

Cookbook for Wakarusa Elementary School

Created by HPS Menu Planner

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Assorted Breakfast Items

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29434
School:	Wakarusa Elementary School		

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		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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Choice of Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22901
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100	1 Each		698251
JUICE BOX APPLE 100% 40CT 125ML	1 Each		733220
JUICE BX WHT GRP 100 40CT 125ML	1 Each		733260
JUICE BOX PNCH 100% 125ML 40CT	1 Each		733230
JUICE BOX GRP 100	1 Each		698211
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE BOX STRAWB KIWI 100% 40-4.23FLZ	1 Each		659731

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	67.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	8.57mg		
Carbohydrates	16.29g		
Fiber	0.00g		
Sugar	14.14g		
Protein	0.00g		
Vitamin A	285.71IU	Vitamin C	34.29mg
Calcium	15.71mg	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

Variety of Cereal

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22067
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL COCOA KRISPIES BOWL	1 Each		232904
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		110.25	
Fat		1.36g	
SaturatedFat		0.10g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		121.88mg	
Carbohydrates		23.75g	
Fiber		2.01g	
Sugar		7.13g	
Protein		2.18g	
Vitamin A	37.50IU	Vitamin C	0.45mg
Calcium	56.80mg	Iron	5.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla-Homemade

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52526
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
Chicken, Diced, Cooked, Frozen	2 Ounce	Weight USDA Brown Box Commodity	100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	USDA Brown Box Commodity	100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		322.00	
Fat		13.00g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		62.00mg	
Sodium		403.00mg	
Carbohydrates		31.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	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

Seasoned Black Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28978
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN SEAS BLK DEHY	1 Pound 10 9/10 Ounce (26 9/10 Ounce)	1 Package	183900
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1 gallon boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 40 minutes on steamtable.
- 4: Season if desired, stir, serve.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 20.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	403.50		
Fat	2.69g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	914.60mg		
Carbohydrates	67.25g		
Fiber	24.21g		
Sugar	5.38g		
Protein	24.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.70mg	Iron	5.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Carrots- Wakarusa

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22237
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	30 Pound		100352
BUTTER PRINT SLTD GRD AA	1 Pound		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 148.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	55.63		
Fat	3.64g		
SaturatedFat	1.51g		
Trans Fat*	0.00g		
Cholesterol	36.72mg		
Sodium	73.62mg		
Carbohydrates	7.56g		
Fiber	2.52g		
Sugar	3.78g		
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

Chicken Fried Rice

Servings:	28.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	1 Package		676463
Chicken, Diced, Cooked, Frozen	1 3/4 Pound		100101

Preparation Instructions

In a 4B pan put 1 packages of fried rice and 1 3/4 pounds (or 28 ounce weight) of diced chicken. Heat in steamer UNCOVERED-heat 10 min.-stir carefully and temp to 170-then keep hot in pass through. Use 6 oz spoodle to serve.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.065
OtherVeg	0.000
Legumes	0.000
Starch	0.065

Nutrition Facts

Servings Per Recipe: 28.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
Calories		170.96	
Fat		2.25g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		21.00mg	
Sodium		247.94mg	
Carbohydrates		26.99g	
Fiber		2.00g	
Sugar		1.50g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52530
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	USDA Brown Box Commodity Weight 3 slices must =1.22 ounce	100187
CHEESE SLCD BLND 6-5 COMM	2 Slice		150600
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
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		267.00	
Fat		9.00g	
SaturatedFat		4.50g	
Trans Fat*		0.00g	
Cholesterol		33.00mg	
Sodium		752.00mg	
Carbohydrates		29.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Green Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22235
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN	5 #10 CAN		328251
BUTTER PRINT SLTD GRD AA	1 Pound		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 120.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	48.22		
Fat	2.93g		
SaturatedFat	1.87g		
Trans Fat*	0.00g		
Cholesterol	8.00mg		
Sodium	336.55mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52531
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Pound 12 Ounce (28 Ounce)	1 Package	613738
Tap Water	1 Gallon 1 Cup (17 Cup)		

Preparation Instructions

RECONSTITUTE

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		76.33	
Fat		0.85g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		313.79mg	
Carbohydrates		14.42g	
Fiber		0.85g	
Sugar		0.00g	
Protein		1.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Bean Dip

Servings:	360.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22068
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD	40 Pound		674312
Beans, Refried, Low sodium, canned	4 #10 CAN		100362
Salsa, Low-Sodium, Canned	4 #10 CAN		100330
SEASONING TACO MIX	1 Pound 2 Ounce (18 Ounce)		159204
Cheese, Cheddar Reduced fat, Shredded	16 Pound		100012

Preparation Instructions

Spray 4-10B pans well.

Put 10# of beef crumbles, 1 can of refried beans, 1 can of salsa, 4 lbs of shredded cheese, and 4.5 ounce (1/2 bag) of taco seasoning in each pan.

Mix each pan of all ingredients together well.

Bake covered in 325 degree oven for 30 minutes or Steam 20 to 25 minutes uncovered top shelf. Stir and steam another 10-15 min.

Temp at 165 degrees and place in hot hold for service.

Use #8 Disher (1/2 cup) for service.

