

Cookbook for Benton Community School Corporation

Created by HPS Menu Planner

Cookbook for Benton Jr -Sr High

Created by HPS Menu Planner

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Salisbury Steak

Salisbury Steak

Servings:	136.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46695
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD	136 Each	BAKE Conventional Oven Preheat oven to 375 degrees f. Heat frozen product for 20-25minutes or until internal temperature reaches 165 degrees f. CONVECTION Convection Oven Preheat oven to 350 degrees f. Heat frozen product for 15-20minutes or until internal temperature reaches 165 degrees f. GRILL Flat Grill Preheat flat to 350 degrees f. Heat frozen product 2-4minutes per side or until internal temperature reaches 165 degrees f. MICROWAVE Microwave Heat frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.	690030
MIX GRAVY BRN LO SOD	1 Pound		552050
Tap Water	1 Gallon		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 136.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	205.88		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat*	0.00g		
Cholesterol	45.00mg		
Sodium	380.59mg		
Carbohydrates	5.18g		
Fiber	1.00g		
Sugar	1.24g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Otterbein Elementary

Created by HPS Menu Planner

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Cookbook for Prairie Crossing

Created by HPS Menu Planner

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Burrito

Rosy Applesauce

Spiced Apples

Fruited Gelatin

5 Cup Salad

Hawaiian Salad

Cherry 5 Cup Salad

Chocolate Bananas

Apple Crisp

Berry Glaze Dessert

Sidekick Fruit Slushie

Potato Salad

Spaghetti with Meat Sauce

Garlic Biscuit Stick

Chicken Fajita Wrap

Pizza Burger

Salisbury Steak & Gravy

Deli Ham Sandwich

Deli Turkey Sandwich

Mashed Potatoes

Grilled Cheese Sandwich

Tomato Soup

Texas Straw Hat

BBQ Chicken on 3.5" Bun

Texas Sheet Cake

Cheeseburger- Elementary

Hot Dog on Bun

Chicken Alfredo

Garlic Breadstick

Stromboli on Hot Dog Bun

Chicken Bacon Ranch Wrap

Fish Nugget Wrap

Baked Beans

Lasagna Roll-Up

Grilled Chicken on Bun- Elementary

Turkey & Noodles

Italian Sub

Meatball Sub

Assorted Cereals

Servings:	14.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50274
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL GLDN GRAHAMS BWL	1 Each	READY_TO_EAT Ready to eat	509434
CEREAL CHEERIOS HNY BOWL	1 Each	READY_TO_EAT Ready to eat	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL APPLCINN WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	266052
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	READY_TO_EAT Ready to Eat	265811
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL RAISIN BRAN BWL	1 Each		247197

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: 14.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		107.48	
Fat		1.28g	
SaturatedFat		0.02g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		147.36mg	
Carbohydrates		23.64g	
Fiber		2.18g	
Sugar		6.79g	
Protein		2.05g	
Vitamin A	42.86IU	Vitamin C	0.51mg
Calcium	60.37mg	Iron	4.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon & Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50631
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
BACON TKY CKD	2 Piece		834770
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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		212.86	
Fat		8.36g	
SaturatedFat		1.71g	
Trans Fat*		0.00g	
Cholesterol		107.50mg	
Sodium		511.43mg	
Carbohydrates		20.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		10.57g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	1.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50632
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
BACON TKY CKD	2 Piece		834770
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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		275.56	
Fat		14.26g	
SaturatedFat		6.21g	
Trans Fat*		0.07g	
Cholesterol		109.50mg	
Sodium		712.63mg	
Carbohydrates		24.00g	
Fiber		2.60g	
Sugar		2.00g	
Protein		10.47g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.58mg	Iron	1.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Fruit Smoothie- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50633
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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

No 100g Conversion Available			
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Cinnamon Sugar Donut Holes- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50635
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520

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: 6.00 Each			
Amount Per Serving			
Calories		280.00	
Fat		16.00g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Glazed Donut Holes- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50636
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520

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: 6.00 Each			
Amount Per Serving			
Calories		280.00	
Fat		16.00g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Powdered Donut Holes- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50634
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520

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: 6.00 Each			
Amount Per Serving			
Calories	280.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Yogurt

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50276
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F	1 Each	READY_TO_EAT Ready to eat	551760
YOGURT DANIMAL STRAWB BAN N/F	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT RASPB RNBW L/F	1 Each	READY_TO_EAT Ready to eat	551770
YOGURT DANIMAL VAN N/F	1 Each		200612
YOGURT CHERRY TRPL L/F	1 Each	READY_TO_EAT Ready to eat	186911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		76.00	
Fat		0.30g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		3.00mg	
Sodium		61.00mg	
Carbohydrates		14.60g	
Fiber		0.00g	
Sugar		9.40g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	124.00mg	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

Cinnamon Roll with Icing- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50637
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN	1 Each		644262

