

Cookbook for Test High School 2

Created by HPS Menu Planner

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Sandwich Turkey Burger MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each		517810
TURKEY BRGR FLAMEBR	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	897690
TOMATO 6X6 LRG	1 Gallon 1 Quart (20 Cup)	1 slice	199001
LETTUCE ICEBERG FS	1 Ounce	1 leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,

,1. Cook chicken patty as directed on package.

,2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.

,3. Serve.

,4. Allow student to select condiment of choice.

,

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		296.58	
Fat		11.58g	
SaturatedFat		3.02g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		421.85mg	
Carbohydrates		29.42g	
Fiber		4.45g	
Sugar		6.01g	
Protein		19.32g	
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	63.70mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Mixed Green MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-107
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG	2 Quart 1/2 Cup (8 1/2 Cup)	+/- 7 lbs	199001
CUCUMBER SELECT	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 10 lbs	198587

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes.
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.840
RedVeg	0.085
OtherVeg	0.300
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		24.23	
Fat		0.09g	
SaturatedFat		0.01g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		1.37mg	
Carbohydrates		5.16g	
Fiber		2.05g	
Sugar		2.71g	
Protein		2.00g	
Vitamin A	160.21IU	Vitamin C	2.97mg
Calcium	33.40mg	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

Salad Cucumber Creamy MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-106
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	3 Quart		429406
VINEGAR WHT DISTILLED 5	1 Cup		629640
SPICE DILL WEED	1/2 Cup		513938
SPICE PEPR WHITE GRND	1 Teaspoon		513776
SPICE ONION MINCED	1/2 Cup		513997
SUGAR CANE GRANUL	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)		108642
CUCUMBER SELECT	4 Gallon	+/- 22 lbs	198587

Preparation Instructions

WASH HANDS.
WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.640
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	63.72		
Fat	2.05g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	19.19mg		
Sodium	97.25mg		
Carbohydrates	12.52g		
Fiber	0.38g		
Sugar	4.52g		
Protein	0.38g		
Vitamin A	69.89IU	Vitamin C	1.87mg
Calcium	14.51mg	Iron	0.23mg

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Nutrition - Per 100g

No 100g Conversion Available

Fries Sweet Potato Crinkle MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-100
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16IN	19 3/4 Pound		628100

Preparation Instructions

- Directions:
- ,1: Wash hands.
 - ,2: Bake french fries according to manufacturer's instructions.
 - ,
 - ,3.17 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		168.53	
Fat		6.32g	
SaturatedFat		1.05g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		252.80mg	
Carbohydrates		25.28g	
Fiber		1.05g	
Sugar		7.37g	
Protein		1.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.60mg	Iron	0.53mg

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-102
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
FULLY COOKED BEEF PATTY CRUMBLES	1 ounces		123209
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, andor microwaved.	517810
TOMATO 6X6 LRG	1 Gallon 1 Quart (20 Cup)	1 Slice	199001
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)	1 Leaf	307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	571720

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	1 3/5 Quart	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
Bongards Pasteurized Blended Pepper Jack Cheese Slice - 160 P - 5#	1 slices		124440

Preparation Instructions

WASH HANDS.
,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.
,1. Cook beef patty as directed on package.
,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.
,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain
,Updated October 2013
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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: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		363.12	
Fat		15.68g	
SaturatedFat		5.06g	
Trans Fat*		1.00g	
Cholesterol		45.50mg	
Sodium		545.10mg	
Carbohydrates		37.51g	
Fiber		5.44g	
Sugar		9.02g	
Protein		18.40g	
Vitamin A	299.88IU**	Vitamin C	4.93mg**
Calcium	77.61mg	Iron	3.12mg

*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	
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Grilled Chicken Salad



Servings:	100.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41644
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	12 Gallon 2 Quart (200 Cup)		600504
CARROT SHRD MED	3 Quart 1 Cup (13 Cup)		313408
CUCUMBER SUPER SELECT	1 Gallon 2 Quart 1 Cup (25 Cup)		592323
TOMATO GRAPE SWT	3 Quart 1 Cup (13 Cup)		129631
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)	READY_TO_EAT Preshredded. Use cold or melted	150250
PRETZEL SFTSTIX BAVRN WGRAIN 72-2Z	100 0		193890

