

Cookbook for Anderson County Board of Education

Created by HPS Menu Planner

Cookbook for ANDERSON CO MIDDLE SCHOOL

Created by HPS Menu Planner

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Asst. Apples



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16048
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.030
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	2.00		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.04mg		
Carbohydrates	0.54g		
Fiber	0.09g		
Sugar	0.39g		
Protein	0.01g		
Vitamin A	2.07IU	Vitamin C	0.18mg
Calcium	0.23mg	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

Cheese Box-Middle



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16173
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER CHEEZ-IT WGRAIN IW	1 Pound 4 Ounce (20 Ounce)		282422
CHEESE STRING MOZZ IW	20 Each		786580

Preparation Instructions

Put two of each in a container.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.670
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		426.67	
Fat		21.33g	
SaturatedFat		10.67g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		800.00mg	
Carbohydrates		41.33g	
Fiber		2.67g	
Sugar		2.00g	
Protein		17.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	662.67mg	Iron	1.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15798
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY DCD 1/2IN IQF	1/2 Cup	thaw and drain	621420
CRACKER GRHM STCK SCOOPY	2 Package		859550

Preparation Instructions

8oz of yogurt in parfait cup, add 1/2 cup strawberries lid it. Cashiers will give two pks crackers

Meal Components (SLE)

Amount Per Serving

Meat	2.985
Grain	2.000
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		488.88	
Fat		8.49g	
SaturatedFat		2.75g	
Trans Fat*		0.00g	
Cholesterol		7.46mg	
Sodium		349.40mg	
Carbohydrates		94.77g	
Fiber		3.50g	
Sugar		51.84g	
Protein		11.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	268.66mg	Iron	2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16171
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	8 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER GRHM STCK SCOOPY	2 Package		859550

Preparation Instructions

place two of each in a container.

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		380.00	
Fat		7.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		340.00mg	
Carbohydrates		70.00g	
Fiber		2.00g	
Sugar		36.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sub Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16170
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" 100% Whole Wheat Hoagie Bun	50 bun		3746
HAM SLCD W/A 8-5 640CT COMM	7 Pound 13 Ounce (125 Ounce)		651470
CHEESE SLCD YEL	50 Slice		334450
LETTUCE LEAF GRN WASHED TRMD	50 Slice	wash and separte	702595
TOMATO 6X6 LRG	50 Slice	wash and slice	199036

Preparation Instructions

Separate buns and place all remaining ingredients on bottom hoagie bun, put top of bun on sandwich

Meal Components (SLE)

Amount Per Serving

Meat	2.549
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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		304.32	
Fat		11.30g	
SaturatedFat		4.57g	
Trans Fat*		0.00g	
Cholesterol		49.39mg	
Sodium		922.76mg	
Carbohydrates		36.85g	
Fiber		5.05g	
Sugar		7.80g	
Protein		20.65g	
Vitamin A	3040.65IU	Vitamin C	9.48mg
Calcium	23.46mg	Iron	8.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Wrap



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15811
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
LETTUCE SHRD TACO 1/8CUT	1 Cup		242489

Preparation Instructions

once chicken is cool to 41 degrees. Place chicken , cheese and lettuce and fold.
ACHS will put wrap in bowl then add chicken, cheese and lettuce.

Meal Components (SLE)

Amount Per Serving

Meat	0.047
Grain	0.058
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.007
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	8.67		
Fat	0.41g		
SaturatedFat	0.17g		
Trans Fat*	0.00g		
Cholesterol	0.73mg		
Sodium	12.27mg		
Carbohydrates	0.87g		
Fiber	0.13g		
Sugar	0.08g		
Protein	0.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.58mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15796
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	2 Quart 1 Pint (10 Cup)		242489
CRACKER CHEEZ-IT WGRAIN IW	20 Package		282422
CHEESE CHED REDC FAT SHRD 6-5 COMM	10 Ounce	cup the cheese	448010
TOMATO GRAPE SWT	2 Quart 1 Pint (10 Cup)		129631
PEPPERS GREEN LRG	2 Quart 1 Pint (10 Cup)	cut into slices	592315
CARROT BABY WHL PETITE	10 Ounce		768146
EGG HARD CKD PLD	1 Each	cut in half	219160

Preparation Instructions

Chop up lettuce, put cheese in 1oz container add all ingredients expect crackers in a 32oz bowl. Cashier will hand two pks of crackers with each salad sold.

Meal Components (SLE)

Amount Per Serving

Meat	1.100
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.156
OtherVeg	1.333
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	378.58		
Fat	14.15g		
SaturatedFat	6.35g		
Trans Fat*	0.00g		
Cholesterol	36.50mg		
Sodium	557.54mg		
Carbohydrates	47.50g		
Fiber	7.99g		
Sugar	11.58g		
Protein	14.50g		
Vitamin A	2050.70IU	Vitamin C	144.46mg
Calcium	254.10mg	Iron	2.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chilled Fruit-Middle



Servings:	24.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16174
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE	1/2 Cup		189979
ORANGES MAND IN JCE	1/2 Cup		612448
PEAR SLCD IN JCE	1/2 Cup		610399
FRUIT COCKTAIL WTR PACK	1/2 Cup		167592
PEACH SLCD IN JCE	1/2 Cup		610267
APPLESAUCE IN JCE NSA	1/2 Cup		610283
APPLE SLCD W/P	1/2 Cup		117773

Preparation Instructions

open and serve in container according to your

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.078
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50

Amount Per Serving			
Calories	16.03		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1.25mg		
Carbohydrates	3.83g		
Fiber	0.32g		
Sugar	3.07g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.22mg	Iron	0.03mg

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Nutrition - Per 100g

No 100g Conversion Available

Asst. Apples



Servings:	250.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16047
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.012
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.02mg		
Carbohydrates	0.22g		
Fiber	0.04g		
Sugar	0.16g		
Protein	0.00g		
Vitamin A	0.83IU	Vitamin C	0.07mg
Calcium	0.09mg	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

Glazed Donut



Servings:	84.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15835
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	84 Each	Pan single layer of donuts. Heat on 375 for 6 mins from frozen state.	556582
SUGAR POWDERED 6X	2 Pound		108693
FLAVORING VANILLA IMIT	1 Fluid Ounce		110736
Prairie Farms 1% Low Fat White Milk	1 Each		

Preparation Instructions

Mix all other ingredients then put the glaze on donuts and serve.

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: 84.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		288.93	
Fat		15.60g	
SaturatedFat		7.30g	
Trans Fat*		0.12g	
Cholesterol		0.02mg	
Sodium		306.09mg	
Carbohydrates		32.87g	
Fiber		2.50g	
Sugar		8.78g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

*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:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15815
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	1 #10 CAN	drain corn	118966
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients steam 9-12 mins or until 165 degrees

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	0.540

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	94.56		
Fat	1.99g		
SaturatedFat	0.58g		
Trans Fat*	0.00g		
Cholesterol	2.50mg		
Sodium	150.89mg		
Carbohydrates	18.32g		
Fiber	2.16g		
Sugar	5.39g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	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

Country Style Green Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15838
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	Drain most of juice off	118737
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691
SPICE ONION POWDER	2 Teaspoon		126993
SPICE GARLIC POWDER	3 Teaspoon		224839

Preparation Instructions

Mix all together, steam for 15-20 mins or until 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.539
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		21.66	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		156.10mg	
Carbohydrates		4.65g	
Fiber		2.16g	
Sugar		2.16g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	3.23mg
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:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15963
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS RDSKN	2 Package	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 30 seconds. 3: Let stand for 5 minutes, stir and serve.	767660
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon		225037
MILK PWD FF INST	1 Cup		311065
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix potatoes with water according to bag instructions. Add dry milk and butter and pepper in 4 in pan steam for 10-15 mins. Must reach 165 degrees

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	0.040

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		16.64	
Fat		0.66g	
SaturatedFat		0.35g	
Trans Fat*		0.00g	
Cholesterol		1.88mg	
Sodium		34.02mg	
Carbohydrates		1.98g	
Fiber		0.11g	
Sugar		0.98g	
Protein		0.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.68mg	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

Peas



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15858
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1 #10 CAN		222000
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.539

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		73.00	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		140.11mg	
Carbohydrates		11.86g	
Fiber		3.23g	
Sugar		4.31g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.81mg	Iron	0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac and Cheese



Servings:	30.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15848
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	1 Pound	add salt to water add half noodles in a 4in pan with holes. Steam 15-20 min. Drain	229941
SAUCE CHS CHED POUCH 6- 106Z LOL	1/2 Package	heat cheese sauce with milk	135261
Prairie Farms 1% Low Fat White Milk	1 Pint		

Preparation Instructions

Combine milk and cheese over cooked noodles. Serve. Should be 165 degrees and not to get below 135."
Do not over cook noodles they will continue to cook on line.

Meal Components (SLE)

Amount Per Serving

Meat	0.067
Grain	0.533
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		138.06	
Fat		6.08g	
SaturatedFat		3.73g	
Trans Fat*		0.00g	
Cholesterol		17.15mg	
Sodium		330.92mg	
Carbohydrates		14.09g	
Fiber		1.07g	
Sugar		1.53g	
Protein		6.44g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	171.39mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender with Biscuit and Gravy



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16181
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
DOUGH BISC STHRN STYL	1 Each	BAKE Follow instruction on the package	516495
GRAVY MIX BISC	1/2 Cup		281719

Preparation Instructions

Make gravy according to package. Serve according to your kitchen rules. Weather it be boated or out in pans.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	4.000
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		483.33	
Fat		23.00g	
SaturatedFat		8.17g	
Trans Fat*		0.00g	
Cholesterol		16.67mg	
Sodium		1160.00mg	
Carbohydrates		51.67g	
Fiber		3.00g	
Sugar		5.67g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	154.00mg	Iron	3.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15828
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	1 #10 CAN	Drain carrots	118915
SUGAR BROWN LT	1 Cup		860311
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients in pan steam for 8-10 mins or until 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		70.67	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		269.44mg	
Carbohydrates		14.47g	
Fiber		1.08g	
Sugar		10.16g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.13mg	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

Steamed Broccoli



Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16180
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1 Gallon		610902
BUTTER SUB	1/2 Package		209810
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037

Preparation Instructions

Mix up and serve according to your kitchens instructions. Steam for 10-12 mins till temp of 165 degrees. Do not over or under cook.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.800
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		43.46	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		159.95mg	
Carbohydrates		10.13g	
Fiber		3.20g	
Sugar		1.07g	
Protein		3.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.33mg	Iron	1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Bean



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15800
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN	Drain most of juice off beans	120530
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup		860221
SPICE CHILI POWDER MILD	1/4 Cup		331473
SUGAR BROWN LT 12-2 GFS	1/4 Cup		314641
SAUCE WORCESTERSHIRE	1/4 Cup		109843
SPICE GARLIC POWDER	2 Teaspoon		224839

Preparation Instructions

Mix all ingredients together and bake/steam 30-40 mins or until 165 degrees.

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	0.540
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		176.19	
Fat		1.08g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		240.90mg	
Carbohydrates		32.26g	
Fiber		5.39g	
Sugar		8.54g	
Protein		5.39g	
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

Sandwich Fixings



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15964
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup		735787
TOMATO 6X6 LRG	1 Slice	slice tomatoes	199036
CHEESE AMER YEL 160CT SLCD	1 Slice		271411
PICKLE DILL SLCD HAMB	1 Ounce		149195
ONION RED JUMBO	1 Ounce	slice onions	198722

Preparation Instructions

make sure lettuce is washed, chopped and ready to go. Everything should be in its own bowl for the high school. Everyone else can boat together.

Meal Components (SLE)

Amount Per Serving

Meat	0.010
Grain	0.000
Fruit	0.000
GreenVeg	0.005
RedVeg	0.005
OtherVeg	0.009
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	1.49		
Fat	0.09g		
SaturatedFat	0.05g		
Trans Fat*	0.00g		
Cholesterol	0.25mg		
Sodium	7.02mg		
Carbohydrates	0.14g		
Fiber	0.03g		
Sugar	0.07g		
Protein	0.07g		
Vitamin A	7.51IU	Vitamin C	0.17mg
Calcium	1.78mg	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

House-Made Taco Meat



Servings:	477.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15870
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	80 Pound	Brown hamburger. Cook to temp of 165 degrees. Drain water off and cool.	510599
SPICE CHILI POWDER MILD	1/2 Cup		331473
SAUCE TACO A/P	2 Gallon		222321
SALSA 103Z	1 #10 CAN	READY_TO_EAT None	452841
SEASONING FAJITA MIX	1 Package		518298

Preparation Instructions

Mix all ingredients together. Heat to 165 degrees. Make sure to cool down to 41 degrees before putting away.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.036
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 477.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	196.42		
Fat	14.76g		
SaturatedFat	5.37g		
Trans Fat*	1.01g		
Cholesterol	53.67mg		
Sodium	197.34mg		
Carbohydrates	1.82g		
Fiber	0.00g		
Sugar	0.14g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.14mg

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

Nutrition - Per 100g

Calories	173.21		
Fat	13.02g		
SaturatedFat	4.73g		
Trans Fat*	0.89g		
Cholesterol	47.33mg		
Sodium	174.03mg		
Carbohydrates	1.61g		
Fiber	0.00g		
Sugar	0.13g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.13mg

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

Chicken Fajita



Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15807
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH STRP FAJT CKD 1/2IN	5 Pound		505765
SEASONING FAJITA MIX	1 Package		518298
PEPPERS GREEN LRG	2 Each	Slice peppers	198757
ONION RED JUMBO	2 Each	slice onions	198722

Preparation Instructions

Mix all together and steam till 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.000
OtherVeg	0.044
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	202.64		
Fat	8.03g		
SaturatedFat	2.01g		
Trans Fat*	0.00g		
Cholesterol	126.67mg		
Sodium	1485.55mg		
Carbohydrates	9.89g		
Fiber	0.30g		
Sugar	0.50g		
Protein	24.16g		
Vitamin A	55.19IU	Vitamin C	12.19mg
Calcium	2.14mg	Iron	1.39mg

*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:	15.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15958
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1/2 Cup	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.	183910
SPICE CHILI POWDER MEXENE 6-4# BRUCE	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		707553
SPICE ONION POWDER	1 Teaspoon		126993
SPICE CUMIN GRND	1 Teaspoon		273945
CHEESE CHED MLD SHRD FINE	1 Pint		191043

Preparation Instructions

Mix beans according to package. add all other ingredients except cheese. Steam for 15-20 mins until temp reaches 165 degrees. then put cheese on top.