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: 1.00 Each			
Amount Per Serving			
Calories		170.00	
Fat		1.50g	
SaturatedFat		0.50g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		135.00mg	
Carbohydrates		36.00g	
Fiber		3.00g	
Sugar		10.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.87mg	Iron	1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50638
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	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		267.70	
Fat		13.40g	
SaturatedFat		6.75g	
Trans Fat*		0.07g	
Cholesterol		104.50mg	
Sodium		611.20mg	
Carbohydrates		26.00g	
Fiber		2.60g	
Sugar		3.00g	
Protein		9.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	125.58mg	Iron	1.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Parfait

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50639
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1 Quart 1 Pint (6 Cup)	Use any canned or frozen fruit of choice.	110860
YOGURT VAN L/F PARFPR	1 Quart 1 Pint (6 Cup)		811500

Preparation Instructions

1. Spoon 1/4 cup yogurt into bottom of 10-12 oz. cup.
2. Add 1/4 cup fruit.
3. Repeat layers.
4. Cover and chill until ready to serve.

Serve with 1 package of grahams.
Hold in cold pass thru until served.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
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: 12.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		150.94	
Fat		0.75g	
SaturatedFat		0.37g	
Trans Fat*		0.00g	
Cholesterol		3.73mg	
Sodium		61.70mg	
Carbohydrates		33.13g	
Fiber		2.00g	
Sugar		21.42g	
Protein		3.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.33mg	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 Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50640
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each		645080
DOUGH BISCUIT WGRAIN	1 Each		237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.750
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		267.70	
Fat		11.90g	
SaturatedFat		5.50g	
Trans Fat*		0.07g	
Cholesterol		14.50mg	
Sodium		596.20mg	
Carbohydrates		29.00g	
Fiber		4.10g	
Sugar		2.00g	
Protein		10.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.58mg	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	
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Assorted Graham Snacks

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50275
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY	1 Package		859550
CRACKER GRHM TIGER BITE CHOC	1 Package		123171
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GRHM GRIPZ CHOC IW	1 Package		282441
CRACKER PRESIDENTS SMART	1 Ounce		159381
CRACKER ANIMAL WGRAIN	1 Package		682840
CRACKER GLDFSH CINN	1 Package	READY_TO_EAT Ready to Enjoy	194510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		120.00	
Fat		3.71g	
SaturatedFat		0.93g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		107.86mg	
Carbohydrates		20.86g	
Fiber		1.43g	
Sugar		7.14g	
Protein		1.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.86mg	Iron	1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Dried Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51205
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES	1 Each	READY_TO_EAT	544426

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: 1.00 Each

Amount Per Serving			
Calories		130.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydrates		33.00g	
Fiber		2.00g	
Sugar		27.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.04mg	Iron	0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Burrito

Servings:	114.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51206
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water	1 Gallon		
Tex-Pro Five Taco Filling Mix	1 Package		201183
Cheese, Cheddar Reduced fat, Shredded	7 1/8 Pound		100012
LETTUCE SHRD TACO 1/8CUT	3 Quart 1 Pint 1/4 Cup (14 1/4 Cup)		242489
TORTILLA FLOUR ULTRGR 6IN	114 Each		882690

Preparation Instructions

- For Taco Meat:
1. Cook the beef and drain.
 2. Add the water and the taco mix, simmer. Heat meat filling to 165 degrees.
 3. Hold in hot pass thru until served.
- For burrito use a tortilla, #16 disher meat, 1 oz. shredded cheese, and top with 1 oz. of lettuce.

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: 114.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		302.64	
Fat		16.80g	
SaturatedFat		8.10g	
Trans Fat*		1.05g	
Cholesterol		47.25mg	
Sodium		554.64mg	
Carbohydrates		22.31g	
Fiber		4.10g	
Sugar		3.19g	
Protein		20.38g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.25mg	Iron	1.00mg

*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

Rosy Applesauce

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51213
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT	1 #10 CAN		271497
GELATIN MIX STRAWB	1/2 Cup		524581

Preparation Instructions

- 1. Stir the dry gelatin into the applesauce.
- 2. Put in side dishes for a 4 oz. serving

Hold in cold pass thru until served.

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: 23.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	63.62		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	25.07mg		
Carbohydrates	16.33g		
Fiber	2.06g		
Sugar	12.22g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.32mg	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

Spiced Apples

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51214
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices, Canned, Unsweetened	1 #10 CAN		100206
SUGAR BEET GRANUL	1 Cup		108588
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723

Preparation Instructions

- Mix drained fruit with cinnamon and sugar.
- Serve with 4 oz. ladle.
- Serve Cold
- Hold in cold pass thru until served.