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.065
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 salad			
Amount Per Serving			
Calories		255.68	
Fat		12.55g	
SaturatedFat		5.01g	
Trans Fat*		0.00g	
Cholesterol		80.00mg	
Sodium		546.80mg	
Carbohydrates		12.16g	
Fiber		3.20g	
Sugar		4.53g	
Protein		23.67g	
Vitamin A	6311.93IU	Vitamin C	5.09mg
Calcium	161.57mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Sloppy Joe on WW Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41657
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	22 Pound 11 Ounce (363 Ounce)	132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve. Open bags place in 2 inch pan heat to 140.	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	Remove from freezer day before. Place amount needed for day in plastic container to be ready for service	676151

Preparation Instructions

Directions:

Pour ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Portion is 1 sandwich.

Notes:

1: * See Marketing Guide

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		245.10	
Fat		6.80g	
SaturatedFat		2.20g	
Trans Fat*		0.00g	
Cholesterol		44.00mg	
Sodium		803.80mg	
Carbohydrates		29.00g	
Fiber		3.80g	
Sugar		11.00g	
Protein		17.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41708
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	12 1/2 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	776548
CHEESE CHED MLD SHRD FINE	6 1/4 Pound		191043
LETTUCE SHRD TACO 1/8CUT	1 9/16 Pound		242489
TOMATO ROMA 2	1 Cup		588381
BEAN REFRD VEGTAR	1 Ounce	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.	703753
SAUCE CHS CHED MILD	1 Cup	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Each		133273

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	1.200
Grain	0.020
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.083
Legumes	0.010
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	137.52
Fat	9.52g
SaturatedFat	3.81g
Trans Fat*	0.00g
Cholesterol	22.70mg
Sodium	271.96mg
Carbohydrates	4.78g
Fiber	2.40g
Sugar	1.46g
Protein	8.77g

Vitamin A	37.49IU	Vitamin C	0.25mg
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Calcium	86.28mg	Iron	1.06mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41714
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	300 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
CHEESE AMER 160CT SLCD	100 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)		451730
TORTILLA FLOUR 10" ULTRGR	100 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL BRTHARB	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)	READY_TO_EAT Open, pour and enjoy!	222970

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 1 T of Ranch Dressing on the tortilla, cut 1 slice of American cheese in half and place on tortilla, add 3 pieces of chicken tenders and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving	
Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Wrap			
Amount Per Serving			
Calories		620.00	
Fat		30.00g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		75.00mg	
Sodium		1115.00mg	
Carbohydrates		54.00g	
Fiber		7.00g	
Sugar		8.00g	
Protein		39.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	222.00mg	Iron	4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41715
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TURKEY CN 8/ 2Z	100 Each		681894
Hot Dog Bun, Whole Grain 24 oz/12 ct	100 Each	READY_TO_EAT No baking necessary.	4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat*	0.00g		
Cholesterol	45.00mg		
Sodium	662.60mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	13.00g		
Vitamin A	11.07IU	Vitamin C	0.01mg
Calcium	81.08mg	Iron	10.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41717
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	20 Pound		100158
SALT IODIZED	2 Teaspoon	READY_TO_EAT used to salt food	108286
SPICE PEPR BLK REST GRIND	1 Tablespoon		225061
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR
Tomato Sauce cnd	8 #10 CAN		100334
SEASONING SPAGHETTI ITAL	1 Pint 1/4 Cup (2 1/4 Cup)		413453
PASTA SPAG 51 WGRAIN	7 1/2 Pound		221460
SAUCE SPAGHETTI FCY	4 1/2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759

Preparation Instructions

Brown Ground Beef and drain.

Combine all other ingredients and add to cooked ground beef. Heat to 165F for 15 seconds

Steam spaghetti or boil until almost done.

Combine the pasta and the meat sauce. Serve immediately or hold in warmer at 135F or warmer until ready to portion or serve

Serve using a 8 ounce disher.