If you cup it , cup before adding cheese then add cheese to top.

Meal Components (SLE)

Amount Per Serving

Meat	0.533
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.110
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	98.26**
Fat	5.13g**
SaturatedFat	2.78g**
Trans Fat*	0.00g**
Cholesterol	16.00mg**
Sodium	244.31mg**
Carbohydrates	7.62g**
Fiber	2.20g**
Sugar	0.00g**
Protein	5.40g**
Vitamin A 48.15IU**	Vitamin C 0.22mg**
Calcium 118.97mg**	Iron 0.64mg**

*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

Fiesta Corn



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16184
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z	1/2 #10 CAN	READY_TO_EAT None	452841
SEASONING TACO MIX	1/2 Teaspoon		427446
CORN CUT IQF	3 Quart		285620

Preparation Instructions

Mix and steam to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.358
OtherVeg	0.000
Legumes	0.000
Starch	0.112

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.26		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	153.20mg		
Carbohydrates	7.82g		
Fiber	0.17g		
Sugar	2.26g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub Sandwich



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15952
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" 100% Whole Wheat Hoagie Bun	8 bun		3746
HAM FZ W/A 4-10 COMM	1 Pound 8 Ounce (24 Ounce)		110600

Preparation Instructions

If ham is sliced it takes 6 slices. If you have to slice and weigh out it takes 1.44 oz to make one oz.
Put ham on Hoagie, use correct days symbol on package and label container

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
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	252.50		
Fat	7.50g		
SaturatedFat	2.50g		
Trans Fat*	0.00g		
Cholesterol	45.00mg		
Sodium	880.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.50g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Chicken Wrap



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15827
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	10 Pound	cook chicken to 165 degrees. cool down to 41 degrees	150160
TORTILLA FLOUR ULTRGR 9IN	50 Each		523610
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
LETTUCE GREEN LEAF	1 Cup	wash and chop lettuce up	284998

Preparation Instructions

place chicken, cheese, lettuce on wrap. Either fold the wrap or put in bowl. Which ever works best for your school.

Meal Components (SLE)

Amount Per Serving

Meat	3.133
Grain	2.250
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		388.75	
Fat		17.97g	
SaturatedFat		9.13g	
Trans Fat*		0.00g	
Cholesterol		105.33mg	
Sodium		699.16mg	
Carbohydrates		33.15g	
Fiber		4.00g	
Sugar		2.00g	
Protein		29.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.80mg	Iron	2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Delight



Servings:	96.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16147
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	4 #10 CAN	Drain very well	612448
GELATIN MIX ORNG	1 Package		524638
TOPPING WHIP I/BG	6 Package	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Drain oranges very well. Drain overnight if you can. Thaw out on top over night at least. Mix all together and serve according to your managers instructions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.540
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		66.94	
Fat		0.06g	
SaturatedFat		0.06g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		12.60mg	
Carbohydrates		15.51g	
Fiber		0.00g	
Sugar		12.27g	
Protein		1.10g	
Vitamin A	0.00IU	Vitamin C	0.31mg
Calcium	21.56mg	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

Cookbook for ANDERSON COUNTY HIGH

Created by HPS Menu Planner

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String Cheese Box



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15867
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	10 Each		786580
CRACKER CHEEZ-IT WGRAIN IW	10 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.330
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		213.33	
Fat		10.67g	
SaturatedFat		5.33g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		400.00mg	
Carbohydrates		20.67g	
Fiber		1.33g	
Sugar		1.00g	
Protein		8.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	331.33mg	Iron	0.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Wrap



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15811
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
LETTUCE SHRD TACO 1/8CUT	1 Cup		242489

Preparation Instructions

once chicken is cool to 41 degrees. Place chicken , cheese and lettuce and fold.
ACHS will put wrap in bowl then add chicken, cheese and lettuce.

Meal Components (SLE)

Amount Per Serving

Meat	0.047
Grain	0.058
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.007
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	8.67		
Fat	0.41g		
SaturatedFat	0.17g		
Trans Fat*	0.00g		
Cholesterol	0.73mg		
Sodium	12.27mg		
Carbohydrates	0.87g		
Fiber	0.13g		
Sugar	0.08g		
Protein	0.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.58mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15796
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	2 Quart 1 Pint (10 Cup)		242489
CRACKER CHEEZ-IT WGRAIN IW	20 Package		282422
CHEESE CHED REDC FAT SHRD 6-5 COMM	10 Ounce	cup the cheese	448010
TOMATO GRAPE SWT	2 Quart 1 Pint (10 Cup)		129631
PEPPERS GREEN LRG	2 Quart 1 Pint (10 Cup)	cut into slices	592315
CARROT BABY WHL PETITE	10 Ounce		768146
EGG HARD CKD PLD	1 Each	cut in half	219160

Preparation Instructions

Chop up lettuce, put cheese in 1oz container add all ingredients expect crackers in a 32oz bowl. Cashier will hand two pks of crackers with each salad sold.

Meal Components (SLE)

Amount Per Serving

Meat	1.100
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.156
OtherVeg	1.333
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	378.58
Fat	14.15g
SaturatedFat	6.35g
Trans Fat*	0.00g
Cholesterol	36.50mg
Sodium	557.54mg
Carbohydrates	47.50g
Fiber	7.99g
Sugar	11.58g
Protein	14.50g
Vitamin A	2050.70IU
Vitamin C	144.46mg
Calcium	254.10mg
Iron	2.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15798
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY DCD 1/2IN IQF	1/2 Cup	thaw and drain	621420
CRACKER GRHM STCK SCOOPY	2 Package		859550

Preparation Instructions

8oz of yogurt in parfait cup, add 1/2 cup strawberries lid it. Cashiers will give two pks crackers

Meal Components (SLE)

Amount Per Serving

Meat	2.985
Grain	2.000
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		488.88	
Fat		8.49g	
SaturatedFat		2.75g	
Trans Fat*		0.00g	
Cholesterol		7.46mg	
Sodium		349.40mg	
Carbohydrates		94.77g	
Fiber		3.50g	
Sugar		51.84g	
Protein		11.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	268.66mg	Iron	2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Fixings



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15964
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup		735787
TOMATO 6X6 LRG	1 Slice	slice tomatoes	199036
CHEESE AMER YEL 160CT SLCD	1 Slice		271411
PICKLE DILL SLCD HAMB	1 Ounce		149195
ONION RED JUMBO	1 Ounce	slice onions	198722

Preparation Instructions

make sure lettuce is washed, chopped and ready to go. Everything should be in its own bowl for the high school. Everyone else can boat together.

Meal Components (SLE)

Amount Per Serving

Meat	0.010
Grain	0.000
Fruit	0.000
GreenVeg	0.005
RedVeg	0.005
OtherVeg	0.009
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	1.49		
Fat	0.09g		
SaturatedFat	0.05g		
Trans Fat*	0.00g		
Cholesterol	0.25mg		
Sodium	7.02mg		
Carbohydrates	0.14g		
Fiber	0.03g		
Sugar	0.07g		
Protein	0.07g		
Vitamin A	7.51IU	Vitamin C	0.17mg
Calcium	1.78mg	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

Glazed Carrots



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15828
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	1 #10 CAN	Drain carrots	118915
SUGAR BROWN LT	1 Cup		860311
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients in pan steam for 8-10 mins or until 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		70.67	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		269.44mg	
Carbohydrates		14.47g	
Fiber		1.08g	
Sugar		10.16g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.13mg	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

Mashed Potatoes



Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15963
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS RDSKN	2 Package	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 30 seconds. 3: Let stand for 5 minutes, stir and serve.	767660
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon		225037
MILK PWD FF INST	1 Cup		311065
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix potatoes with water according to bag instructions. Add dry milk and butter and pepper in 4 in pan steam for 10-15 mins. Must reach 165 degrees

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	0.040

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		16.64	
Fat		0.66g	
SaturatedFat		0.35g	
Trans Fat*		0.00g	
Cholesterol		1.88mg	
Sodium		34.02mg	
Carbohydrates		1.98g	
Fiber		0.11g	
Sugar		0.98g	
Protein		0.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.68mg	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

Peas



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15858
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1 #10 CAN		222000
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.539

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		73.00	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		140.11mg	
Carbohydrates		11.86g	
Fiber		3.23g	
Sugar		4.31g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.81mg	Iron	0.86mg

*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:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15815
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	1 #10 CAN	drain corn	118966
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients steam 9-12 mins or until 165 degrees

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	0.540

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	94.56		
Fat	1.99g		
SaturatedFat	0.58g		
Trans Fat*	0.00g		
Cholesterol	2.50mg		
Sodium	150.89mg		
Carbohydrates	18.32g		
Fiber	2.16g		
Sugar	5.39g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	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

Asst. Apples



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16048
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.030
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	2.00		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.04mg		
Carbohydrates	0.54g		
Fiber	0.09g		
Sugar	0.39g		
Protein	0.01g		
Vitamin A	2.07IU	Vitamin C	0.18mg
Calcium	0.23mg	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

Asst. Apples



Servings:	250.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16047
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.012
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.02mg		
Carbohydrates	0.22g		
Fiber	0.04g		
Sugar	0.16g		
Protein	0.00g		
Vitamin A	0.83IU	Vitamin C	0.07mg
Calcium	0.09mg	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

Ham Sub Sandwich



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15952
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" 100% Whole Wheat Hoagie Bun	8 bun		3746
HAM FZ W/A 4-10 COMM	1 Pound 8 Ounce (24 Ounce)		110600

Preparation Instructions

If ham is sliced it takes 6 slices. If you have to slice and weigh out it takes 1.44 oz to make one oz.
Put ham on Hoagie, use correct days symbol on package and label container

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
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

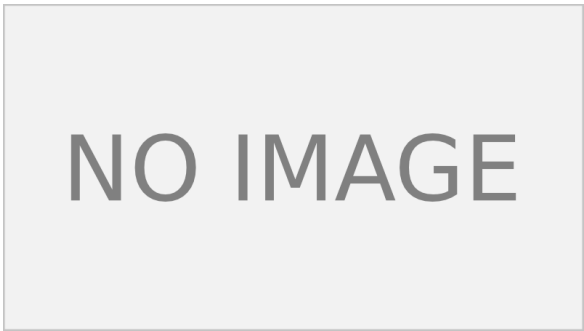
Amount Per Serving			
Calories	252.50		
Fat	7.50g		
SaturatedFat	2.50g		
Trans Fat*	0.00g		
Cholesterol	45.00mg		
Sodium	880.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.50g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey on Sub Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15953
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" 100% Whole Wheat Hoagie Bun	1 bun		3746
TURKEY BRST SLCD OVN RSTD	3 Slice		344120

Preparation Instructions

Put on Turkey on Hoagie bun. Label the container. Mark container according to the days symbol

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	3.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	25.00mg		
Sodium	950.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Kale



Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15843
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GREENS KALE CHPD	1 #10 CAN		189555
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BASE HAM NO ADDED MSG	1 Tablespoon		686691

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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		31.09	
Fat		0.52g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		74.93mg	
Carbohydrates		4.14g	
Fiber		3.10g	
Sugar		1.04g	
Protein		2.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.47mg	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

Pinto Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16029
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO	1 #10 CAN		261475
SPICE GARLIC POWDER	1/4 Cup		224839
SPICE ONION POWDER	1/4 Cup		126993
SPICE PEPR BLK REG FINE GRIND	1/4 Cup		225037
BASE HAM NO ADDED MSG	1/4 Cup		686691

Preparation Instructions

Mix all together and cook till 165 degrees

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	0.540
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		129.54	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		161.30mg	
Carbohydrates		24.64g	
Fiber		5.39g	
Sugar		1.09g	
Protein		7.54g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.27mg	Iron	2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Style Green Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15838
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	Drain most of juice off	118737
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691
SPICE ONION POWDER	2 Teaspoon		126993
SPICE GARLIC POWDER	3 Teaspoon		224839

Preparation Instructions

Mix all together, steam for 15-20 mins or until 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.539
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		21.66	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		156.10mg	
Carbohydrates		4.65g	
Fiber		2.16g	
Sugar		2.16g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	3.23mg
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

Marinara Sauce



Servings:	24.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15849
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI 6-10 COMM	1 #10 CAN		111280
SEASONING ITAL HRB	1 Pint		428574
SUGAR CANE GRANUL	1 Cup		108642

Preparation Instructions

Mix all ingredients and heat till 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		116.23	
Fat		4.31g	
SaturatedFat		1.08g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		134.72mg	
Carbohydrates		18.78g	
Fiber		1.08g	
Sugar		14.47g	
Protein		1.08g	
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

Bacon Egg and Cheese Biscuit



Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15865
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	75 Each		462519
CHEESE AMER YEL 160CT SLCD	75 Slice		271411
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	75 Slice		365620
DOUGH BISC STHRN STYL	75 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152

Preparation Instructions

cook eggs ,bacon and biscuit according to direction on package. Once done layer biscuit with egg, bacon and cheese in that order to keep from falling apart.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		300.00	
Fat		18.85g	
SaturatedFat		9.55g	
Trans Fat*		0.02g	
Cholesterol		92.50mg	
Sodium		1035.30mg	
Carbohydrates		24.00g	
Fiber		1.00g	
Sugar		2.50g	
Protein		10.65g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brussels Sprouts



Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15805
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL MED	2 Package		426288
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BASE HAM NO ADDED MSG	1/2 Tablespoon		686691

Preparation Instructions

Mix all together and steam 5-8 mins until 165 degrees

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.56		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1.54mg		
Carbohydrates	0.11g		
Fiber	0.05g		
Sugar	0.00g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.33mg	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

Baked Apples



Servings:	96.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15799
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN		120500
SUGAR BROWN LT 12-2 GFS	1 1/2 Cup		314641
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723
SUGAR CANE GRANUL	1/2 Cup		108642
FLAVORING VANILLA IMIT	1/2 Cup		110736
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		299405

Preparation Instructions

Spray pan, mix all ingredients well. Bake at 350 for 45 mins or until they reach 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.539
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	72.06		
Fat	0.34g		
SaturatedFat	0.22g		
Trans Fat*	0.00g		
Cholesterol	0.94mg		
Sodium	11.03mg		
Carbohydrates	16.93g		
Fiber	1.08g		
Sugar	13.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheeseburger



Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15842
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144- 2.25Z	144 Each	GRILL Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degreef for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851
Hamburger Bun Whole Grain	144 Each		3447
CHEESE AMER YEL 160CT SLCD	1 Slice		271411
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	1 Slice		365620

Preparation Instructions

Pan burgers according to how you do at your school. If you bake it will be at 375 for 10-12 mins or you reach temp of 165 degrees. If you steam, should be 10-15 mins or until 165 degrees.