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: 23.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		82.76	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		10.29mg	
Carbohydrates		20.70g	
Fiber		2.06g	
Sugar		17.61g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruited Gelatin

Servings:	76.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51249
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S	4 #10 CAN		290203
GELATIN MIX STRAWB	2 Package		524581
Water	1 1/2 Gallon	Use drained liquid from can plus water to make the 1.5 gallons.	Water

Preparation Instructions

1. Drain the 4 cans of fruit and reserve the liquid to mix into the gelatin (need 1.5 gallons of liquid total).
2. Divide the drained fruit using a 4 ounce spoodle into 5 oz. styrofoam flat bowls or 5 oz. portion cups.
3. Bring fruit juice (and water, if needed to make 1.5 gallons) to a boil.
4. Add gelatin to boiling juice mix.
5. Put liquid gelatin in fruit cups to cover the fruit.
6. Add lids and chill before serving.
7. Label with fruited jell-o and date.
8. Hold in cold pass thru until served.

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: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		135.98	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		80.12mg	
Carbohydrates		32.02g	
Fiber		2.00g	
Sugar		29.02g	
Protein		0.94g	
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

5 Cup Salad

Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51250
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL XL/S	1 #10 CAN		225304
PUDDING RTS VAN	1 Pint 1 Cup (3 Cup)		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	1 Pint		191736

Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 45.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories	60.47		
Fat	1.06g		
SaturatedFat	1.13g		
Trans Fat*	0.01g		
Cholesterol	0.00mg		
Sodium	29.23mg		
Carbohydrates	12.22g		
Fiber	0.41g		
Sugar	9.03g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hawaiian Salad

Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51251
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S	1/2 #10 CAN		117897
PINEAPPLE TIDBITS IN JCE	1/2 #10 CAN		189979
PUDDING RTS VAN	1 Pint 1 Cup (3 Cup)		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	1 Pint		191736

Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 45.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories	61.98		
Fat	1.06g		
SaturatedFat	1.13g		
Trans Fat*	0.01g		
Cholesterol	0.00mg		
Sodium	30.91mg		
Carbohydrates	11.77g		
Fiber	0.14g		
Sugar	9.23g		
Protein	0.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.13mg	Iron	0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry 5 Cup Salad

Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51252
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cherries, Sweet, Frozen	2 Package		110872
FRUIT COCKTAIL XL/S	1 #10 CAN		225304
PUDDING RTS VAN	1 Pint 1 Cup (3 Cup)		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	1 Pint		191736

Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

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: 45.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories	92.87		
Fat	1.06g		
SaturatedFat	1.13g		
Trans Fat*	0.01g		
Cholesterol	0.00mg		
Sodium	29.23mg		
Carbohydrates	20.14g		
Fiber	1.85g		
Sugar	15.51g		
Protein	0.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Bananas

Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51253
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	8 Each		08044
SYRUP CHOC DUTCH SQZ BTL	1/2 Cup		203092

Preparation Instructions

- 1. Peel and slice the banana in a bowl.
 - 2. Drizzle chocolate syrup over he banana.
 - 3. Serve cold. Hold in cold pass thru until served.
- For smaller amounts, use 1 tsp. chocolate syrup per banana.

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: 8.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		154.75	
Fat		0.15g	
SaturatedFat		0.47g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		11.51mg	
Carbohydrates		39.00g	
Fiber		3.68g	
Sugar		25.00g	
Protein		1.62g	
Vitamin A	3.78IU	Vitamin C	11.00mg
Calcium	6.01mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisp

Servings:	35.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51255
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 Pint 5/6 Cup (2 5/6 Cup)	1.5 cups for topping 1.33 cups for filling	330094
OATS QUICK HOT CEREAL	1 3/4 Cup		100800
SPICE CINNAMON GRND	1 Tablespoon 1 Teaspoon (4 Teaspoon)	1 tsp. for topping 1 Tbsp. for filling	224723
SPICE NUTMEG GRND	1/2 Tablespoon	Optional	224944
MARGARINE SLD	1 Cup	Softened	733061
SUGAR BROWN MED	1 Pint		108626
Frozen Apple Slices	6 Pound	Thawed. May substitute frozen blueberries, thawed.	100258
Water	2/3 Cup		Water
SUGAR BEET GRANUL	2/3 Cup		108588

Preparation Instructions

- Topping:
1. Mix 1.5 cups flour, oats, 1 tsp. cinnamon, nutmeg, and brown sugar. Then cut in the margarine. Mix until crumbly consistency.
- Filling:
1. Mix sugar, 1 Tbsp. cinnamon, and 1.33 cup flour together and set aside.
 2. Mix fruit and water together and stir in the dry Ingredients until thoroughly incorporated.
 3. Put filling in #1 pan.
 4. Top with the topping mixture.
 5. Bake at 325 for 45 minutes
 6. Use a 4 ounce server to serve up apple crisp.
- Keep in warmer until serving time

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		197.27	
Fat		5.64g	
SaturatedFat		2.14g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		53.75mg	
Carbohydrates		36.49g	
Fiber		2.53g	
Sugar		24.42g	
Protein		2.02g	
Vitamin A	342.86IU	Vitamin C	0.00mg
Calcium	5.30mg	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

