
| Serving Size: | 1.00 Each              | HACCP Process: | No Cook |
| Meal Type:    | Lunch                  | Recipe ID:     | R-44867 |
| School:       | Manchester High School |                |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## 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                  | 0.00   |           |        |
| Fat                       | 0.00g  |           |        |
| SaturatedFat              | 0.00g  |           |        |
| Trans Fat*                | 0.00g  |           |        |
| Cholesterol               | 0.00mg |           |        |
| Sodium                    | 0.00mg |           |        |
| Carbohydrates             | 0.00g  |           |        |
| Fiber                     | 0.00g  |           |        |
| Sugar                     | 0.00g  |           |        |
| 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

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No 100g Conversion Available

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# MASHED POTATOES



|               |                              |                |                  |
|---------------|------------------------------|----------------|------------------|
| Servings:     | 1.00                         | Category:      | Vegetable        |
| Serving Size: | 0.50 Cup                     | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                        | Recipe ID:     | R-9115           |
| School:       | Manchester Elementary School |                |                  |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| Potatoes dehydrated | 1/2 cup     | PREPARED          | 613738     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.500 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 70.00            |        |
| <b>Fat</b>           |         | 1.00g            |        |
| <b>SaturatedFat</b>  |         | 0.00g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 0.00mg           |        |
| <b>Sodium</b>        |         | 340.00mg         |        |
| <b>Carbohydrates</b> |         | 14.00g           |        |
| <b>Fiber</b>         |         | 1.00g            |        |
| <b>Sugar</b>         |         | 0.00g            |        |
| <b>Protein</b>       |         | 2.00g            |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 10.00mg | <b>Iron</b>      | 0.30mg |

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# SLUSHY DICED STRAWBERRIES



|               |                              |                |         |
|---------------|------------------------------|----------------|---------|
| Servings:     | 1.00                         | Category:      | Fruit   |
| Serving Size: | 1.00 Each                    | HACCP Process: | No Cook |
| Meal Type:    | Lunch                        | Recipe ID:     | R-24786 |
| School:       | Manchester Elementary School |                |         |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| STRAWBERRIES, DICED, CUPS, FROZEN | 1 Each      | THAW              | 100256     |

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 80.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat*</b>    | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 1.00mg |                  |        |
| <b>Carbohydrates</b> | 21.00g |                  |        |
| <b>Fiber</b>         | 2.00g  |                  |        |
| <b>Sugar</b>         | 16.00g |                  |        |
| <b>Protein</b>       | 1.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# SWEETENED APPLESAUCE



|               |          |                |                  |
|---------------|----------|----------------|------------------|
| Servings:     | 1.00     | Category:      | Fruit            |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch    | Recipe ID:     | R-1177           |

## Ingredients

| Description    | Measurement | Prep Instructions | DistPart # |
|----------------|-------------|-------------------|------------|
| APPLESAUCE SWT | 1/2 Cup     |                   | 278971     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

|                    |       |
|--------------------|-------|
| Amount Per Serving |       |
| Meat               | 0.000 |
| Grain              | 0.000 |
| Fruit              | 0.500 |
| GreenVeg           | 0.000 |
| RedVeg             | 0.000 |
| OtherVeg           | 0.000 |
| Legumes            | 0.000 |
| Starch             | 0.000 |

### Nutrition Facts

|                           |         |           |        |
|---------------------------|---------|-----------|--------|
| Servings Per Recipe: 1.00 |         |           |        |
| Serving Size: 0.50 Cup    |         |           |        |
| Amount Per Serving        |         |           |        |
| Calories                  | 90.00   |           |        |
| Fat                       | 0.00g   |           |        |
| SaturatedFat              | 0.00g   |           |        |
| Trans Fat*                | 0.00g   |           |        |
| Cholesterol               | 0.00mg  |           |        |
| Sodium                    | 10.00mg |           |        |
| Carbohydrates             | 22.00g  |           |        |
| Fiber                     | 2.00g   |           |        |
| Sugar                     | 18.00g  |           |        |
| 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

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No 100g Conversion Available

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# SMOKED SAUSAGE ON A BUN



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 1.00                   | Category:      | Entree           |
| Serving Size: | 1.00 Each              | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-41701          |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description             | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------|------------|
| White Wheat Hot Dog bun | 1 Each      |                   | 53071      |
| SAUSAGE SMKD 4/         | 1 Each      |                   | 307661     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.750 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 475.21           |        |
| <b>Fat</b>           |         | 31.09g           |        |
| <b>SaturatedFat</b>  |         | 11.33g           |        |
| <b>Trans Fat*</b>    |         | 1.03g            |        |
| <b>Cholesterol</b>   |         | 75.00mg          |        |
| <b>Sodium</b>        |         | 1314.84mg        |        |
| <b>Carbohydrates</b> |         | 28.35g           |        |
| <b>Fiber</b>         |         | 2.28g            |        |
| <b>Sugar</b>         |         | 4.59g            |        |
| <b>Protein</b>       |         | 20.17g           |        |
| <b>Vitamin A</b>     | 35.24IU | <b>Vitamin C</b> | 0.01mg |
| <b>Calcium</b>       | 56.33mg | <b>Iron</b>      | 2.51mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# CANDIED BABY CARROTS



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 28.00                  | Category:      | Vegetable        |
| Serving Size: | 0.50 Cup               | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-11081          |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description              | Measurement | Prep Instructions            | DistPart # |
|--------------------------|-------------|------------------------------|------------|
| BUTTER PRINT SLTD GRD AA | 1/4 Cup     |                              | 191205     |
| SUGAR BROWN LT           | 1/2 Cup     |                              | 860311     |
| CARROT BABY WHL PETITE   | 5 Pound     | equivalent based on USDA FBG | 768146     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.446 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 43.21            |        |
| <b>Fat</b>           |         | 1.57g            |        |
| <b>SaturatedFat</b>  |         | 1.00g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 4.29mg           |        |
| <b>Sodium</b>        |         | 75.36mg          |        |
| <b>Carbohydrates</b> |         | 7.71g            |        |
| <b>Fiber</b>         |         | 1.79g            |        |
| <b>Sugar</b>         |         | 4.14g            |        |
| <b>Protein</b>       |         | 0.00g            |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 25.71mg | <b>Iron</b>      | 0.71mg |

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

## Nutrition - Per 100g

No 100g Conversion Available