Bake bacon at 375 for 3-4 mins

Pan buns then place burger , bacon, cheese in that order on each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.003
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: 144.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.59		
Fat	10.05g		
SaturatedFat	3.52g		
Trans Fat*	0.00g		
Cholesterol	40.12mg		
Sodium	287.61mg		
Carbohydrates	32.01g		
Fiber	3.00g		
Sugar	4.00g		
Protein	19.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.45mg	Iron	10.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

House-Made Taco Meat



Servings:	477.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15870
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	80 Pound	Brown hamburger. Cook to temp of 165 degrees. Drain water off and cool.	510599
SPICE CHILI POWDER MILD	1/2 Cup		331473
SAUCE TACO A/P	2 Gallon		222321
SALSA 103Z	1 #10 CAN	READY_TO_EAT None	452841
SEASONING FAJITA MIX	1 Package		518298

Preparation Instructions

Mix all ingredients together. Heat to 165 degrees. Make sure to cool down to 41 degrees before putting away.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.036
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 477.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	196.42		
Fat	14.76g		
SaturatedFat	5.37g		
Trans Fat*	1.01g		
Cholesterol	53.67mg		
Sodium	197.34mg		
Carbohydrates	1.82g		
Fiber	0.00g		
Sugar	0.14g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.14mg

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

Nutrition - Per 100g

Calories	173.21		
Fat	13.02g		
SaturatedFat	4.73g		
Trans Fat*	0.89g		
Cholesterol	47.33mg		
Sodium	174.03mg		
Carbohydrates	1.61g		
Fiber	0.00g		
Sugar	0.13g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.13mg

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

Chicken Fajita



Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15807
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH STRP FAJT CKD 1/2IN	5 Pound		505765
SEASONING FAJITA MIX	1 Package		518298
PEPPERS GREEN LRG	2 Each	Slice peppers	198757
ONION RED JUMBO	2 Each	slice onions	198722

Preparation Instructions

Mix all together and steam till 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.000
OtherVeg	0.044
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	202.64		
Fat	8.03g		
SaturatedFat	2.01g		
Trans Fat*	0.00g		
Cholesterol	126.67mg		
Sodium	1485.55mg		
Carbohydrates	9.89g		
Fiber	0.30g		
Sugar	0.50g		
Protein	24.16g		
Vitamin A	55.19IU	Vitamin C	12.19mg
Calcium	2.14mg	Iron	1.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Fixing



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15969
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup		735787
CHEESE CHED MLD SHRD FINE	1/2 Cup		191043
TOMATO 6X6 LRG	1/4 Cup	dice up tomatoes	199036
SALSA 103Z	1/2 Cup	READY_TO_EAT None	452841
ONION RED JUMBO	1/4 Cup	Dice onions	198722

Preparation Instructions

Put in individual containers. If your school cups then 4 oz cups

Meal Components (SLE)

Amount Per Serving

Meat	0.040
Grain	0.000
Fruit	0.000
GreenVeg	0.005
RedVeg	0.012
OtherVeg	0.011
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		5.37	
Fat		0.36g	
SaturatedFat		0.20g	
Trans Fat*		0.00g	
Cholesterol		1.20mg	
Sodium		10.61mg	
Carbohydrates		0.26g	
Fiber		0.03g	
Sugar		0.09g	
Protein		0.27g	
Vitamin A	11.11IU	Vitamin C	0.18mg
Calcium	8.42mg	Iron	0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Donut



Servings:	84.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15835
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	84 Each	Pan single layer of donuts. Heat on 375 for 6 mins from frozen state.	556582
SUGAR POWDERED 6X	2 Pound		108693
FLAVORING VANILLA IMIT	1 Fluid Ounce		110736
Prairie Farms 1% Low Fat White Milk	1 Each		

Preparation Instructions

Mix all other ingredients then put the glaze on donuts and serve.

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: 84.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		288.93	
Fat		15.60g	
SaturatedFat		7.30g	
Trans Fat*		0.12g	
Cholesterol		0.02mg	
Sodium		306.09mg	
Carbohydrates		32.87g	
Fiber		2.50g	
Sugar		8.78g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal



Servings:	24.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15855
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL	1 Package		100800
BUTTER PRINT UNSLTD GRD AA	1 Cup		361730
Prairie Farms 1% Low Fat White Milk	1 Quart 1 Pint (6 Cup)		
SUGAR BROWN LT	1 Package		860311

Preparation Instructions

Mix all ingredients in a 4 in pan add 4 qts of water and steam for 20 mins. Temp should reach 165. Bowl it up and put in warmer till time to serve.

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	85.42		
Fat	7.70g		
SaturatedFat	4.76g		
Trans Fat*	0.00g		
Cholesterol	20.47mg		
Sodium	3.75mg		
Carbohydrates	3.09g		
Fiber	0.33g		
Sugar	0.51g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.67mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Sugar Toast



Servings:	21.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15971
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 OZ WGR SANDWICH BREAD (21C)	21 1 Slice		1292
SUGAR CANE GRANUL	1/4 Teaspoon		108642
SPICE CINNAMON GRND	1/4 Teaspoon		224723

Preparation Instructions

Mix cinnamon and sugar. Spray bread, sprinkle with mixture and toast.2-4 mins

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: 21.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.18		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	12.05g		
Fiber	1.00g		
Sugar	1.05g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad on Croissant



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15809
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2IN 60WHT CKD	2 1/2 Pound		313262
DRESSING SALAD	1 Cup		107042
SPICE CELERY SEED GRND	1/2 Teaspoon		513679
SALT IODIZED 24-26Z GFS	1/2 Teaspoon		108308
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon		225037
SUGAR CANE GRANUL	1/8 Cup		108642
DRESSING RNCH FF	1/2 Cup		583189
ONION DEHY SUPER TOPPER	1/2 Cup		223255
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	10 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

Day of mix all ingredients and put on 2 oz on croissant

Meal Components (SLE)

Amount Per Serving	
Meat	4.000
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: 10.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		486.53	
Fat		19.78g	
SaturatedFat		5.35g	
Trans Fat*		0.13g	
Cholesterol		108.47mg	
Sodium		782.19mg	
Carbohydrates		38.90g	
Fiber		2.50g	
Sugar		9.10g	
Protein		39.55g	
Vitamin A	16.45IU	Vitamin C	0.02mg
Calcium	31.01mg	Iron	2.69mg
*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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Baked Bean



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15800
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN	Drain most of juice off beans	120530
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup		860221
SPICE CHILI POWDER MILD	1/4 Cup		331473
SUGAR BROWN LT 12-2 GFS	1/4 Cup		314641
SAUCE WORCESTERSHIRE	1/4 Cup		109843
SPICE GARLIC POWDER	2 Teaspoon		224839

Preparation Instructions

Mix all ingredients together and bake/steam 30-40 mins or until 165 degrees.

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	0.540
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		176.19	
Fat		1.08g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		240.90mg	
Carbohydrates		32.26g	
Fiber		5.39g	
Sugar		8.54g	
Protein		5.39g	
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

Broccoli and Cheese



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15803
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SAUCE CHS CHED POUCH 6-106Z LOL	1 1/2 Package		135261

Preparation Instructions

Heat cheese on steam about 15 mini till 165 degrees . Steam broccoli about 5-6 mins till 165 degrees then mix and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.126
Grain	0.000
Fruit	0.000
GreenVeg	0.010
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		151.72	
Fat		10.60g	
SaturatedFat		6.81g	
Trans Fat*		0.00g	
Cholesterol		30.27mg	
Sodium		605.68mg	
Carbohydrates		4.61g	
Fiber		0.04g	
Sugar		0.01g	
Protein		7.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	316.85mg	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

Coney Sauce



Servings:	120.00	Category:	Condiments or Other
Serving Size:	0.25 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15813
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	10 0 Pound	Brown hamburger, drain water off.	510599
SPICE CHILI POWDER MILD	1 1/2 Cup		331473
SAUCE TOMATO	1 0 #10 CAN		306347
SPICE ONION POWDER	1/4 Cup		126993
SUGAR CANE GRANUL	1/2 Teaspoon		108642
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 0 Cup		100129
SPICE GARLIC SALT NO MSG	1/2 Cup		224847
SPICE PEPR RED CAYENNE GRND	1/4 Cup		225088
SPICE CUMIN GRND	2 Teaspoon		273945

Preparation Instructions

Mix all ingredients to hamburger simmer for about 45 minutes till reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.216
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.25 Ounce

Amount Per Serving			
Calories	104.68		
Fat	7.33g		
SaturatedFat	2.67g		
Trans Fat*	0.50g		
Cholesterol	26.67mg		
Sodium	679.13mg		
Carbohydrates	2.81g		
Fiber	0.43g		
Sugar	1.41g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

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

Nutrition - Per 100g

Calories	1477.06		
Fat	103.47g		
SaturatedFat	37.63g		
Trans Fat*	7.05g		
Cholesterol	376.26mg		
Sodium	9582.18mg		
Carbohydrates	39.62g		
Fiber	6.08g		
Sugar	19.93g		
Protein	6.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.81mg

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

Pulled Pork BBQ



Servings:	160.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15862
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK HAM BNLS RAW NETTED	20 Pound	steam pork for 3-4 hours. Temp should be 165 degrees. When done you can pull it. Or cool down to 41 then pull. Either way you should start cooling down	441224
SAUCE BBQ	2 Gallon		655937
SUGAR BROWN LT	1 Package		860311
ONION DEHY SUPER TOPPER	1 Pint		223255
SAUCE WORCESTERSHIRE	1/2 Cup		109843
SMOKE LIQUID	1/4 Cup		242152

Preparation Instructions

Once the pork is pulled mix all other ingredients. Must heat to temp of 165 to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	234.38		
Fat	9.01g		
SaturatedFat	3.00g		
Trans Fat*	0.00g		
Cholesterol	35.00mg		
Sodium	671.65mg		
Carbohydrates	29.40g		
Fiber	0.08g		
Sugar	27.25g		
Protein	8.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.48mg	Iron	0.52mg

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

Nutrition - Per 100g

Calories	413.37		
Fat	15.88g		
SaturatedFat	5.29g		
Trans Fat*	0.00g		
Cholesterol	61.73mg		
Sodium	1184.59mg		
Carbohydrates	51.85g		
Fiber	0.13g		
Sugar	48.06g		
Protein	15.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.14mg	Iron	0.91mg

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

Meatball Sub



Servings:	216.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15852
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD REDC SOD .5Z	1296 Each	6 meatballs on each sub	610790
SEASONING ITAL HRB	1 Tablespoon 1 0 Teaspoon (4 Teaspoon)		428574
SUGAR CANE GRANUL	1 0 Cup		108642
Mozzerella Cheese	1 0 Package		105077
SAUCE SPAGHETTI FCY	6 Gallon 3 Quart (108 Cup)		852759
6" 100% Whole Wheat Hoagie Bun	216 bun		3746

Preparation Instructions

Mix Sauce, Seasoning, and Sugar then add meatballs. Heat to 165 degrees about 45-50 mins
spray boat then put hoagie bun in boat spray bun then heat in oven at 350 for 4-5 mins.(you are just toasting it) then
add the meatballs with a little sauce. Put in bun pan cover and put in warmer. Just before you put on line sprinkle
with mozzarella cheese

Meal Components (SLE)

Amount Per Serving

Meat	2.255
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 216.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		435.15	
Fat		22.55g	
SaturatedFat		8.03g	
Trans Fat*		1.00g	
Cholesterol		40.16mg	
Sodium		582.06mg	
Carbohydrates		38.14g	
Fiber		6.08g	
Sugar		6.06g	
Protein		21.13g	
Vitamin A	1.85IU	Vitamin C	0.10mg
Calcium	48.20mg	Iron	9.44mg