Berry Glaze Dessert

Servings:	60.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51322
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries - frozen	15 Pound	Thawed. May substitute thawed whole or sliced strawberries, or sweet cherries.	100243
GLAZE STRAWBERRY	1/2 #10 CAN		149284

Preparation Instructions

1. Thaw the blueberries just overnight. Drain.
2. Fold blueberries into glaze, do not smash fruit.
3. Dish up in a 6 ounce side dish with a #8 disher.
4. Seal with a lid and mark with the prepared date.
5. Hold in cold pass thru at 35-40 degrees, serve cold.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		127.32	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		6.54mg	
Carbohydrates		29.96g	
Fiber		5.62g	
Sugar		20.71g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

*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

Sidekick Fruit Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51323
School:	Prairie Crossing		

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

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: 2.00			
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		18.50g	
Protein		0.00g	
Vitamin A	1000.00IU	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

Potato Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51324
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	9 1/3 Pound	Cooked & diced	322385
MAYONNAISE LT	1 Pint 1 Cup (3 Cup)	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
Celery	1 Pint 1 3/4 Cup (3 3/4 Cup)	Chopped	00856
ONION YELLOW JUMBO	1 Cup	Diced	109620
EGG SHL LRG A GRD	12 Each	Diced	206539
RELISH SWT PICKLE	2/3 Cup		485586
SALT SEA	1 Tablespoon		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
MUSTARD YELLOW	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		807651

Preparation Instructions

1. Steam potatoes for 30-40 minutes. Peel and dice.
2. Add all other ingredients. Mix lightly until well blended. Chill.
3. Serve at 40 degrees. portion with a #6 scoop (2/3 cup).

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.375

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.66 Cup

Amount Per Serving			
Calories	110.42		
Fat	2.26g		
SaturatedFat	0.36g		
Trans Fat*	0.00g		
Cholesterol	54.00mg		
Sodium	251.97mg		
Carbohydrates	19.91g		
Fiber	2.09g		
Sugar	2.74g		
Protein	3.24g		
Vitamin A	1.75IU	Vitamin C	16.89mg
Calcium	20.50mg	Iron	0.90mg

*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

Spaghetti with Meat Sauce

Servings:	300.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51364
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	20 Pound		100158
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
PASTA SPAG 51 WGRAIN	20 Pound		221460
SAUCE TOMATO	8 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
Spaghetti Sauce Mix	2 Package		307085
SPICE PEPR BLK REG FINE GRIND	1/4 Cup		225037
SEASONING ITAL HRB	1/2 Cup		428574
SPICE GARLIC POWDER	1 Tablespoon		224839

Preparation Instructions

1. Brown off the ground beef until cooked completely with no big chunks.
2. Drain off water and fat. Add spices. Mix.
3. Add the bagged meat sauce and tomato sauce.
4. Mix thoroughly. Heat to 165 degrees.

- 5. In separate pot cook the spaghetti in water with a little oil and salt. Drain.
- 6. Add pasta to the mixed hot spaghetti sauce.
- 7. Pan up in #2 pans and hold in hot pass thru until ready to serve.
- 8. Serve with 6 fl. ounce spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00
Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories		296.98	
Fat		9.31g	
SaturatedFat		3.19g	
Trans Fat*		0.80g	
Cholesterol		52.13mg	
Sodium		920.86mg	
Carbohydrates		41.93g	
Fiber		4.63g	
Sugar		9.89g	
Protein		19.23g	
Vitamin A	528.44IU	Vitamin C	10.86mg
Calcium	30.48mg	Iron	2.75mg

*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

Garlic Biscuit Stick

Servings:	300.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51365
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	6 Pound		733061
SPICE PAPRIKA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		518331
SPICE GARLIC POWDER	1/2 Cup		224839
SPICE BASIL LEAF	1/4 Cup		513628
DOUGH BISC STICK 250-1.25Z RICH	300 Each		149070

Preparation Instructions

1. Whip margarine & mix in spices in mixer.
2. Spread butter on one side of biscuit stick.
3. Tray up the biscuit sticks on paper lined baking sheet. Bake at 375 degrees until lightly toasted.
4. Place in pass thru to keep warm.

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: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		144.00	
Fat		12.14g	
SaturatedFat		5.88g	
Trans Fat*		0.05g	
Cholesterol		0.00mg	
Sodium		220.40mg	
Carbohydrates		13.00g	
Fiber		0.30g	
Sugar		1.00g	
Protein		2.10g	
Vitamin A	480.00IU	Vitamin C	0.00mg
Calcium	15.99mg	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

Chicken Fajita Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51165
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/5 Ounce		100117
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

Preparation Instructions

- Thaw the chicken under refrigeration over night.
- Assemble: tortilla wrap, chicken fajita, cheese
- Wrap, Fold in ends of tortilla and roll from other end until closed
- Offer with shredded lettuce, salsa & sour cream. (Optional)
- Refrigerate until ready to serve
- Hold at 40 Degrees or less