Meal Components (SLE)

Amount Per Serving	
Meat	2.388
Grain	1.200
Fruit	0.000
GreenVeg	0.000
RedVeg	2.029
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		430.91	
Fat		14.93g	
SaturatedFat		4.78g	
Trans Fat*		2.39g	
Cholesterol		62.09mg	
Sodium		1235.07mg	
Carbohydrates		52.10g	
Fiber		11.06g	
Sugar		18.57g	
Protein		26.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.84mg	Iron	1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Romaine Side Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41718
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)		451730
TOMATO GRAPE SWT	25 Pound		129631
Cucumber	200 Slice		16P98
Shredded Cheddar Cheese	6 Pound 4 Ounce (100 Ounce)		100003

Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.315
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	140.41		
Fat	9.25g		
SaturatedFat	6.06g		
Trans Fat*	0.00g		
Cholesterol	30.00mg		
Sodium	195.67mg		
Carbohydrates	6.41g		
Fiber	2.39g		
Sugar	4.15g		
Protein	8.01g		
Vitamin A	944.62IU	Vitamin C	15.54mg
Calcium	27.34mg	Iron	0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich and Tomato soup

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 .5 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41719
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	200 Each		380
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT	100018
SOUP TOMATO	4 Gallon 1 Pint 1 Cup (67 Cup)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	100 Gram		827021

Preparation Instructions

Assemble sandwich with 2 pieces of wheat bread and 1 slice of American cheese

Lightly Spray each piece of bread with buttery pan coat spray

Bake in oven (or cook on flat top) at 350 for approx. 10 minutes or until bread is toasted and cheese is melted.

Cut sandwich in half and Serve with tomato soup

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.509
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 .5 sandwich

Amount Per Serving			
Calories	419.80		
Fat	11.80g		
SaturatedFat	5.00g		
Trans Fat*	0.00g		
Cholesterol	25.00mg		
Sodium	1237.20mg		
Carbohydrates	62.80g		
Fiber	5.34g		
Sugar	23.08g		
Protein	13.68g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.80mg	Iron	12.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41737
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1IN 60WHT 40DK	12 Pound		290599
SAUCE ALFREDO FZ	7/8 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661
PASTA LINGUINE 10IN	7 0.04 Pound		413380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		222.11	
Fat		4.05g	
SaturatedFat		1.52g	
Trans Fat*		0.01g	
Cholesterol		49.18mg	
Sodium		147.04mg	
Carbohydrates		24.91g	
Fiber		1.13g	
Sugar		2.07g	
Protein		22.12g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.25mg	Iron	1.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41738
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
3.5 WG Hamburger Bun	100 Each		3354
TOMATO 5X6 XL	100 Slice		438197
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)		307769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		276.55	
Fat		9.55g	
SaturatedFat		2.01g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		552.38mg	
Carbohydrates		23.38g	
Fiber		2.53g	
Sugar		3.88g	
Protein		23.20g	
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	6.75mg	Iron	8.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41739
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	12 Gallon 2 Quart (200 Cup)		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	12 Pound 8 Ounce (200 Ounce)	Weigh	722330
CHIP TORTL RND R/F	100 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.020
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		291.36	
Fat		10.03g	
SaturatedFat		2.14g	
Trans Fat*		0.00g	
Cholesterol		21.45mg	
Sodium		346.56mg	
Carbohydrates		36.15g	
Fiber		6.26g	
Sugar		3.26g	
Protein		13.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.55mg	Iron	1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Casserole



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41746
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	57 Each		206547
Prairie Farms 1% Low Fat White Milk	3 Quart		
Ham, Cubed Frozen	7 Pound		100188-H
SPICE MUSTARD GRND	1 Pint 1 Tablespoon 1 0.030680172444744 Teaspoon (100 Teaspoon)		224928
Cheese, Cheddar Reduced fat, Shredded	1 Quart 1 Pint 1 Cup (7 Cup)		100012
Breadstick, Mozzarella Cheese, Whole Wheat, Frozen	1 breadstick		122934

Preparation Instructions

- EACH 2B PAN:
- 18 eggs
 - 2# diced ham
 - 4 cups milk
 - 2 cups shredded cheese
 - 2 tsp mustard
 - 18 slices bread-cubed
 - Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		93.62	
Fat		5.91g	
SaturatedFat		2.97g	
Trans Fat*		0.00g	
Cholesterol		116.60mg	
Sodium		307.19mg	
Carbohydrates		2.40g	
Fiber		0.01g	
Sugar		1.10g	
Protein		10.19g	
Vitamin A	0.15IU**	Vitamin C	0.03mg**
Calcium	16.21mg	Iron	0.58mg

*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	
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Sandwich Cheesy Bean Twister WGrain MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41763
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5IN	100 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
BEAN REFRD 6-10 ROSARITA	3 1/4 Gallon		293962
TOMATO DCD I/JCE	1 3/5 Gallon		246131
CHEESE CHED MLD SHRD FINE	1 Quart 1 Cup (5 Cup)		191043

Preparation Instructions

- WASH HANDS.
1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
 2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
 3. Roll up to form a log. Cut the log in 1/2.
 4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.

CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.

5. Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		330.40	
Fat		6.88g	
SaturatedFat		1.52g	
Trans Fat*		0.00g	
Cholesterol		6.00mg	
Sodium		877.80mg	
Carbohydrates		53.19g	
Fiber		9.24g	
Sugar		4.09g	
Protein		14.03g	
Vitamin A	18.00IU	Vitamin C	0.00mg
Calcium	170.38mg	Iron	4.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41801
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
TOMATO 6X6 LRG	1 Gallon 1 Quart (20 Cup)	1 Slice	199001
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)	1 Leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

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Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		326.48	
Fat		14.58g	
SaturatedFat		5.02g	
Trans Fat*		1.00g	
Cholesterol		35.00mg	
Sodium		406.80mg	
Carbohydrates		30.40g	
Fiber		5.44g	
Sugar		6.00g	
Protein		18.32g	
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	74.60mg	Iron	3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad Elementary



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41916
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	6 Gallon 1 Quart (100 Cup)		735787
TOMATO GRAPE SWT	1 Gallon 2 Quart 1 Cup (25 Cup)		129631
CARROTS BABY PLD 72-3Z P/L	1 Gallon 2 Quart 1 Cup (25 Cup)		241541
CUCUMBER 1-24CT MARKON	1 Gallon 2 Quart 1 Cup (25 Cup)		238653

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	1.125
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	89.25
Fat	0.13g
SaturatedFat	0.03g
Trans Fat*	0.00g
Cholesterol	0.00mg
Sodium	119.50mg
Carbohydrates	20.25g
Fiber	7.03g
Sugar	10.50g
Protein	2.88g
Vitamin A 23643.94IU	Vitamin C 146.07mg
Calcium 75.74mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Lunchable



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41935
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	100 Each	READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD	1 Gallon 2 Quart 1 Cup (25 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA DIPN CUP	100 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721
PEPPERONI TKY SLCD 15/Z	4 Pound 2 Ounce (66 Ounce)	About 10 slices	276662

Preparation Instructions

Package together in Container.

Note: Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving	
Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Kit			
Amount Per Serving			
Calories		365.10	
Fat		14.25g	
SaturatedFat		5.15g	
Trans Fat*		0.06g	
Cholesterol		35.00mg	
Sodium		983.50mg	
Carbohydrates		40.00g	
Fiber		2.70g	
Sugar		9.50g	
Protein		19.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	245.31mg	Iron	2.63mg

*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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Pepperoni and Pineapple Pizza



Servings:	150.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43993
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	18 3/4 cup, chunks		9354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

Amount Per Serving			
Calories		292.98	
Fat		0.02g**	
SaturatedFat		3.56g	
Trans Fat*		0.00g	
Cholesterol		15.24mg	
Sodium		539.98mg	
Carbohydrates		36.54g	
Fiber		4.23g	
Sugar		11.23g	
Protein		15.10g	
Vitamin A	11.31IU**	Vitamin C	2.13mg
Calcium	243.65mg	Iron	2.73mg

*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 Salad



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44023
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	9 Gallon 1 Quart 1 Pint (150 Cup)		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)		42158

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		42.00	
Fat		2.40g	
SaturatedFat		0.41g	
Trans Fat*		0.00g**	
Cholesterol		0.00mg	
Sodium		279.93mg	
Carbohydrates		4.87g	
Fiber		0.00g	
Sugar		1.00g	
Protein		0.33g	
Vitamin A	20.10IU	Vitamin C	0.89mg
Calcium	11.27mg	Iron	0.09mg