*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 with Meat Sauce



Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15962
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	6 Pound	Brown and drain hamburger	510599
LASAGNA ROLL-UP WGRAIN	110 Each		234041
SPICE ONION POWDER	1/2 Cup		126993
SPICE OREGANO GRND	1 Cup		513725
SEASONING ITAL HRB	1 Cup		428574
CHEESE MOZZ SHRD	1 Package		645170
SPICE GARLIC POWDER	1/2 Cup		224839
SAUCE SPAGHETTI FCY	1/2 Serving		852759

Preparation Instructions

Once hamburger is ready mix all ingredients making a meat sauce. Spray pan place 18 frozen roll ups in pan. Cover with meat sauce bake for 30-40 mins. adding cheese on top the last 5 mins. Must reach 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.691
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: 110.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		304.50	
Fat		11.02g	
SaturatedFat		5.37g	
Trans Fat*		0.33g	
Cholesterol		38.00mg	
Sodium		414.12mg	
Carbohydrates		29.94g	
Fiber		2.01g	
Sugar		5.06g	
Protein		15.26g	
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	307.52mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15818
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	3 Gallon 3 Quart (15 Quart)		285620
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

mix all together, steam for 9-12 mins or until 165 degrees

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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		18.33	
Fat		0.35g	
SaturatedFat		0.12g	
Trans Fat*		0.00g	
Cholesterol		0.50mg	
Sodium		0.00mg	
Carbohydrates		3.50g	
Fiber		0.17g	
Sugar		0.83g	
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	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

Cauliflower



Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15806
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER	1 Package		610882
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all together steam 8-10 mins till reaches 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.063
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	14.06		
Fat	1.38g		
SaturatedFat	0.88g		
Trans Fat*	0.00g		
Cholesterol	3.75mg		
Sodium	0.94mg		
Carbohydrates	0.31g		
Fiber	0.19g		
Sugar	0.06g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.56mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Delight



Servings:	96.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16147
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	4 #10 CAN	Drain very well	612448
GELATIN MIX ORNG	1 Package		524638
TOPPING WHIP I/BG	6 Package	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Drain oranges very well. Drain overnight if you can. Thaw out on top over night at least. Mix all together and serve according to your managers instructions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.540
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		66.94	
Fat		0.06g	
SaturatedFat		0.06g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		12.60mg	
Carbohydrates		15.51g	
Fiber		0.00g	
Sugar		12.27g	
Protein		1.10g	
Vitamin A	0.00IU	Vitamin C	0.31mg
Calcium	21.56mg	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

Turkey Trio on Hoagie Bun



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15954
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" 100% Whole Wheat Hoagie Bun	8 bun		3746
MEAT COMBO PK SLCD	6 Slice		236012

Preparation Instructions

Put 2 slice of each meat on Hoagie Bun. Label container and mark accordingly with that days symbol

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
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		182.95	
Fat		4.41g	
SaturatedFat		0.57g	
Trans Fat*		0.00g	
Cholesterol		9.56mg	
Sodium		422.40mg	
Carbohydrates		29.19g	
Fiber		4.00g	
Sugar		4.00g	
Protein		8.34g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.83mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grill Cheese



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15797
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST	4 Fluid Ounce 0 Teaspoon (24 Teaspoon)		651171
24oz Whole Grain Rich Sandwich Bread	48 Slice	READY_TO_EAT	1292
CHEESE AMER YEL 160CT SLCD	96 Slice		271411

Preparation Instructions

Spray sheet pan with buttermist place one bread on pan put 4 cheese slice on top add other slice of bread spray top with buttermist. Cook at 375 for 5-6- mins.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.00	
Fat		19.00g	
SaturatedFat		10.00g	
Trans Fat*		1.00g	
Cholesterol		50.00mg	
Sodium		1080.00mg	
Carbohydrates		16.00g	
Fiber		1.00g	
Sugar		3.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	264.00mg	Iron	4.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

White Chili



Servings:	320.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2IN 60WHT CKD	40 Pound		313262
ONION DEHY SUPER TOPPER	1 Pint		223255
SPICE GARLIC POWDER	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		224839
PEPPERS JALAP SLCD	1/2 Carton		499943
SPICE CUMIN GRND	2 Teaspoon		273945
SPICE OREGANO GRND	2 Teaspoon		513725
SPICE PEPR RED CAYENNE GRND	2 Teaspoon		225088
BEAN GRT NORTHR 6-10 GCHC	4 #10 CAN		119075
CHEESE MONTRY JK SHRD FTHR	2 Package		469947
BROTH CHIX UNSLTD 12-49Z SWNSN	1 #10 CAN 9/10 #2 CAN (6 #2 CAN)		628762

Preparation Instructions

Directions:Saute onion, garlic, cumin, oregano and cayenne pepper. Add chicken broth, diced chicken,jalapeno peppers, and green chilies. Simmer 20-30minutes temperature should reach 165. While this is cooking shred cheese and the add the cheese just before serving.

CCP: Hold at 135Degrees F or above until served.

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	0.162
Starch	0.000

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		127.32	
Fat		2.03g	
SaturatedFat		0.66g	
Trans Fat*		0.00g	
Cholesterol		45.96mg	
Sodium		81.02mg	
Carbohydrates		7.14g	
Fiber		2.30g	
Sugar		0.35g	
Protein		19.63g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.67mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Home Made Meatloaf

NO IMAGE

Servings:	280.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15854
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	60 Pound		510599
EGG SCRMBD LIQ BLND	2 0 Package		465798
OATS QUICK HOT CEREAL	2 Quart		240869
PEPPERS GREEN DCD SWT	2 0 Package	if we have whole ones must be diced	508632
ONION RED JUMBO	2 0 Each	dice up onions	198722
SAUCE WORCESTERSHIRE	1 Cup		109843
SPICE PEPR BLK REG FINE GRIND	2 0 Teaspoon		225037
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	3 #10 CAN		100129
SPICE GARLIC POWDER	1/2 Cup		224839

Preparation Instructions

Mix all ingredients the day before. Hold back 1 can ketchup. Once mixed form into loafs. Should get 4 small loafs that will go in the 4in wide pan. Please use a drain pan so that it doesn't sit in it's own grease. Cover well and leave overnight.

Next morning bake in oven on 350 for 2-3 hours till done and they must reach temp of 165.

Take out move them in clean pans and slice. once sliced add ketchup on top of each loaf and put in oven.

The ketchup will glaze over.

Meal Components (SLE)

Amount Per Serving

Meat	2.600
Grain	0.057
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.003
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 280.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		295.02	
Fat		19.10g	
SaturatedFat		6.91g	
Trans Fat*		1.29g	
Cholesterol		71.29mg	
Sodium		439.46mg	
Carbohydrates		12.74g	
Fiber		0.23g	
Sugar		8.93g	
Protein		0.46g	
Vitamin A	0.00IU	Vitamin C	0.02mg
Calcium	0.82mg	Iron	0.11mg

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

Nutrition - Per 100g

Calories		260.16	
Fat		16.84g	
SaturatedFat		6.10g	
Trans Fat*		1.13g	
Cholesterol		62.86mg	
Sodium		387.54mg	
Carbohydrates		11.23g	
Fiber		0.20g	
Sugar		7.87g	
Protein		0.41g	
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	0.72mg	Iron	0.09mg

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

Hot Ham and Cheese



Servings:	100.00	Category:	Entree
Serving Size:	5.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23018
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354
CHEESE AMER YEL 160CT SLCD	1 Slice		271411
HAM SLCD .5Z	4 Slice	Heat ham to 165	294187

Preparation Instructions

after heating ham, put ham and cheese on bun. hold at 140 degrees.

Meal Components (SLE)

Amount Per Serving	
Meat	0.020
Grain	0.015
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: 5.50			
Amount Per Serving			
Calories		2.20	
Fat		0.08g	
SaturatedFat		0.03g	
Trans Fat*		0.00g	
Cholesterol		0.33mg	
Sodium		7.90mg	
Carbohydrates		0.23g	
Fiber		0.02g	
Sugar		0.05g	
Protein		0.17g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.67mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for EMMA B. WARD ELEMENTARY

Created by HPS Menu Planner

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Peas

Broccoli and Cheese

Cinnamon Sugar Toast

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Baked Bean

Grill Cheese

Coney Sauce

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Orange Delight

String Cheese Box Elementary



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16062
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR	2 Package		112702
CHEESE STRING MOZZ IW	2 Each		786580

Preparation Instructions

Put 2 Goldfish Crackers & 2 String cheese packs in hamburger container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		360.00	
Fat		19.00g	
SaturatedFat		9.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		740.00mg	
Carbohydrates		32.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	396.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15828
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	1 #10 CAN	Drain carrots	118915
SUGAR BROWN LT	1 Cup		860311
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients in pan steam for 8-10 mins or until 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		70.67	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		269.44mg	
Carbohydrates		14.47g	
Fiber		1.08g	
Sugar		10.16g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.13mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Apples



Servings:	96.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15799
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN		120500
SUGAR BROWN LT 12-2 GFS	1 1/2 Cup		314641
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723
SUGAR CANE GRANUL	1/2 Cup		108642
FLAVORING VANILLA IMIT	1/2 Cup		110736
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		299405

Preparation Instructions

Spray pan, mix all ingredients well. Bake at 350 for 45 mins or until they reach 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.539
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	72.06		
Fat	0.34g		
SaturatedFat	0.22g		
Trans Fat*	0.00g		
Cholesterol	0.94mg		
Sodium	11.03mg		
Carbohydrates	16.93g		
Fiber	1.08g		
Sugar	13.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	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

Glazed Donut



Servings:	84.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15835
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	84 Each	Pan single layer of donuts. Heat on 375 for 6 mins from frozen state.	556582
SUGAR POWDERED 6X	2 Pound		108693
FLAVORING VANILLA IMIT	1 Fluid Ounce		110736
Prairie Farms 1% Low Fat White Milk	1 Each		

Preparation Instructions

Mix all other ingredients then put the glaze on donuts and serve.

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: 84.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		288.93	
Fat		15.60g	
SaturatedFat		7.30g	
Trans Fat*		0.12g	
Cholesterol		0.02mg	
Sodium		306.09mg	
Carbohydrates		32.87g	
Fiber		2.50g	
Sugar		8.78g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Style Green Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15838
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	Drain most of juice off	118737
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691
SPICE ONION POWDER	2 Teaspoon		126993
SPICE GARLIC POWDER	3 Teaspoon		224839

Preparation Instructions

Mix all together, steam for 15-20 mins or until 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.539
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		21.66	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		156.10mg	
Carbohydrates		4.65g	
Fiber		2.16g	
Sugar		2.16g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	3.23mg
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:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15963
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS RDSKN	2 Package	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 30 seconds. 3: Let stand for 5 minutes, stir and serve.	767660
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon		225037
MILK PWD FF INST	1 Cup		311065
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix potatoes with water according to bag instructions. Add dry milk and butter and pepper in 4 in pan steam for 10-15 mins. Must reach 165 degrees

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	0.040

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		16.64	
Fat		0.66g	
SaturatedFat		0.35g	
Trans Fat*		0.00g	
Cholesterol		1.88mg	
Sodium		34.02mg	
Carbohydrates		1.98g	
Fiber		0.11g	
Sugar		0.98g	
Protein		0.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.68mg	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

Fajita Chicken Wrap



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15827
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	10 Pound	cook chicken to 165 degrees. cool down to 41 degrees	150160
TORTILLA FLOUR ULTRGR 9IN	50 Each		523610
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
LETTUCE GREEN LEAF	1 Cup	wash and chop lettuce up	284998

Preparation Instructions

place chicken, cheese, lettuce on wrap. Either fold the wrap or put in bowl. Which ever works best for your school.

Meal Components (SLE)

Amount Per Serving

Meat	3.133
Grain	2.250
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		388.75	
Fat		17.97g	
SaturatedFat		9.13g	
Trans Fat*		0.00g	
Cholesterol		105.33mg	
Sodium		699.16mg	
Carbohydrates		33.15g	
Fiber		4.00g	
Sugar		2.00g	
Protein		29.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.80mg	Iron	2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15961
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE GREEN LEAF	4 Ounce	Chop up lettuce	284998
TOMATO GRAPE SWT	4 Each		129631
CARROT BABY WHL PETITE	4 Each		768146
CUCUMBER SELECT	4 Slice	Slice cucumbers	418439

Preparation Instructions

Put all ingredients in bowl

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.875
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		69.15	
Fat		0.20g	
SaturatedFat		0.03g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		122.25mg	
Carbohydrates		16.90g	
Fiber		3.35g	
Sugar		7.25g	
Protein		0.70g	
Vitamin A	429.45IU	Vitamin C	7.63mg
Calcium	89.76mg	Iron	2.41mg

*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:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15815
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	1 #10 CAN	drain corn	118966
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients steam 9-12 mins or until 165 degrees

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	0.540

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		94.56	
Fat		1.99g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		150.89mg	
Carbohydrates		18.32g	
Fiber		2.16g	
Sugar		5.39g	
Protein		2.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	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

Yogurt & Graham Crackers elementary



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16064
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER GRHM HNY WGRAIN	2 Package		282471

Preparation Instructions

Place 1 yogurt cup & 3 graham cracker packages in hamburger container.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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		250.00	
Fat		5.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		245.00mg	
Carbohydrates		48.00g	
Fiber		2.00g	
Sugar		18.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg and Cheese Biscuit



Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15865
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	75 Each		462519
CHEESE AMER YEL 160CT SLCD	75 Slice		271411
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	75 Slice		365620
DOUGH BISC STHRN STYL	75 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152

Preparation Instructions

cook eggs ,bacon and biscuit according to direction on package. Once done layer biscuit with egg, bacon and cheese in that order to keep from falling apart.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		300.00	
Fat		18.85g	
SaturatedFat		9.55g	
Trans Fat*		0.02g	
Cholesterol		92.50mg	
Sodium		1035.30mg	
Carbohydrates		24.00g	
Fiber		1.00g	
Sugar		2.50g	
Protein		10.65g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meat Sauce elementary



Servings:	200.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16059
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 Serving		852759
PASTA SPAGHETTI 10IN	3 Package		413370
SPICE ONION POWDER	1 Cup		126993
SPICE GARLIC POWDER	2 Teaspoon		224839
SALT IODIZED 24-26Z GFS	1 Tablespoon 1 Teaspoon (4 Teaspoon)		108308
SPICE OREGANO GRND	1 Cup		513725
SEASONING ITAL HRB	1 Package		428574
VINEGAR APPLE CIDER 5	1/4 Cup		430795
SUGAR CANE GRANUL	1 Quart		108642
BEEF GRND 80/20 PURE FZ	90 Pound	Brown & Drain	510599

Preparation Instructions

Brown Ground Beef cook till reach 165 degrees, drain beef. mix all other ingredients, till reach 165 degrees, except Spaghetti Noodles (cook Separate on steam for 20-25 minutes) Once everything is done combined together.