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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		339.82	
Fat		13.26g	
SaturatedFat		7.88g	
Trans Fat*		0.00g	
Cholesterol		84.65mg	
Sodium		812.35mg	
Carbohydrates		32.38g	
Fiber		4.00g	
Sugar		3.88g	
Protein		24.94g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	144.50mg	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

Pizza Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51525
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
ONION DEHY CHPD	1/2 Cup		263036
SEASONING ITAL HRB	1 1/2 Tablespoon		428574
SAUCE TOMATO	3/4 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
SUGAR BROWN MED	1/2 Cup	UNSPECIFIED	108626
Pizza Sauce Mix	1/3 Package		306245
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545
Shredded Mozzarella Cheese, Part Skim	6 Pound 4 Ounce (100 Ounce)		100021

Preparation Instructions

- 1.Cook ground beef & dry onions then drain.
 2. Add remaining ingredients.
 3. Simmer for 15-20 minutes. Cook until 165 degrees.
 4. Put in hot pass-thru and hold at 165 degrees or higher.
 5. Make up sandwiches on line as needed. Hold cheese in cold pass-thru and on ice when you serve sandwiches.
- Serving Size= #16 disher with 1 ounce weight cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		314.97	
Fat		15.67g	
SaturatedFat		7.39g	
Trans Fat*		1.19g	
Cholesterol		56.04mg	
Sodium		663.38mg	
Carbohydrates		23.70g	
Fiber		2.41g	
Sugar		6.23g	
Protein		18.76g	
Vitamin A	98.21IU	Vitamin C	0.00mg
Calcium	25.38mg	Iron	1.16mg

*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

Salisbury Steak & Gravy

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51528
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD	72 Each		690030
MIX GRAVY BRN LO SOD	1 Package		552050
Water	1 Gallon		Water

Preparation Instructions

1. Pan up the steaks 30-32 to a pan & steam to temperature 18- degrees.
 2. Mix the heated water with the gravy mix. Heat to 165 degrees or higher. Pour 1/2 gallon over the heated steaks.
- Hold in hot pass thru until ready to serve.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 72.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		222.50	
Fat		14.00g	
SaturatedFat		6.00g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		467.02mg	
Carbohydrates		8.50g	
Fiber		1.00g	
Sugar		1.90g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51530
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

- 1. Portion ham in 1.22 oz. servings.
- 2. Place 1.22 oz. ham and 1 slice of cheese on bun. Serve cold.

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		187.00	
Fat		6.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		25.50mg	
Sodium		552.00mg	
Carbohydrates		22.00g	
Fiber		2.00g	
Sugar		4.50g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	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

Deli Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51529
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	1 3/5 ounces		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

1. Slice turkey, portion in 1.59 oz. servings.
2. Place 1.59 oz. turkey and 1 slice of cheese on bun. Serve cold.

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		206.00	
Fat		6.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		35.50mg	
Sodium		589.00mg	
Carbohydrates		21.00g	
Fiber		2.00g	
Sugar		3.50g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	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

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51558
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Package		613738
Water	1 Gallon		Water

Preparation Instructions

Bring water to a boil. Measure one gallon ins a pan and stir in the instant potatoes until smooth. Pour into the serving pan. Hold in pass thru.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		76.33	
Fat		0.85g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		313.78mg	
Carbohydrates		14.42g	
Fiber		0.85g	
Sugar		0.00g	
Protein		1.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Grilled Cheese Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51531
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	6 1/4 Pound		100036
BREAD WHL WHE PULLMAN SLCD	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
BUTTER ALT LIQ PREPOIL	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	BAKE This product is recommended for sauteing, grilling, pan frying, broiling, basting, baking, and as a buttery spread for breads.	425532

Preparation Instructions

1. Spread one side of the bread with 1 Tbsp. of the Whirl.
2. Place prepared bread on paper lined cookie sheet. Top with 4 slices of cheese.
3. Add another slice of prepared bread to the cheese.
4. Bake in 375 degree oven for 15-20 minutes or until golden brown.
5. Hold in hot pass thru at 165 degrees or higher until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		540.00	
Fat		40.00g	
SaturatedFat		11.00g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		980.00mg	
Carbohydrates		28.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	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

Servings:	300.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51532
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	13 #10 CAN 1/3 #5 CAN (24 #5 CAN)		101427
Water	13 #10 CAN 1/3 #5 CAN (24 #5 CAN)		Water

Preparation Instructions

Mix the water with the soup, heat. Hold at 165 degrees.
Serve with an 8 ounce disher.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		102.26	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		545.38mg	
Carbohydrates		22.72g	
Fiber		1.14g	
Sugar		13.63g	
Protein		2.27g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.72mg	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

Texas Straw Hat

Servings:	114.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51566
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water	1 Gallon		
Tex-Pro Five Taco Filling Mix	1 Package		201183
Cheese, Cheddar Reduced fat, Shredded	7 1/8 Pound		100012
LETTUCE SHRD TACO 1/8CUT	3 Quart 1 Pint 1/4 Cup (14 1/4 Cup)		242489
CHIP CORN	7 Pound 2 Ounce (114 Ounce)	Will need 8 packages.	210170

Preparation Instructions

For Taco Meat:

1. Cook the beef and drain.
2. Add the water and the taco mix, simmer. Heat meat filling to 165 degrees.
3. Hold in hot pass thru until served.