*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

RO - Sloppy Joe Meat



Servings:	420.00	Category:	Entree
Serving Size:	1.00 portion	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44664
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	78 1/2 Pound		110520
SPICE ONION MINCED	1/2 Quart		513997
SPICE GARLIC POWDER	1/2 Cup		224839
SAUCE TOMATO	2 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
WATER DISTILLED	3 Gallon		711143
SPICE MUSTARD GRND	1/2 Cup		224928
SPICE PEPR BLK REG FINE GRIND	1/8 Cup		225037
SUGAR BROWN LT	1 1/4 Pound		860311
RELISH DILL PICKLE FCY	1/2 Gallon		156248
SPICE CHILI POWDER MILD	2/3 Cup		331473

Preparation Instructions

- 1. Brown ground beef and drain.
- 2. Add onions and garlic. Cook for 5 minutes.
- 3. Mix all other ingredients in steam kettle. Cook for 30 minutes.
- 4. Ladle 1 gallon of sauce over meat mixture. Stir well.
- 5. Reheat to 165 degrees, stirring frequently.
- 6. 2 gal = 1 pan

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: 420.00			
Serving Size: 1.00 portion			
Amount Per Serving			
Calories		188.64	
Fat		13.39g	
SaturatedFat		4.46g	
Trans Fat*		2.23g	
Cholesterol		58.02mg	
Sodium		187.24mg	
Carbohydrates		2.09g	
Fiber		0.25g	
Sugar		0.68g	
Protein		15.87g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.76mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Cookie



Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-47820
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	13 Ounce		425311
SUGAR BROWN LT	13 Ounce		860311
MILK WHT 1	1/3 Cup		817801
WHOLE WHEAT FLOUR STONE GROUND	1 Pound		330094
FLOUR A/P	14 Ounce		585203
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Tablespoon		683700
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	108286
BAKING SODA	1 1/2 Teaspoon		513849
BUTTER BLND SLD EURO ZT	1 Cup 1 Tablespoon (17 Tablespoon)	READY_TO_EAT Ready to use.	648560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	145.36		
Fat	4.34g		
SaturatedFat	1.74g		
Trans Fat*	0.00g		
Cholesterol	0.08mg		
Sodium	184.40mg		
Carbohydrates	25.82g		
Fiber	1.23g		
Sugar	13.58g		
Protein	2.17g		
Vitamin A	3.22IU	Vitamin C	0.00mg
Calcium	6.51mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup



Servings:	100.00	Category:	Entree
Serving Size:	1.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50207
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1/2 Cup		488232
Water	1 Serving		Water

Preparation Instructions

Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 cup

Amount Per Serving			
Calories	1.80		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	7.80mg		
Carbohydrates	0.36g		
Fiber	0.02g		
Sugar	0.20g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	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

Tami's Garlic Butter Sauce



Servings:	16.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51043
School:	River Forest Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA	8 Pound		299405
LEMON JUICE 100	1/3 Cup		311227
Spice World Minced Garlic	4 Pound		463998

Preparation Instructions

Roast the garlic with a small amount of olive oil in a convection oven at 350°F for 8-10 minutes. Melt the butter on medium low heat and skim the milk solids at the top to clarify the butter. Add the garlic and lemon juice and whisk to combine.

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: 16.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		1600.00	
Fat		176.00g	
SaturatedFat		112.00g	
Trans Fat*		0.00g	
Cholesterol		480.00mg	
Sodium		0.00mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	1.15mg
Calcium	48.00mg	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

Tami's Chicken and Broccoli Scampi



Servings:	56.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51044
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic Butter Sauce	1 Serving	Roast the garlic with a small amount of olive oil in a convection oven at 350°F for 8-10 minutes. Melt the butter on medium low heat and skim the milk solids at the top to clarify the butter. Add the garlic and lemon juice and whisk to combine.	R-51043
PASTA PENNE WGRAIN	1 Ounce	BOIL Cooking Time: 9 Minutes Pre-cooking time: 5 Minutes	541211
CHIX BRST STRP FC LRG	1 Ounce		219011
BROCCOLI FLORET REG CUT	1 Cup		732478
SPICE PEPR BLK 30 MESH REG GRIND	1 Teaspoon		225045
CHEESE PARM SHVD	1 Ounce		140560
LEMON FCY	1 CT AVG		771309

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	33.69		
Fat	3.32g		
SaturatedFat	2.09g		
Trans Fat*	0.00g		
Cholesterol	9.46mg		
Sodium	8.78mg		
Carbohydrates	0.56g		
Fiber	0.14g		
Sugar	0.05g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.02mg
Calcium	6.72mg	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