Meal Components (SLE)

Amount Per Serving

Meat	5.400
Grain	0.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		520.09	
Fat		39.61g	
SaturatedFat		14.40g	
Trans Fat*		2.70g	
Cholesterol		144.00mg	
Sodium		183.24mg	
Carbohydrates		5.15g	
Fiber		0.03g	
Sugar		3.88g	
Protein		0.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	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

Steamed Broccoli



Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16180
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1 Gallon		610902
BUTTER SUB	1/2 Package		209810
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037

Preparation Instructions

Mix up and serve according to your kitchens instructions. Steam for 10-12 mins till temp of 165 degrees. Do not over or under cook.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.800
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		43.46	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		159.95mg	
Carbohydrates		10.13g	
Fiber		3.20g	
Sugar		1.07g	
Protein		3.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.33mg	Iron	1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac and Cheese



Servings:	30.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15848
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	1 Pound	add salt to water add half noodles in a 4in pan with holes. Steam 15-20 min. Drain	229941
SAUCE CHS CHED POUCH 6- 106Z LOL	1/2 Package	heat cheese sauce with milk	135261
Prairie Farms 1% Low Fat White Milk	1 Pint		

Preparation Instructions

Combine milk and cheese over cooked noodles. Serve. Should be 165 degrees and not to get below 135." Do not over cook noodles they will continue to cook on line.

Meal Components (SLE)

Amount Per Serving

Meat	0.067
Grain	0.533
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		138.06	
Fat		6.08g	
SaturatedFat		3.73g	
Trans Fat*		0.00g	
Cholesterol		17.15mg	
Sodium		330.92mg	
Carbohydrates		14.09g	
Fiber		1.07g	
Sugar		1.53g	
Protein		6.44g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	171.39mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15858
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1 #10 CAN		222000
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.539

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		73.00	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		140.11mg	
Carbohydrates		11.86g	
Fiber		3.23g	
Sugar		4.31g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.81mg	Iron	0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli and Cheese



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15803
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SAUCE CHS CHED POUCH 6-106Z LOL	1 1/2 Package		135261

Preparation Instructions

Heat cheese on steam about 15 mini till 165 degrees . Steam broccoli about 5-6 mins till 165 degrees then mix and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.126
Grain	0.000
Fruit	0.000
GreenVeg	0.010
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		151.72	
Fat		10.60g	
SaturatedFat		6.81g	
Trans Fat*		0.00g	
Cholesterol		30.27mg	
Sodium		605.68mg	
Carbohydrates		4.61g	
Fiber		0.04g	
Sugar		0.01g	
Protein		7.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	316.85mg	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

Cinnamon Sugar Toast



Servings:	21.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15971
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 OZ WGR SANDWICH BREAD (21C)	21 1 Slice		1292
SUGAR CANE GRANUL	1/4 Teaspoon		108642
SPICE CINNAMON GRND	1/4 Teaspoon		224723

Preparation Instructions

Mix cinnamon and sugar. Spray bread, sprinkle with mixture and toast.2-4 mins

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: 21.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.18		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	12.05g		
Fiber	1.00g		
Sugar	1.05g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita



Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15807
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH STRP FAJT CKD 1/2IN	5 Pound		505765
SEASONING FAJITA MIX	1 Package		518298
PEPPERS GREEN LRG	2 Each	Slice peppers	198757
ONION RED JUMBO	2 Each	slice onions	198722

Preparation Instructions

Mix all together and steam till 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.000
OtherVeg	0.044
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	202.64		
Fat	8.03g		
SaturatedFat	2.01g		
Trans Fat*	0.00g		
Cholesterol	126.67mg		
Sodium	1485.55mg		
Carbohydrates	9.89g		
Fiber	0.30g		
Sugar	0.50g		
Protein	24.16g		
Vitamin A	55.19IU	Vitamin C	12.19mg
Calcium	2.14mg	Iron	1.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat -Elementary



Servings:	477.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15869

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	80 Pound	Brown hamburger and drain water off. must temp at 165 degrees. Cool down.	510599
SPICE CHILI POWDER MILD	1/2 Cup		331473
SAUCE TACO A/P	2 Gallon		222321
SALT IODIZED 12-4 DIAC	6 Fluid Ounce		466483
SEASONING FAJITA MIX	1 Package		518298

Preparation Instructions

Mix all ingredients and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
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: 477.00

Serving Size: 2.00

Amount Per Serving			
Calories		194.26	
Fat		14.76g	
SaturatedFat		5.37g	
Trans Fat*		1.01g	
Cholesterol		53.67mg	
Sodium		241.74mg	
Carbohydrates		1.39g	
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

Refried Beans



Servings:	15.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15958
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1/2 Cup	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.	183910
SPICE CHILI POWDER MEXENE 6-4# BRUCE	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		707553
SPICE ONION POWDER	1 Teaspoon		126993
SPICE CUMIN GRND	1 Teaspoon		273945
CHEESE CHED MLD SHRD FINE	1 Pint		191043

Preparation Instructions

Mix beans according to package. add all other ingredients except cheese. Steam for 15-20 mins until temp reaches 165 degrees. then put cheese on top.

If you cup it , cup before adding cheese then add cheese to top.

Meal Components (SLE)

Amount Per Serving

Meat	0.533
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.110
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	98.26**
Fat	5.13g**
SaturatedFat	2.78g**
Trans Fat*	0.00g**
Cholesterol	16.00mg**
Sodium	244.31mg**
Carbohydrates	7.62g**
Fiber	2.20g**
Sugar	0.00g**
Protein	5.40g**
Vitamin A 48.15IU**	Vitamin C 0.22mg**
Calcium 118.97mg**	Iron 0.64mg**

*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

Baked Bean



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15800
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN	Drain most of juice off beans	120530
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup		860221
SPICE CHILI POWDER MILD	1/4 Cup		331473
SUGAR BROWN LT 12-2 GFS	1/4 Cup		314641
SAUCE WORCESTERSHIRE	1/4 Cup		109843
SPICE GARLIC POWDER	2 Teaspoon		224839

Preparation Instructions

Mix all ingredients together and bake/steam 30-40 mins or until 165 degrees.

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	0.540
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	176.19		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	240.90mg		
Carbohydrates	32.26g		
Fiber	5.39g		
Sugar	8.54g		
Protein	5.39g		
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

Grill Cheese



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15797
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST	4 Fluid Ounce 0 Teaspoon (24 Teaspoon)		651171
24oz Whole Grain Rich Sandwich Bread	48 Slice	READY_TO_EAT	1292
CHEESE AMER YEL 160CT SLCD	96 Slice		271411

Preparation Instructions

Spray sheet pan with buttermist place one bread on pan put 4 cheese slice on top add other slice of bread spray top with buttermist. Cook at 375 for 5-6- mins.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.00	
Fat		19.00g	
SaturatedFat		10.00g	
Trans Fat*		1.00g	
Cholesterol		50.00mg	
Sodium		1080.00mg	
Carbohydrates		16.00g	
Fiber		1.00g	
Sugar		3.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	264.00mg	Iron	4.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Coney Sauce



Servings:	120.00	Category:	Condiments or Other
Serving Size:	0.25 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15813
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	10 0 Pound	Brown hamburger, drain water off.	510599
SPICE CHILI POWDER MILD	1 1/2 Cup		331473
SAUCE TOMATO	1 0 #10 CAN		306347
SPICE ONION POWDER	1/4 Cup		126993
SUGAR CANE GRANUL	1/2 Teaspoon		108642
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 0 Cup		100129
SPICE GARLIC SALT NO MSG	1/2 Cup		224847
SPICE PEPR RED CAYENNE GRND	1/4 Cup		225088
SPICE CUMIN GRND	2 Teaspoon		273945

Preparation Instructions

Mix all ingredients to hamburger simmer for about 45 minutes till reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.216
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.25 Ounce

Amount Per Serving			
Calories	104.68		
Fat	7.33g		
SaturatedFat	2.67g		
Trans Fat*	0.50g		
Cholesterol	26.67mg		
Sodium	679.13mg		
Carbohydrates	2.81g		
Fiber	0.43g		
Sugar	1.41g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

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

Nutrition - Per 100g

Calories	1477.06		
Fat	103.47g		
SaturatedFat	37.63g		
Trans Fat*	7.05g		
Cholesterol	376.26mg		
Sodium	9582.18mg		
Carbohydrates	39.62g		
Fiber	6.08g		
Sugar	19.93g		
Protein	6.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.81mg

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

Asst. Apples



Servings:	250.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16047
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.012
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.02mg		
Carbohydrates	0.22g		
Fiber	0.04g		
Sugar	0.16g		
Protein	0.00g		
Vitamin A	0.83IU	Vitamin C	0.07mg
Calcium	0.09mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Delight



Servings:	96.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16147
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	4 #10 CAN	Drain very well	612448
GELATIN MIX ORNG	1 Package		524638
TOPPING WHIP I/BG	6 Package	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Drain oranges very well. Drain overnight if you can. Thaw out on top over night at least. Mix all together and serve according to your managers instructions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.540
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		66.94	
Fat		0.06g	
SaturatedFat		0.06g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		12.60mg	
Carbohydrates		15.51g	
Fiber		0.00g	
Sugar		12.27g	
Protein		1.10g	
Vitamin A	0.00IU	Vitamin C	0.31mg
Calcium	21.56mg	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

Cookbook for ROBERT B TURNER ELEMENTARY SCHOOL

Created by HPS Menu Planner

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Orange Delight

Broccoli and Cheese



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15803
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SAUCE CHS CHED POUCH 6-106Z LOL	1 1/2 Package		135261

Preparation Instructions

Heat cheese on steam about 15 mini till 165 degrees . Steam broccoli about 5-6 mins till 165 degrees then mix and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.126
Grain	0.000
Fruit	0.000
GreenVeg	0.010
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		151.72	
Fat		10.60g	
SaturatedFat		6.81g	
Trans Fat*		0.00g	
Cholesterol		30.27mg	
Sodium		605.68mg	
Carbohydrates		4.61g	
Fiber		0.04g	
Sugar		0.01g	
Protein		7.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	316.85mg	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

String Cheese Box Elementary



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16062
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR	2 Package		112702
CHEESE STRING MOZZ IW	2 Each		786580

Preparation Instructions

Put 2 Goldfish Crackers & 2 String cheese packs in hamburger container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		360.00	
Fat		19.00g	
SaturatedFat		9.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		740.00mg	
Carbohydrates		32.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	396.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli



Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16180
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1 Gallon		610902
BUTTER SUB	1/2 Package		209810
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037

Preparation Instructions

Mix up and serve according to your kitchens instructions. Steam for 10-12 mins till temp of 165 degrees. Do not over or under cook.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.800
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		43.46	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		159.95mg	
Carbohydrates		10.13g	
Fiber		3.20g	
Sugar		1.07g	
Protein		3.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.33mg	Iron	1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Style Green Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15838
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	Drain most of juice off	118737
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691
SPICE ONION POWDER	2 Teaspoon		126993
SPICE GARLIC POWDER	3 Teaspoon		224839

Preparation Instructions

Mix all together, steam for 15-20 mins or until 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.539
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		21.66	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		156.10mg	
Carbohydrates		4.65g	
Fiber		2.16g	
Sugar		2.16g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	3.23mg
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

Baked Bean



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15800
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN	Drain most of juice off beans	120530
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup		860221
SPICE CHILI POWDER MILD	1/4 Cup		331473
SUGAR BROWN LT 12-2 GFS	1/4 Cup		314641
SAUCE WORCESTERSHIRE	1/4 Cup		109843
SPICE GARLIC POWDER	2 Teaspoon		224839

Preparation Instructions

Mix all ingredients together and bake/steam 30-40 mins or until 165 degrees.

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	0.540
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		176.19	
Fat		1.08g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		240.90mg	
Carbohydrates		32.26g	
Fiber		5.39g	
Sugar		8.54g	
Protein		5.39g	
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

Glazed Carrots



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15828
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	1 #10 CAN	Drain carrots	118915
SUGAR BROWN LT	1 Cup		860311
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients in pan steam for 8-10 mins or until 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		70.67	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		269.44mg	
Carbohydrates		14.47g	
Fiber		1.08g	
Sugar		10.16g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.13mg	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

Mac and Cheese



Servings:	30.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15848
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	1 Pound	add salt to water add half noodles in a 4in pan with holes. Steam 15-20 min. Drain	229941
SAUCE CHS CHED POUCH 6- 106Z LOL	1/2 Package	heat cheese sauce with milk	135261
Prairie Farms 1% Low Fat White Milk	1 Pint		

Preparation Instructions

Combine milk and cheese over cooked noodles. Serve. Should be 165 degrees and not to get below 135."