For Texas straw hat use 1 oz. corn chips and top with #16 disher meat, 1 oz. shredded cheese, and 1 oz. of lettuce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 114.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		372.64	
Fat		23.80g	
SaturatedFat		7.60g	
Trans Fat*		1.05g	
Cholesterol		47.25mg	
Sodium		639.64mg	
Carbohydrates		23.31g	
Fiber		3.10g	
Sugar		2.19g	
Protein		20.38g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.25mg	Iron	0.00mg

*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

BBQ Chicken on 3.5" Bun

Servings:	64.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51568
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound		100101
SAUCE BBQ	1 Quart 1 Cup (5 Cup)		655937
BUN HAMB WGRAIN 3.5 10-12CT GCHC	64 Each		266545

Preparation Instructions

1. Put the thawed chicken in steam table pans, pour BBQ sauce over chicken and mix until well coated.
2. Heat in the Combi oven, steam for 35-45 minutes. Stir and take the temperature. Cook to 165 degrees.
3. Hold in hot pass-thru until serving.

Serve Hot

Serving with #12 disher = 3oz chicken

3oz of chicken = 2oz Meat/Meat Alternate equivalent

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 64.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		243.75	
Fat		4.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		52.50mg	
Sodium		431.25mg	
Carbohydrates		30.25g	
Fiber		2.00g	
Sugar		13.63g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	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

Texas Sheet Cake

Servings:	240.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51569
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR HR A/P	1 Gallon		227528
SUGAR BEET GRANUL	1 Gallon		108588
SALT SEA	1 Tablespoon 1 Teaspoon (4 Teaspoon)		748590
MARGARINE SLD	5 Pound		733061
Water	2 Quart		Water
COCOA PWD BAKING	1 Pint 1/2 Cup (2 1/2 Cup)		269654
1% Low Fat White Milk*	2 Quart 1 Cup (9 Cup)		13871
VINEGAR WHT DISTILLED 5	1/4 Cup		629640
EGG SHL LRG A GRD	16 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	2 Fluid Ounce 2 0 Teaspoon (14 Teaspoon)		110736
BAKING SODA	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		513849
SUGAR POWDERED 6X	8 Pound		108693

Preparation Instructions

Mix 1 gallon flour, 1 gallon white sugar, and 4 tsp. salt. Set aside. Add vinegar to 4 cups milk, let set.

Melt 4 pounds margarine, 8 cups water and 1.5 cups cocoa together & bring to boil. Pour over dry ingredients. Add eggs, 8 tsp. vanilla and milk mixture to cake mixture. Add baking soda last, stir in and make sure no chunks of baking soda are in cake mix.

Pour cake in 3, 18 x 26 sheet pan. Bake at 325 for 20 - 25 minutes.

For frosting:

- 1 cup cocoa
- 2 cup margarine (1 block)
- 4-5 cups milk
- 2 Tbsp. vanilla

8 pounds powdered sugar

Frost cake when still warm.

Cut each cake into 80 pieces.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
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: 240.00			
Serving Size: 1.00 Piece			
Amount Per Serving			
Calories		242.90	
Fat		7.96g	
SaturatedFat		3.21g	
Trans Fat*		0.00g	
Cholesterol		12.90mg	
Sodium		189.72mg	
Carbohydrates		40.52g	
Fiber		0.44g	
Sugar		28.70g	
Protein		2.69g	
Vitamin A	505.25IU	Vitamin C	0.00mg
Calcium	16.60mg	Iron	0.74mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Cheeseburger- Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46702
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR	1 Each		205030
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Place 30 patties in #1 pan. Heat to 165 degrees, about 7 minutes on steam. Hold in hot pass thru at 165 degrees or higher.

Keep cheese cold until ready to serve.

Serve on bun with a slice of cheese if desired.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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		275.00	
Fat		11.50g	
SaturatedFat		4.75g	
Trans Fat*		0.50g	
Cholesterol		42.50mg	
Sodium		550.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		18.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	105.00mg	Iron	1.05mg

*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-51592
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF PORK RLLR 8/	1 Each		154792
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Place 30-35 hot dogs in #1 perforated pans. Place the pan inside regular pan. Steam 7-8 minutes (thawed) or 15 minutes (frozen) until 165 degrees.

Place heated hot dogs in a veggie pan and hold in a hot pass thru at 165 degrees or higher.

Pan up the 30-40 buns in #2 pan for serving on the the lines.

Hold in hot pass thru until served.