Note: 90 servings per pan

Meal Components (SLE)

Amount Per Serving

Meat	2.267
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.144
OtherVeg	0.000
Legumes	0.144
Starch	0.000

Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		201.32	
Fat		10.49g	
SaturatedFat		5.51g	
Trans Fat*		0.00g	
Cholesterol		36.44mg	
Sodium		410.87mg	
Carbohydrates		9.47g	
Fiber		2.94g	
Sugar		1.44g	
Protein		15.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28988
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package		269230
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		223.33	
Fat		6.33g	
SaturatedFat		0.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		176.67mg	
Carbohydrates		37.33g	
Fiber		1.33g	
Sugar		8.33g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.33mg	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

Lasagna Roll Ups

Servings:	340.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22869
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	340 Each		234041
Spaghetti Sauce	9 #10 CAN		852759
Cheese, Mozzarella, Part Skim, Shredded	17 Pound	USDA Brown Box Commodity	100021

Preparation Instructions

1. Spray 17 4B pans well
2. Pour 2 Cups of sauce in bottom of pan
3. Lay 20 roll ups on top of sauce
4. Pour 4 Cups of sauce on top of roll ups
5. Sprinkle with 2 1/2 Cups of cheese
5. Cover with lid and bake 350 degrees for 45 minutes. or steam uncovered 2 pans 20-25 min.

Updated 2.24.25

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 340.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		346.24	
Fat		12.28g	
SaturatedFat		7.50g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		847.81mg	
Carbohydrates		36.65g	
Fiber		2.00g	
Sugar		9.91g	
Protein		21.17g	
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	317.12mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop-Tart

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28979
School:	Wakarusa Elementary School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.125
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		170.00	
Fat		2.75g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		117.50mg	
Carbohydrates		36.00g	
Fiber		3.00g	
Sugar		14.50g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans- Wakarusa

Servings:	162.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20546
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	6 #10 CAN	BAKE Bake	100364
SUGAR BROWN LT	1 Pint		860311
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 #10 CAN		100129
ONION DEHY CHPD	1 Pint		263036
MUSTARD PKT	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		675562

Preparation Instructions

Place in 2 well sprayed 4B pans
Mix all together and bake @ 300* for 30 minutes.
Stir and bake another 30 minutes.

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: 162.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		126.71	
Fat		0.88g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		283.06mg	
Carbohydrates		25.31g	
Fiber		4.43g	
Sugar		10.72g	
Protein		6.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.93mg	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

Variety of Cereal (2 grain equivalent)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29435
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frosted Flakes- Large Bowl Pack	1 Each		00955
Honey Graham Toasters- large bowl pack	1 Each		03759

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	225.00		
Fat	0.00g		
SaturatedFat	0.25g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	380.00mg		
Carbohydrates	47.00g		
Fiber	1.50g		
Sugar	20.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Broccoli- Wakarusa

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22236
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
BUTTER PRINT SLTD GRD AA	1 Pound		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 164.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	42.96		
Fat	2.15g		
SaturatedFat	1.37g		
Trans Fat*	0.00g		
Cholesterol	5.85mg		
Sodium	37.41mg		
Carbohydrates	4.51g		
Fiber	2.71g		
Sugar	0.90g		
Protein	2.71g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52534
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1 Pound 12 Ounce (28 Ounce)	1 Package	183910
Tap Water for Recipes	1/2 Gallon		000001WTR

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		188.62	
Fat		1.57g	
SaturatedFat		0.52g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		681.14mg	
Carbohydrates		32.49g	
Fiber		10.48g	
Sugar		0.00g	
Protein		10.48g	
Vitamin A	0.73IU	Vitamin C	1.04mg
Calcium	58.63mg	Iron	2.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin Choice

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22902
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOCOLATE CHP WGRAIN IW	1 Each		273681
MUFFIN BANANA WGRAIN IW	1 Each	N/A	262362
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BLUEB WGRAIN IW	1 Each		557970

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: 4.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		185.00	
Fat		6.25g	
SaturatedFat		1.63g	
Trans Fat*		0.03g	
Cholesterol		23.75mg	
Sodium		115.00mg	
Carbohydrates		30.50g	
Fiber		1.50g	
Sugar		15.75g	
Protein		2.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.82mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22238
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	30 Pound	BAKE	285620
BUTTER PRINT SLTD GRD AA	1 Pound		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		116.36	
Fat		3.10g	
SaturatedFat		1.36g	
Trans Fat*		0.00g	
Cholesterol		5.82mg	
Sodium		17.45mg	
Carbohydrates		20.36g	
Fiber		0.97g	
Sugar		4.85g	
Protein		2.91g	
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

White Rice

Servings:	6.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52533
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water	1 1/2 Cup		
RICE BASMATI	1 Cup	***Non-Whole Grain***	352033

Preparation Instructions

STOVE TOP: USING A 1.5:1 WATER TO RICE RATIO, BRING WATER TO A BOIL. ADD RICE. COVER & REDUCE HEAT TO LOW AND SIMMER ABOUT 15 MINUTES OR UNTIL ALL WATER IS ABSORBED.

OVEN: USING A 1.5:1 WATER TO RICE RATIO, ADD BOILING WATER TO BAKING PAN WITH RICE. COVER TIGHTLY AND BAKE AT 350°F FOR 15-20 MINUTES, OR UNTIL ALL WATER IS ABSORBED.

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: 6.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		106.67	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		24.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available