Do not over cook noodles they will continue to cook on line.

Meal Components (SLE)

Amount Per Serving

Meat	0.067
Grain	0.533
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		138.06	
Fat		6.08g	
SaturatedFat		3.73g	
Trans Fat*		0.00g	
Cholesterol		17.15mg	
Sodium		330.92mg	
Carbohydrates		14.09g	
Fiber		1.07g	
Sugar		1.53g	
Protein		6.44g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	171.39mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Marinara Sauce



Servings:	24.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15849
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI 6-10 COMM	1 #10 CAN		111280
SEASONING ITAL HRB	1 Pint		428574
SUGAR CANE GRANUL	1 Cup		108642

Preparation Instructions

Mix all ingredients and heat till 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		116.23	
Fat		4.31g	
SaturatedFat		1.08g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		134.72mg	
Carbohydrates		18.78g	
Fiber		1.08g	
Sugar		14.47g	
Protein		1.08g	
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

Baked Apples



Servings:	96.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15799
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN		120500
SUGAR BROWN LT 12-2 GFS	1 1/2 Cup		314641
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723
SUGAR CANE GRANUL	1/2 Cup		108642
FLAVORING VANILLA IMIT	1/2 Cup		110736
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		299405

Preparation Instructions

Spray pan, mix all ingredients well. Bake at 350 for 45 mins or until they reach 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.539
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	72.06		
Fat	0.34g		
SaturatedFat	0.22g		
Trans Fat*	0.00g		
Cholesterol	0.94mg		
Sodium	11.03mg		
Carbohydrates	16.93g		
Fiber	1.08g		
Sugar	13.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	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

Grill Cheese



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15797
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST	4 Fluid Ounce 0 Teaspoon (24 Teaspoon)		651171
24oz Whole Grain Rich Sandwich Bread	48 Slice	READY_TO_EAT	1292
CHEESE AMER YEL 160CT SLCD	96 Slice		271411

Preparation Instructions

Spray sheet pan with buttermist place one bread on pan put 4 cheese slice on top add other slice of bread spray top with buttermist. Cook at 375 for 5-6- mins.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.00	
Fat		19.00g	
SaturatedFat		10.00g	
Trans Fat*		1.00g	
Cholesterol		50.00mg	
Sodium		1080.00mg	
Carbohydrates		16.00g	
Fiber		1.00g	
Sugar		3.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	264.00mg	Iron	4.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Coney Sauce



Servings:	120.00	Category:	Condiments or Other
Serving Size:	0.25 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15813
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	10 0 Pound	Brown hamburger, drain water off.	510599
SPICE CHILI POWDER MILD	1 1/2 Cup		331473
SAUCE TOMATO	1 0 #10 CAN		306347
SPICE ONION POWDER	1/4 Cup		126993
SUGAR CANE GRANUL	1/2 Teaspoon		108642
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 0 Cup		100129
SPICE GARLIC SALT NO MSG	1/2 Cup		224847
SPICE PEPR RED CAYENNE GRND	1/4 Cup		225088
SPICE CUMIN GRND	2 Teaspoon		273945

Preparation Instructions

Mix all ingredients to hamburger simmer for about 45 minutes till reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.216
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.25 Ounce

Amount Per Serving			
Calories	104.68		
Fat	7.33g		
SaturatedFat	2.67g		
Trans Fat*	0.50g		
Cholesterol	26.67mg		
Sodium	679.13mg		
Carbohydrates	2.81g		
Fiber	0.43g		
Sugar	1.41g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

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

Nutrition - Per 100g

Calories	1477.06		
Fat	103.47g		
SaturatedFat	37.63g		
Trans Fat*	7.05g		
Cholesterol	376.26mg		
Sodium	9582.18mg		
Carbohydrates	39.62g		
Fiber	6.08g		
Sugar	19.93g		
Protein	6.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.81mg

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

Glazed Donut



Servings:	84.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15835
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	84 Each	Pan single layer of donuts. Heat on 375 for 6 mins from frozen state.	556582
SUGAR POWDERED 6X	2 Pound		108693
FLAVORING VANILLA IMIT	1 Fluid Ounce		110736
Prairie Farms 1% Low Fat White Milk	1 Each		

Preparation Instructions

Mix all other ingredients then put the glaze on donuts and serve.

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: 84.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		288.93	
Fat		15.60g	
SaturatedFat		7.30g	
Trans Fat*		0.12g	
Cholesterol		0.02mg	
Sodium		306.09mg	
Carbohydrates		32.87g	
Fiber		2.50g	
Sugar		8.78g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes



Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15963
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS RDSKN	2 Package	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 30 seconds. 3: Let stand for 5 minutes, stir and serve.	767660
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon		225037
MILK PWD FF INST	1 Cup		311065
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix potatoes with water according to bag instructions. Add dry milk and butter and pepper in 4 in pan steam for 10-15 mins. Must reach 165 degrees

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	0.040

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		16.64	
Fat		0.66g	
SaturatedFat		0.35g	
Trans Fat*		0.00g	
Cholesterol		1.88mg	
Sodium		34.02mg	
Carbohydrates		1.98g	
Fiber		0.11g	
Sugar		0.98g	
Protein		0.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.68mg	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

Fajita Chicken Wrap



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15827
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	10 Pound	cook chicken to 165 degrees. cool down to 41 degrees	150160
TORTILLA FLOUR ULTRGR 9IN	50 Each		523610
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
LETTUCE GREEN LEAF	1 Cup	wash and chop lettuce up	284998

Preparation Instructions

place chicken, cheese, lettuce on wrap. Either fold the wrap or put in bowl. Which ever works best for your school.

Meal Components (SLE)

Amount Per Serving

Meat	3.133
Grain	2.250
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		388.75	
Fat		17.97g	
SaturatedFat		9.13g	
Trans Fat*		0.00g	
Cholesterol		105.33mg	
Sodium		699.16mg	
Carbohydrates		33.15g	
Fiber		4.00g	
Sugar		2.00g	
Protein		29.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.80mg	Iron	2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15961
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE GREEN LEAF	4 Ounce	Chop up lettuce	284998
TOMATO GRAPE SWT	4 Each		129631
CARROT BABY WHL PETITE	4 Each		768146
CUCUMBER SELECT	4 Slice	Slice cucumbers	418439

Preparation Instructions

Put all ingredients in bowl

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.875
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		69.15	
Fat		0.20g	
SaturatedFat		0.03g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		122.25mg	
Carbohydrates		16.90g	
Fiber		3.35g	
Sugar		7.25g	
Protein		0.70g	
Vitamin A	429.45IU	Vitamin C	7.63mg
Calcium	89.76mg	Iron	2.41mg

*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:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15815
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	1 #10 CAN	drain corn	118966
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients steam 9-12 mins or until 165 degrees

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	0.540

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	94.56		
Fat	1.99g		
SaturatedFat	0.58g		
Trans Fat*	0.00g		
Cholesterol	2.50mg		
Sodium	150.89mg		
Carbohydrates	18.32g		
Fiber	2.16g		
Sugar	5.39g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	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

Cinnamon Sugar Toast



Servings:	21.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15971
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 OZ WGR SANDWICH BREAD (21C)	21 1 Slice		1292
SUGAR CANE GRANUL	1/4 Teaspoon		108642
SPICE CINNAMON GRND	1/4 Teaspoon		224723

Preparation Instructions

Mix cinnamon and sugar. Spray bread, sprinkle with mixture and toast.2-4 mins

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: 21.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.18		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	12.05g		
Fiber	1.00g		
Sugar	1.05g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita



Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15807
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH STRP FAJT CKD 1/2IN	5 Pound		505765
SEASONING FAJITA MIX	1 Package		518298
PEPPERS GREEN LRG	2 Each	Slice peppers	198757
ONION RED JUMBO	2 Each	slice onions	198722

Preparation Instructions

Mix all together and steam till 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.000
OtherVeg	0.044
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	202.64		
Fat	8.03g		
SaturatedFat	2.01g		
Trans Fat*	0.00g		
Cholesterol	126.67mg		
Sodium	1485.55mg		
Carbohydrates	9.89g		
Fiber	0.30g		
Sugar	0.50g		
Protein	24.16g		
Vitamin A	55.19IU	Vitamin C	12.19mg
Calcium	2.14mg	Iron	1.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat -Elementary



Servings:	477.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15869

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	80 Pound	Brown hamburger and drain water off. must temp at 165 degrees. Cool down.	510599
SPICE CHILI POWDER MILD	1/2 Cup		331473
SAUCE TACO A/P	2 Gallon		222321
SALT IODIZED 12-4 DIAC	6 Fluid Ounce		466483
SEASONING FAJITA MIX	1 Package		518298

Preparation Instructions

Mix all ingredients and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
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: 477.00

Serving Size: 2.00

Amount Per Serving			
Calories		194.26	
Fat		14.76g	
SaturatedFat		5.37g	
Trans Fat*		1.01g	
Cholesterol		53.67mg	
Sodium		241.74mg	
Carbohydrates		1.39g	
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

Refried Beans



Servings:	15.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15958
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1/2 Cup	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.	183910
SPICE CHILI POWDER MEXENE 6-4# BRUCE	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		707553
SPICE ONION POWDER	1 Teaspoon		126993
SPICE CUMIN GRND	1 Teaspoon		273945
CHEESE CHED MLD SHRD FINE	1 Pint		191043

Preparation Instructions

Mix beans according to package. add all other ingredients except cheese. Steam for 15-20 mins until temp reaches 165 degrees. then put cheese on top.

If you cup it , cup before adding cheese then add cheese to top.

Meal Components (SLE)

Amount Per Serving

Meat	0.533
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.110
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	98.26**
Fat	5.13g**
SaturatedFat	2.78g**
Trans Fat*	0.00g**
Cholesterol	16.00mg**
Sodium	244.31mg**
Carbohydrates	7.62g**
Fiber	2.20g**
Sugar	0.00g**
Protein	5.40g**
Vitamin A 48.15IU**	Vitamin C 0.22mg**
Calcium 118.97mg**	Iron 0.64mg**

*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

Yogurt & Graham Crackers elementary



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16064
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER GRHM HNY WGRAIN	2 Package		282471

Preparation Instructions

Place 1 yogurt cup & 3 graham cracker packages in hamburger container.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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		250.00	
Fat		5.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		245.00mg	
Carbohydrates		48.00g	
Fiber		2.00g	
Sugar		18.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15858
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1 #10 CAN		222000
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.539

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		73.00	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		140.11mg	
Carbohydrates		11.86g	
Fiber		3.23g	
Sugar		4.31g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.81mg	Iron	0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asst. Apples



Servings:	250.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16047
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.012
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.02mg		
Carbohydrates	0.22g		
Fiber	0.04g		
Sugar	0.16g		
Protein	0.00g		
Vitamin A	0.83IU	Vitamin C	0.07mg
Calcium	0.09mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Delight



Servings:	96.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16147
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	4 #10 CAN	Drain very well	612448
GELATIN MIX ORNG	1 Package		524638
TOPPING WHIP I/BG	6 Package	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Drain oranges very well. Drain overnight if you can. Thaw out on top over night at least. Mix all together and serve according to your managers instructions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.540
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		66.94	
Fat		0.06g	
SaturatedFat		0.06g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		12.60mg	
Carbohydrates		15.51g	
Fiber		0.00g	
Sugar		12.27g	
Protein		1.10g	
Vitamin A	0.00IU	Vitamin C	0.31mg
Calcium	21.56mg	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

Cookbook for SAFFELL STREET ELEMENTARY

Created by HPS Menu Planner

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Yogurt & Graham Crackers elementary

Bacon Egg and Cheese Biscuit

Spaghetti and Meat Sauce elementary

Grill Cheese

Baked Bean

Coney Sauce

Mac and Cheese

Asst. Apples

Orange Delight

Steamed Broccoli

Ham and Cheese Sub Sandwich

Ham, Turkey Club Sub

Cheeseburger

Sausage Biscuit

String Cheese Box Elementary



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16062
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR	2 Package		112702
CHEESE STRING MOZZ IW	2 Each		786580

Preparation Instructions

Put 2 Goldfish Crackers & 2 String cheese packs in hamburger container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		360.00	
Fat		19.00g	
SaturatedFat		9.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		740.00mg	
Carbohydrates		32.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	396.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli and Cheese



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15803
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SAUCE CHS CHED POUCH 6-106Z LOL	1 1/2 Package		135261

Preparation Instructions

Heat cheese on steam about 15 mini till 165 degrees . Steam broccoli about 5-6 mins till 165 degrees then mix and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.126
Grain	0.000
Fruit	0.000
GreenVeg	0.010
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		151.72	
Fat		10.60g	
SaturatedFat		6.81g	
Trans Fat*		0.00g	
Cholesterol		30.27mg	
Sodium		605.68mg	
Carbohydrates		4.61g	
Fiber		0.04g	
Sugar		0.01g	
Protein		7.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	316.85mg	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

Chicken Fajita



Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15807
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH STRP FAJT CKD 1/2IN	5 Pound		505765
SEASONING FAJITA MIX	1 Package		518298
PEPPERS GREEN LRG	2 Each	Slice peppers	198757
ONION RED JUMBO	2 Each	slice onions	198722

Preparation Instructions

Mix all together and steam till 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.000
OtherVeg	0.044
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	202.64		
Fat	8.03g		
SaturatedFat	2.01g		
Trans Fat*	0.00g		
Cholesterol	126.67mg		
Sodium	1485.55mg		
Carbohydrates	9.89g		
Fiber	0.30g		
Sugar	0.50g		
Protein	24.16g		
Vitamin A	55.19IU	Vitamin C	12.19mg
Calcium	2.14mg	Iron	1.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat -Elementary



Servings:	477.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15869

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	80 Pound	Brown hamburger and drain water off. must temp at 165 degrees. Cool down.	510599
SPICE CHILI POWDER MILD	1/2 Cup		331473
SAUCE TACO A/P	2 Gallon		222321
SALT IODIZED 12-4 DIAC	6 Fluid Ounce		466483
SEASONING FAJITA MIX	1 Package		518298

Preparation Instructions

Mix all ingredients and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
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: 477.00

Serving Size: 2.00

Amount Per Serving			
Calories		194.26	
Fat		14.76g	
SaturatedFat		5.37g	
Trans Fat*		1.01g	
Cholesterol		53.67mg	
Sodium		241.74mg	
Carbohydrates		1.39g	
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

Refried Beans



Servings:	15.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15958
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1/2 Cup	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.	183910
SPICE CHILI POWDER MEXENE 6-4# BRUCE	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		707553
SPICE ONION POWDER	1 Teaspoon		126993
SPICE CUMIN GRND	1 Teaspoon		273945
CHEESE CHED MLD SHRD FINE	1 Pint		191043

Preparation Instructions

Mix beans according to package. add all other ingredients except cheese. Steam for 15-20 mins until temp reaches 165 degrees. then put cheese on top.