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		330.00	
Fat		19.00g	
SaturatedFat		6.00g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		810.00mg	
Carbohydrates		27.00g	
Fiber		3.00g	
Sugar		5.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.47mg	Iron	2.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	300.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51163
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	30 Pound		100101
BASE CHIX LO SOD NO MSG	1 1/2 Pound		580589
Water	1 1/2 Gallon	READY_TO_DRINK	Water
SAUCE ALFREDO FZ	9 Package		155661
MARGARINE SLD	1 1/2 Pound		733061
2% White Low Fat Milk	1 1/2 Gallon		2% white milk
PASTA SPAG 51 WGRAIN	25 Pound		221460

Preparation Instructions

1. Add water, milk and chicken base to kettle. Stir until base is dissolved. Heat.
 2. Add bagged sauce to pot of milk. Stir until smooth. Add chicken. Continue to simmer.
 3. In another steam kettle, cook spaghetti until al dente.
 4. Drain the pasta. Add the alfredo sauce, mix.
 5. If too thick add extra water. Up to 2 gallons.
 6. Make 2 gallons of extra broth to keep on hand if needed to add when serving.
 7. Don't over stir and make it into mush.
 8. Put in steam table pans and hold at 165 degrees.
- Serve 6 oz. serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 300.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories		329.77	
Fat		11.42g	
SaturatedFat		4.95g	
Trans Fat*		0.04g	
Cholesterol		57.41mg	
Sodium		627.53mg	
Carbohydrates		33.71g	
Fiber		2.67g	
Sugar		6.04g	
Protein		21.74g	
Vitamin A	120.00IU	Vitamin C	0.00mg
Calcium	255.85mg	Iron	1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	300.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51593
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	6 Pound		733061
SPICE PAPRIKA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		518331
SPICE GARLIC POWDER	1/2 Cup		224839
SPICE BASIL LEAF	1/4 Cup		513628
BREADSTICK WGRAIN 1Z	300 Each		406321

Preparation Instructions

1. Whip margarine & mix in spices in mixer.
2. Spread butter on one side of breadstick.
3. Tray up the breadsticks on paper lined baking sheet. Bake at 375 degrees until lightly toasted.
4. Place in pass thru to keep warm.

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: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		134.00	
Fat		8.04g	
SaturatedFat		2.88g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		165.40mg	
Carbohydrates		14.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	480.00IU	Vitamin C	0.00mg
Calcium	26.00mg	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

Stromboli on Hot Dog Bun

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51787
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	10 Pound	1. Steam sausage crumbles in Combi for 15-20 minutes (heat to 165 degrees.) 2. Drain sausage	125302
SAUCE MARINARA A/P	1 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714
Shredded Mozzarella Cheese, Part Skim	2 1/2 Pound		100021
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	60 Each		270913

Preparation Instructions

1. Steam sausage crumbles in Combi for 15-20 minutes (heat to 165 degrees.)
2. Drain sausage
3. Add marinara sauce to sausage crumbles.
4. Hot Hold in pass-thru at 170 degrees.

Elementary: Serve using #16 disher of meat mixture and 1 ounce of shredded cheese on a hot dog bun.

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: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		551.12	
Fat		39.30g	
SaturatedFat		14.00g	
Trans Fat*		0.00g	
Cholesterol		56.67mg	
Sodium		934.70mg	
Carbohydrates		30.38g	
Fiber		3.84g	
Sugar		6.78g	
Protein		17.84g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.87mg	Iron	5.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51162
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound		100101
DRESSING RNCH BTRMLK	1 Quart		426598
BACON TKY CKD	200 Slice	2 strips per wrap	834770
TORTILLA FLOUR ULTRGR 8IN	100 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250

Preparation Instructions

- Toss diced chicken and shredded cheese with ranch dressing until well mixed.
- Assemble: tortilla wrap, chicken mixture, 2 slices of turkey bacon on top.
- Wrap, fold in ends of tortilla and roll from other end until closed.
- Refrigerate until ready to serve.
- Hold at 40 degrees or less.
- Serve with lettuce on the side.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		362.57	
Fat		18.20g	
SaturatedFat		6.94g	
Trans Fat*		0.00g	
Cholesterol		59.72mg	
Sodium		564.11mg	
Carbohydrates		30.73g	
Fiber		4.00g	
Sugar		2.32g	
Protein		20.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	125.93mg	Iron	2.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Nugget Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51619
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN	4 Each		523291
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce		100012

Preparation Instructions

Heat nuggets at 375 degrees for 8-10 minutes until 165 degrees. Hold in hot pass-thru until ready to serve and assemble wrap.

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve. Hold cheese and lettuce on ice pack when serving.

On line place fish nuggets on wrap and add cheese. Lettuce is optional.