If you cup it , cup before adding cheese then add cheese to top.

Meal Components (SLE)

Amount Per Serving

Meat	0.533
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.110
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	98.26**
Fat	5.13g**
SaturatedFat	2.78g**
Trans Fat*	0.00g**
Cholesterol	16.00mg**
Sodium	244.31mg**
Carbohydrates	7.62g**
Fiber	2.20g**
Sugar	0.00g**
Protein	5.40g**
Vitamin A 48.15IU**	Vitamin C 0.22mg**
Calcium 118.97mg**	Iron 0.64mg**

*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

Buttered Corn



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15815
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	1 #10 CAN	drain corn	118966
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients steam 9-12 mins or until 165 degrees

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	0.540

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	94.56		
Fat	1.99g		
SaturatedFat	0.58g		
Trans Fat*	0.00g		
Cholesterol	2.50mg		
Sodium	150.89mg		
Carbohydrates	18.32g		
Fiber	2.16g		
Sugar	5.39g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	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

Peas



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15858
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1 #10 CAN		222000
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.539

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		73.00	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		140.11mg	
Carbohydrates		11.86g	
Fiber		3.23g	
Sugar		4.31g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.81mg	Iron	0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15828
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	1 #10 CAN	Drain carrots	118915
SUGAR BROWN LT	1 Cup		860311
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients in pan steam for 8-10 mins or until 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		70.67	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		269.44mg	
Carbohydrates		14.47g	
Fiber		1.08g	
Sugar		10.16g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.13mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Apples



Servings:	96.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15799
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN		120500
SUGAR BROWN LT 12-2 GFS	1 1/2 Cup		314641
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723
SUGAR CANE GRANUL	1/2 Cup		108642
FLAVORING VANILLA IMIT	1/2 Cup		110736
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		299405

Preparation Instructions

Spray pan, mix all ingredients well. Bake at 350 for 45 mins or until they reach 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.539
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	72.06		
Fat	0.34g		
SaturatedFat	0.22g		
Trans Fat*	0.00g		
Cholesterol	0.94mg		
Sodium	11.03mg		
Carbohydrates	16.93g		
Fiber	1.08g		
Sugar	13.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	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

Glazed Donut



Servings:	84.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15835
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	84 Each	Pan single layer of donuts. Heat on 375 for 6 mins from frozen state.	556582
SUGAR POWDERED 6X	2 Pound		108693
FLAVORING VANILLA IMIT	1 Fluid Ounce		110736
Prairie Farms 1% Low Fat White Milk	1 Each		

Preparation Instructions

Mix all other ingredients then put the glaze on donuts and serve.

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: 84.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		288.93	
Fat		15.60g	
SaturatedFat		7.30g	
Trans Fat*		0.12g	
Cholesterol		0.02mg	
Sodium		306.09mg	
Carbohydrates		32.87g	
Fiber		2.50g	
Sugar		8.78g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Style Green Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15838
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	Drain most of juice off	118737
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691
SPICE ONION POWDER	2 Teaspoon		126993
SPICE GARLIC POWDER	3 Teaspoon		224839

Preparation Instructions

Mix all together, steam for 15-20 mins or until 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.539
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		21.66	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		156.10mg	
Carbohydrates		4.65g	
Fiber		2.16g	
Sugar		2.16g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	3.23mg
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:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15963
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS RDSKN	2 Package	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 30 seconds. 3: Let stand for 5 minutes, stir and serve.	767660
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon		225037
MILK PWD FF INST	1 Cup		311065
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix potatoes with water according to bag instructions. Add dry milk and butter and pepper in 4 in pan steam for 10-15 mins. Must reach 165 degrees

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	0.040

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		16.64	
Fat		0.66g	
SaturatedFat		0.35g	
Trans Fat*		0.00g	
Cholesterol		1.88mg	
Sodium		34.02mg	
Carbohydrates		1.98g	
Fiber		0.11g	
Sugar		0.98g	
Protein		0.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.68mg	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

Fajita Chicken Wrap



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15827
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	10 Pound	cook chicken to 165 degrees. cool down to 41 degrees	150160
TORTILLA FLOUR ULTRGR 9IN	50 Each		523610
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
LETTUCE GREEN LEAF	1 Cup	wash and chop lettuce up	284998

Preparation Instructions

place chicken, cheese, lettuce on wrap. Either fold the wrap or put in bowl. Which ever works best for your school.

Meal Components (SLE)

Amount Per Serving

Meat	3.133
Grain	2.250
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		388.75	
Fat		17.97g	
SaturatedFat		9.13g	
Trans Fat*		0.00g	
Cholesterol		105.33mg	
Sodium		699.16mg	
Carbohydrates		33.15g	
Fiber		4.00g	
Sugar		2.00g	
Protein		29.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.80mg	Iron	2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15961
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE GREEN LEAF	4 Ounce	Chop up lettuce	284998
TOMATO GRAPE SWT	4 Each		129631
CARROT BABY WHL PETITE	4 Each		768146
CUCUMBER SELECT	4 Slice	Slice cucumbers	418439

Preparation Instructions

Put all ingredients in bowl

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.875
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		69.15	
Fat		0.20g	
SaturatedFat		0.03g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		122.25mg	
Carbohydrates		16.90g	
Fiber		3.35g	
Sugar		7.25g	
Protein		0.70g	
Vitamin A	429.45IU	Vitamin C	7.63mg
Calcium	89.76mg	Iron	2.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Graham Crackers elementary



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16064
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER GRHM HNY WGRAIN	2 Package		282471

Preparation Instructions

Place 1 yogurt cup & 3 graham cracker packages in hamburger container.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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		250.00	
Fat		5.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		245.00mg	
Carbohydrates		48.00g	
Fiber		2.00g	
Sugar		18.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg and Cheese Biscuit



Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15865
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	75 Each		462519
CHEESE AMER YEL 160CT SLCD	75 Slice		271411
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	75 Slice		365620
DOUGH BISC STHRN STYL	75 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152

Preparation Instructions

cook eggs ,bacon and biscuit according to direction on package. Once done layer biscuit with egg, bacon and cheese in that order to keep from falling apart.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		300.00	
Fat		18.85g	
SaturatedFat		9.55g	
Trans Fat*		0.02g	
Cholesterol		92.50mg	
Sodium		1035.30mg	
Carbohydrates		24.00g	
Fiber		1.00g	
Sugar		2.50g	
Protein		10.65g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meat Sauce elementary



Servings:	200.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16059
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 Serving		852759
PASTA SPAGHETTI 10IN	3 Package		413370
SPICE ONION POWDER	1 Cup		126993
SPICE GARLIC POWDER	2 Teaspoon		224839
SALT IODIZED 24-26Z GFS	1 Tablespoon 1 Teaspoon (4 Teaspoon)		108308
SPICE OREGANO GRND	1 Cup		513725
SEASONING ITAL HRB	1 Package		428574
VINEGAR APPLE CIDER 5	1/4 Cup		430795
SUGAR CANE GRANUL	1 Quart		108642
BEEF GRND 80/20 PURE FZ	90 Pound	Brown & Drain	510599

Preparation Instructions

Brown Ground Beef cook till reach 165 degrees, drain beef. mix all other ingredients, till reach 165 degrees, except Spaghetti Noodles (cook Separate on steam for 20-25 minutes) Once everything is done combined together.

Meal Components (SLE)

Amount Per Serving

Meat	5.400
Grain	0.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		520.09	
Fat		39.61g	
SaturatedFat		14.40g	
Trans Fat*		2.70g	
Cholesterol		144.00mg	
Sodium		183.24mg	
Carbohydrates		5.15g	
Fiber		0.03g	
Sugar		3.88g	
Protein		0.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	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

Grill Cheese



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15797
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST	4 Fluid Ounce 0 Teaspoon (24 Teaspoon)		651171
24oz Whole Grain Rich Sandwich Bread	48 Slice	READY_TO_EAT	1292
CHEESE AMER YEL 160CT SLCD	96 Slice		271411

Preparation Instructions

Spray sheet pan with buttermist place one bread on pan put 4 cheese slice on top add other slice of bread spray top with buttermist. Cook at 375 for 5-6- mins.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.00	
Fat		19.00g	
SaturatedFat		10.00g	
Trans Fat*		1.00g	
Cholesterol		50.00mg	
Sodium		1080.00mg	
Carbohydrates		16.00g	
Fiber		1.00g	
Sugar		3.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	264.00mg	Iron	4.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Bean



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15800
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN	Drain most of juice off beans	120530
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup		860221
SPICE CHILI POWDER MILD	1/4 Cup		331473
SUGAR BROWN LT 12-2 GFS	1/4 Cup		314641
SAUCE WORCESTERSHIRE	1/4 Cup		109843
SPICE GARLIC POWDER	2 Teaspoon		224839

Preparation Instructions

Mix all ingredients together and bake/steam 30-40 mins or until 165 degrees.

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	0.540
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		176.19	
Fat		1.08g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		240.90mg	
Carbohydrates		32.26g	
Fiber		5.39g	
Sugar		8.54g	
Protein		5.39g	
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

Coney Sauce



Servings:	120.00	Category:	Condiments or Other
Serving Size:	0.25 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15813
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	10 0 Pound	Brown hamburger, drain water off.	510599
SPICE CHILI POWDER MILD	1 1/2 Cup		331473
SAUCE TOMATO	1 0 #10 CAN		306347
SPICE ONION POWDER	1/4 Cup		126993
SUGAR CANE GRANUL	1/2 Teaspoon		108642
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 0 Cup		100129
SPICE GARLIC SALT NO MSG	1/2 Cup		224847
SPICE PEPR RED CAYENNE GRND	1/4 Cup		225088
SPICE CUMIN GRND	2 Teaspoon		273945

Preparation Instructions

Mix all ingredients to hamburger simmer for about 45 minutes till reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.216
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.25 Ounce

Amount Per Serving			
Calories	104.68		
Fat	7.33g		
SaturatedFat	2.67g		
Trans Fat*	0.50g		
Cholesterol	26.67mg		
Sodium	679.13mg		
Carbohydrates	2.81g		
Fiber	0.43g		
Sugar	1.41g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

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

Nutrition - Per 100g

Calories	1477.06		
Fat	103.47g		
SaturatedFat	37.63g		
Trans Fat*	7.05g		
Cholesterol	376.26mg		
Sodium	9582.18mg		
Carbohydrates	39.62g		
Fiber	6.08g		
Sugar	19.93g		
Protein	6.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.81mg

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

Mac and Cheese



Servings:	30.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15848
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	1 Pound	add salt to water add half noodles in a 4in pan with holes. Steam 15-20 min. Drain	229941
SAUCE CHS CHED POUCH 6- 106Z LOL	1/2 Package	heat cheese sauce with milk	135261
Prairie Farms 1% Low Fat White Milk	1 Pint		

Preparation Instructions

Combine milk and cheese over cooked noodles. Serve. Should be 165 degrees and not to get below 135."

Do not over cook noodles they will continue to cook on line.

Meal Components (SLE)

Amount Per Serving

Meat	0.067
Grain	0.533
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		138.06	
Fat		6.08g	
SaturatedFat		3.73g	
Trans Fat*		0.00g	
Cholesterol		17.15mg	
Sodium		330.92mg	
Carbohydrates		14.09g	
Fiber		1.07g	
Sugar		1.53g	
Protein		6.44g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	171.39mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asst. Apples



Servings:	250.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16047
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.012
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.02mg		
Carbohydrates	0.22g		
Fiber	0.04g		
Sugar	0.16g		
Protein	0.00g		
Vitamin A	0.83IU	Vitamin C	0.07mg
Calcium	0.09mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Delight



Servings:	96.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16147
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	4 #10 CAN	Drain very well	612448
GELATIN MIX ORNG	1 Package		524638
TOPPING WHIP I/BG	6 Package	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Drain oranges very well. Drain overnight if you can. Thaw out on top over night at least. Mix all together and serve according to your managers instructions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.540
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		66.94	
Fat		0.06g	
SaturatedFat		0.06g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		12.60mg	
Carbohydrates		15.51g	
Fiber		0.00g	
Sugar		12.27g	
Protein		1.10g	
Vitamin A	0.00IU	Vitamin C	0.31mg
Calcium	21.56mg	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

Steamed Broccoli



Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16180
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1 Gallon		610902
BUTTER SUB	1/2 Package		209810
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037

Preparation Instructions

Mix up and serve according to your kitchens instructions. Steam for 10-12 mins till temp of 165 degrees. Do not over or under cook.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.800
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		43.46	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		159.95mg	
Carbohydrates		10.13g	
Fiber		3.20g	
Sugar		1.07g	
Protein		3.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.33mg	Iron	1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sub Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16170
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" 100% Whole Wheat Hoagie Bun	50 bun		3746
HAM SLCD W/A 8-5 640CT COMM	7 Pound 13 Ounce (125 Ounce)		651470
CHEESE SLCD YEL	50 Slice		334450
LETTUCE LEAF GRN WASHED TRMD	50 Slice	wash and separte	702595
TOMATO 6X6 LRG	50 Slice	wash and slice	199036

Preparation Instructions

Separate buns and place all remaining ingredients on bottom hoagie bun, put top of bun on sandwich

Meal Components (SLE)

Amount Per Serving

Meat	2.549
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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		304.32	
Fat		11.30g	
SaturatedFat		4.57g	
Trans Fat*		0.00g	
Cholesterol		49.39mg	
Sodium		922.76mg	
Carbohydrates		36.85g	
Fiber		5.05g	
Sugar		7.80g	
Protein		20.65g	
Vitamin A	3040.65IU	Vitamin C	9.48mg
Calcium	23.46mg	Iron	8.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham, Turkey Club Sub



Servings:	200.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23975
School:	SAFFELL STREET ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" 100% Whole Wheat Hoagie Bun	200 bun		3746
TURKEY BRST SLCD OVN RSTD	800 Slice		344120
HAM SLCD .5Z	800 Slice		294187
CHEESE AMER YEL 160CT SLCD	200 Slice		271411

Preparation Instructions

Put everything on the hoagie bun and serve. Keep below 40 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	4.667
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00

Amount Per Serving			
Calories		326.67	
Fat		9.17g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		65.83mg	
Sodium		1816.67mg	
Carbohydrates		32.33g	
Fiber		4.00g	
Sugar		6.83g	
Protein		33.17g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	Iron	8.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger



Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23976
School:	SAFFELL STREET ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144- 2.25Z	144 Each	GRILL Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degreef for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851
Hamburger Bun Whole Grain	144 Each	BAKE	3447
CHEESE AMER YEL 160CT SLCD	1 Slice		271411

Preparation Instructions

Pan burgers according to how you do at your school. If you bake it will be at 375 for 10-12 mins or you reach temp of 165 degrees. If you steam, should be 10-15 mins or until 165 degrees.

Pan buns then place burger , cheese in that order on each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.003
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: 144.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.35		
Fat	10.03g		
SaturatedFat	3.52g		
Trans Fat*	0.00g		
Cholesterol	40.09mg		
Sodium	286.74mg		
Carbohydrates	32.01g		
Fiber	3.00g		
Sugar	4.00g		
Protein	19.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.45mg	Iron	10.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16131
School:	SPARROW EARLY CHILDHOOD CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152
SAUSAGE PTY LO SOD CKD	1 Each		277722

Preparation Instructions

Cook sausage and bake biscuit according to each direction. Put one of each together and serve

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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		400.00	
Fat		30.00g	
SaturatedFat		12.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		740.00mg	
Carbohydrates		23.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for SPARROW EARLY CHILDHOOD CENTER

Created by HPS Menu Planner

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Cinnamon Sugar Toast

Asst. Apples

Orange Delight

Asst. Apples

Yogurt & Graham Crackers elementary



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16064
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER GRHM HNY WGRAIN	2 Package		282471

Preparation Instructions

Place 1 yogurt cup & 3 graham cracker packages in hamburger container.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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		250.00	
Fat		5.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		245.00mg	
Carbohydrates		48.00g	
Fiber		2.00g	
Sugar		18.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chilled Fruit



Servings:	24.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16130
School:	SPARROW EARLY CHILDHOOD CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD XL/S	1 Cup		224448
APPLESAUCE IN JCE NSA	1 Cup		610283
ORANGES MAND WHL L/S	1 Cup		117897
PINEAPPLE TIDBITS IN JCE	1 Cup		189979
PEAR SLCD XL/S	1 Cup		262706
FRUIT MIXED DCD IN JCE	1 Cup		610348

Preparation Instructions

open, drain and serve

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.198
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	32.48		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	7.99g		
Fiber	0.40g		
Sugar	7.06g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.77mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15815
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	1 #10 CAN	drain corn	118966
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients steam 9-12 mins or until 165 degrees

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	0.540

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		94.56	
Fat		1.99g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		150.89mg	
Carbohydrates		18.32g	
Fiber		2.16g	
Sugar		5.39g	
Protein		2.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	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

Sausage Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16131
School:	SPARROW EARLY CHILDHOOD CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152
SAUSAGE PTY LO SOD CKD	1 Each		277722

Preparation Instructions

Cook sausage and bake biscuit according to each direction. Put one of each together and serve

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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		400.00	
Fat		30.00g	
SaturatedFat		12.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		740.00mg	
Carbohydrates		23.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meat Sauce elementary



Servings:	200.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16059
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 Serving		852759
PASTA SPAGHETTI 10IN	3 Package		413370
SPICE ONION POWDER	1 Cup		126993
SPICE GARLIC POWDER	2 Teaspoon		224839
SALT IODIZED 24-26Z GFS	1 Tablespoon 1 Teaspoon (4 Teaspoon)		108308
SPICE OREGANO GRND	1 Cup		513725
SEASONING ITAL HRB	1 Package		428574
VINEGAR APPLE CIDER 5	1/4 Cup		430795
SUGAR CANE GRANUL	1 Quart		108642
BEEF GRND 80/20 PURE FZ	90 Pound	Brown & Drain	510599

Preparation Instructions

Brown Ground Beef cook till reach 165 degrees, drain beef. mix all other ingredients, till reach 165 degrees, except Spaghetti Noodles (cook Separate on steam for 20-25 minutes) Once everything is done combined together.

Meal Components (SLE)

Amount Per Serving

Meat	5.400
Grain	0.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		520.09	
Fat		39.61g	
SaturatedFat		14.40g	
Trans Fat*		2.70g	
Cholesterol		144.00mg	
Sodium		183.24mg	
Carbohydrates		5.15g	
Fiber		0.03g	
Sugar		3.88g	
Protein		0.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	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

Glazed Carrots



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15828
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	1 #10 CAN	Drain carrots	118915
SUGAR BROWN LT	1 Cup		860311
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients in pan steam for 8-10 mins or until 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		70.67	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		269.44mg	
Carbohydrates		14.47g	
Fiber		1.08g	
Sugar		10.16g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.13mg	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

Country Style Green Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15838
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	Drain most of juice off	118737
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691
SPICE ONION POWDER	2 Teaspoon		126993
SPICE GARLIC POWDER	3 Teaspoon		224839

Preparation Instructions

Mix all together, steam for 15-20 mins or until 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.539
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		21.66	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		156.10mg	
Carbohydrates		4.65g	
Fiber		2.16g	
Sugar		2.16g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	3.23mg
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

Taco Meat -Elementary



Servings:	477.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15869

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	80 Pound	Brown hamburger and drain water off. must temp at 165 degrees. Cool down.	510599
SPICE CHILI POWDER MILD	1/2 Cup		331473
SAUCE TACO A/P	2 Gallon		222321
SALT IODIZED 12-4 DIAC	6 Fluid Ounce		466483
SEASONING FAJITA MIX	1 Package		518298

Preparation Instructions

Mix all ingredients and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
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: 477.00

Serving Size: 2.00

Amount Per Serving			
Calories		194.26	
Fat		14.76g	
SaturatedFat		5.37g	
Trans Fat*		1.01g	
Cholesterol		53.67mg	
Sodium		241.74mg	
Carbohydrates		1.39g	
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

Refried Beans



Servings:	15.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15958
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1/2 Cup	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.	183910
SPICE CHILI POWDER MEXENE 6-4# BRUCE	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		707553
SPICE ONION POWDER	1 Teaspoon		126993
SPICE CUMIN GRND	1 Teaspoon		273945
CHEESE CHED MLD SHRD FINE	1 Pint		191043

Preparation Instructions

Mix beans according to package. add all other ingredients except cheese. Steam for 15-20 mins until temp reaches 165 degrees. then put cheese on top.

If you cup it , cup before adding cheese then add cheese to top.

Meal Components (SLE)

Amount Per Serving

Meat	0.533
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.110
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	98.26**
Fat	5.13g**
SaturatedFat	2.78g**
Trans Fat*	0.00g**
Cholesterol	16.00mg**
Sodium	244.31mg**
Carbohydrates	7.62g**
Fiber	2.20g**
Sugar	0.00g**
Protein	5.40g**
Vitamin A 48.15IU**	Vitamin C 0.22mg**
Calcium 118.97mg**	Iron 0.64mg**

*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

Broccoli and Cheese



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15803
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SAUCE CHS CHED POUCH 6-106Z LOL	1 1/2 Package		135261

Preparation Instructions

Heat cheese on steam about 15 mini till 165 degrees . Steam broccoli about 5-6 mins till 165 degrees then mix and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.126
Grain	0.000
Fruit	0.000
GreenVeg	0.010
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		151.72	
Fat		10.60g	
SaturatedFat		6.81g	
Trans Fat*		0.00g	
Cholesterol		30.27mg	
Sodium		605.68mg	
Carbohydrates		4.61g	
Fiber		0.04g	
Sugar		0.01g	
Protein		7.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	316.85mg	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

Mac and Cheese



Servings:	30.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15848
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	1 Pound	add salt to water add half noodles in a 4in pan with holes. Steam 15-20 min. Drain	229941
SAUCE CHS CHED POUCH 6- 106Z LOL	1/2 Package	heat cheese sauce with milk	135261
Prairie Farms 1% Low Fat White Milk	1 Pint		

Preparation Instructions

Combine milk and cheese over cooked noodles. Serve. Should be 165 degrees and not to get below 135."

Do not over cook noodles they will continue to cook on line.

Meal Components (SLE)

Amount Per Serving

Meat	0.067
Grain	0.533
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		138.06	
Fat		6.08g	
SaturatedFat		3.73g	
Trans Fat*		0.00g	
Cholesterol		17.15mg	
Sodium		330.92mg	
Carbohydrates		14.09g	
Fiber		1.07g	
Sugar		1.53g	
Protein		6.44g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	171.39mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15858
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1 #10 CAN		222000
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.539

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		73.00	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		140.11mg	
Carbohydrates		11.86g	
Fiber		3.23g	
Sugar		4.31g	
Protein		4.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.81mg	Iron	0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes



Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15963
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS RDSKN	2 Package	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 30 seconds. 3: Let stand for 5 minutes, stir and serve.	767660
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon		225037
MILK PWD FF INST	1 Cup		311065
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix potatoes with water according to bag instructions. Add dry milk and butter and pepper in 4 in pan steam for 10-15 mins. Must reach 165 degrees

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	0.040

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		16.64	
Fat		0.66g	
SaturatedFat		0.35g	
Trans Fat*		0.00g	
Cholesterol		1.88mg	
Sodium		34.02mg	
Carbohydrates		1.98g	
Fiber		0.11g	
Sugar		0.98g	
Protein		0.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.68mg	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

Baked Bean



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15800
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN	Drain most of juice off beans	120530
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup		860221
SPICE CHILI POWDER MILD	1/4 Cup		331473
SUGAR BROWN LT 12-2 GFS	1/4 Cup		314641
SAUCE WORCESTERSHIRE	1/4 Cup		109843
SPICE GARLIC POWDER	2 Teaspoon		224839

Preparation Instructions

Mix all ingredients together and bake/steam 30-40 mins or until 165 degrees.

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	0.540
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		176.19	
Fat		1.08g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		240.90mg	
Carbohydrates		32.26g	
Fiber		5.39g	
Sugar		8.54g	
Protein		5.39g	
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

Cinnamon Sugar Toast



Servings:	21.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15971
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 OZ WGR SANDWICH BREAD (21C)	21 1 Slice		1292
SUGAR CANE GRANUL	1/4 Teaspoon		108642
SPICE CINNAMON GRND	1/4 Teaspoon		224723

Preparation Instructions

Mix cinnamon and sugar. Spray bread, sprinkle with mixture and toast.2-4 mins

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: 21.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.18		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	12.05g		
Fiber	1.00g		
Sugar	1.05g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asst. Apples



Servings:	250.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16047
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.012
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.02mg		
Carbohydrates	0.22g		
Fiber	0.04g		
Sugar	0.16g		
Protein	0.00g		
Vitamin A	0.83IU	Vitamin C	0.07mg
Calcium	0.09mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Delight



Servings:	96.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16147
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	4 #10 CAN	Drain very well	612448
GELATIN MIX ORNG	1 Package		524638
TOPPING WHIP I/BG	6 Package	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Drain oranges very well. Drain overnight if you can. Thaw out on top over night at least. Mix all together and serve according to your managers instructions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.540
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		66.94	
Fat		0.06g	
SaturatedFat		0.06g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		12.60mg	
Carbohydrates		15.51g	
Fiber		0.00g	
Sugar		12.27g	
Protein		1.10g	
Vitamin A	0.00IU	Vitamin C	0.31mg
Calcium	21.56mg	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

Asst. Apples



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16048
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH	1 Piece		582271
APPLE DELICIOUS GOLDEN	1 Piece		200794
APPLE DELICIOUS RED	1 Piece		201367

Preparation Instructions

wash before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.030
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	2.00		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.04mg		
Carbohydrates	0.54g		
Fiber	0.09g		
Sugar	0.39g		
Protein	0.01g		
Vitamin A	2.07IU	Vitamin C	0.18mg
Calcium	0.23mg	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