Serve with tartar sauce or ranch.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 0.00 Each

Amount Per Serving			
Calories		450.00	
Fat		18.00g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		937.00mg	
Carbohydrates		52.50g	
Fiber		7.00g	
Sugar		3.00g	
Protein		23.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	85.00mg	Iron	3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51620
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	2 #10 CAN		100364
ONION DEHY CHPD	1 Pint		263036
SUGAR BROWN MED	1 Cup		108626
KETCHUP CAN 33 FCY	1 Pint		820783
Ham, Cubed Frozen	1 Pound		100188-H
MUSTARD YELLOW	1/4 Cup		807651

Preparation Instructions

Mix all ingredients together.
Bake at 350 degrees in convection oven 1 hour.
Hold in hot pass thru until served.

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: 50.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories	147.85		
Fat	1.48g		
SaturatedFat	0.26g		
Trans Fat*	0.00g		
Cholesterol	4.72mg		
Sodium	311.79mg		
Carbohydrates	28.28g		
Fiber	4.94g		
Sugar	11.52g		
Protein	8.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.02mg	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

Lasagna Roll-Up

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	1 Package	Case =110count	234041
Marinara Sauce	3 1/2 #10 CAN	#10 can = 105 oz each	592714
CHEESE MOZZ SHRD	2 Pound 8 Ounce (40 Ounce)	These are 5lb bags. 108 servings=1/2 of a bag	645170

Preparation Instructions

Spray #1 pan with non-stick spray.

Layer marinara in the bottom of the pan, Spread thinly

Add 15 roll-ups, overlapping in the pan.

Top the roll-ups with the remaining sauce.

Cover the pan

Put in a Combi oven with 50% moisture @ 350 degrees for 20-25 minutes.

Remove from oven and sprinkle top with 1- 1 1/2 cups shredded cheese.

Hold in warmer until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.016
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		259.57	
Fat		7.19g	
SaturatedFat		4.14g	
Trans Fat*		0.00g	
Cholesterol		22.73mg	
Sodium		447.58mg	
Carbohydrates		29.69g	
Fiber		2.00g	
Sugar		5.50g	
Protein		16.40g	
Vitamin A	400.04IU	Vitamin C	6.00mg
Calcium	338.64mg	Iron	1.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken on Bun- Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51622
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each		152121
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Place 30 patties on sheet pan and heat in 375 degree oven for 8-10 minutes to 165 degrees.

Pan up in 1/2 veggie pan for serving line.

Hold in pass thru.

Serve hot on a whole grain bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	230.00		
Fat	4.00g		
SaturatedFat	0.50g		
Trans Fat*	0.00g		
Cholesterol	60.00mg		
Sodium	500.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	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

Turkey & Noodles

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51624
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	20 Pound	20 pounds raw= 12 pounds, 12 ounces, cooked and diced.	100125
PASTA NOODL KLUSKI AMISH	7 Pound		456632
Water	6 Gallon		Water
BASE CHIX NO ADDED MSG	6 Ounce		106216

Preparation Instructions

Cook and dice turkey. 20 pounds raw turkey roast= 12 pounds, 12 ounces cooked.

Add water and base to 2 stock pots. Bring to a boil.

Before you add the meat and noodles, reserve 2 gallons of the broth in case it gets thick later.

Add meat and bring to a boil again.

Add noodles while stirring. Simmer. (Add noodles before you go to break so they can set.)

Heat to 165 degrees and hold in pass thru.

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: 100.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving			
Calories		253.05	
Fat		8.84g	
SaturatedFat		2.95g	
Trans Fat*		0.00g	
Cholesterol		122.64mg	
Sodium		220.80mg	
Carbohydrates		22.12g	
Fiber		0.56g	
Sugar		0.28g	
Protein		22.17g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51625
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD	3 Ounce		199721
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Layer 2 slices pepperoni, 2 slices ham, 2 slices salami, and 1 slice cheese on whole grain hot dog bun.
Hold in cold pass thru at 40 degrees.

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		305.00	
Fat		10.30g	
SaturatedFat		3.05g	
Trans Fat*		0.00g	
Cholesterol		65.50mg	
Sodium		896.70mg	
Carbohydrates		29.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		19.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.67mg	Iron	3.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	117.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51627
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	3 Package	15 pounds. 39 servings per 5 pound bag.	785860
SAUCE MARINARA A/P	1 #10 CAN		592714
Shredded Mozzarella Cheese, Part Skim	3 2/3 Pound		100021
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	117 Each	9.75 packages	270913

Preparation Instructions

- Heat meatballs in steamer in the bags to 165 degrees.
- Drain meatballs and add marinara sauce.
- Place in the hot pass thru at 165 degrees until ready to serve.
- Prepare sandwiches on line- hot dog bun, 3 meatballs with sauce, and top with 1/2 ounce sprinkle of cheese.

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: 117.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		321.33	
Fat		12.58g	
SaturatedFat		5.13g	
Trans Fat*		0.45g	
Cholesterol		39.50mg	
Sodium		576.49mg	
Carbohydrates		31.73g	
Fiber		4.18g	
Sugar		7.08g	
Protein		17.43g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.78mg	Iron	2.97mg

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

Nutrition - Per 100g

No 100g Conversion Available