

# **Cookbook for Wakarusa Elementary School**

**Created by HPS Menu Planner**

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# Chicken Quesadilla-Homemade

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Seasoned Black Beans

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

## Ingredients

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

## Preparation Instructions

### RECONSTITUTE

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Choice of Juice

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buttered Carrots- Wakarusa

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	55.63		
Fat	3.64g		
SaturatedFat	1.51g		
Trans Fat*	0.00g		
Cholesterol	36.72mg		
Sodium	73.62mg		
Carbohydrates	7.56g		
Fiber	2.52g		
Sugar	3.78g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Fried Rice

Servings:	240.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28332
School:	Nappanee Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	12 Package	N/A	676463
Chicken, Diced, Cooked, Frozen	25 Pound		100101
SALT IODIZED	6 Fluid Ounce	12 Tablespoons	350732

## Preparation Instructions

Spray 6-4B pans well. DO NOT ADD ANY LIQUID.

In each 6-4B pan put 2 packages of fried rice, 4 pounds of diced chicken (divide last pound between pans--approx. 2 2/3 ounces), and 2 Tablespoons of salt. Bake at 325 degrees for 1 hour and 20 minutes covered till temp reaches 170°. Put in pass through warmer until serving time.

Note: Serve 3/4 cup per serving (6oz spoodle or #5 disher). Approx. 40 servings per pan.

Updated 8.9.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>		248.95	
<b>Fat</b>		3.42g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		708.58mg	
<b>Carbohydrates</b>		37.79g	
<b>Fiber</b>		2.80g	
<b>Sugar</b>		2.10g	
<b>Protein</b>		14.20g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<b>Iron</b>	0.49mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Hot Ham & Cheese Sandwich

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	267.00		
Fat	9.00g		
SaturatedFat	4.50g		
Trans Fat*	0.00g		
Cholesterol	33.00mg		
Sodium	752.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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## Nutrition - Per 100g

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No 100g Conversion Available

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# Buttered Green Beans

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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

### Nutrition Facts

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

### Nutrition - Per 100g

No 100g Conversion Available
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# Mashed Potatoes

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

## Ingredients

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

## Preparation Instructions

### RECONSTITUTE

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

### Meal Components (SLE)

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

### Nutrition Facts

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

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## Nutrition - Per 100g

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No 100g Conversion Available

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# Nacho Bean Dip

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

## Ingredients

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

## Preparation Instructions

Spray 4-10B pans well.

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

Mix each pan of all ingredients together well.

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

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

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

Note: 90 servings per pan

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# White Rice

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

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

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

### Nutrition Facts

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

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Buttered Broccoli- Wakarusa

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Taco Salad

Servings:	168.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-52632
School:	Wakarusa Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD	10 Pound	N/A	674312
ONION YELLOW JMBO BAG 2	1/3 Cup		570109
SEASONING TACO	1 1/8 Cup		413429
LETTUCE ROMAINE RIBBONS	16 Pound		451730
Cheese, Cheddar Reduced fat, Shredded	8 Pound		100012
BEAN KIDNEY RED DARK	1 #10 CAN	Drain and rinse in colander.	118761

## Preparation Instructions

Day before service prepare meat

Place Beef crumbles, onion, and taco seasoning in 4B pan and place in steamer 20-30 min with lid off. Once cooked cool down and place in cooler for service for the next day.

For production purposes only put 1/2 the recipe in the 4-B pan for heating. Hold meat in hot cart.

Half of recipe at a time-mix all ingredients together (meat, 8 lbs of lettuce, 4 lbs of cheese, and 1/2 can of kidney beans) by hand in large pan just before serving.

Serve with 8 oz spoodle (1 cup).

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		139.84	
<b>Fat</b>		7.90g	
<b>SaturatedFat</b>		4.48g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		27.14mg	
<b>Sodium</b>		305.36mg	
<b>Carbohydrates</b>		5.94g	
<b>Fiber</b>		2.09g	
<b>Sugar</b>		1.18g	
<b>Protein</b>		12.05g	
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	19.06mg	<b>Iron</b>	1.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Refried Beans

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

## Ingredients

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

## Preparation Instructions

### RECONSTITUTE

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

### Meal Components (SLE)

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

### Nutrition Facts

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

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Butternut Squash

Servings:	45.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52628

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SQUASH BTRNUT DCD 1IN	12 Pound		696134
BUTTER PRINT SLTD GRD AA	1/4 Cup	Melted	191205
SEASONING GARDEN NO SALT	1 Tablespoon		565148
SALT SEA	2 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037

## Preparation Instructions

1. Preheat conventional oven to 400 °F or convection oven to 375 °F.
  2. Place squash evenly on lined sheet pans. Drizzle each pan with ¼ cup melted butter and toss to coat.
  3. Sprinkle each pan with 1 TBSP garden seasoning, 2 tsp, salt, and 1 tsp black pepper.
  - 4.. Bake:  
Conventional oven at 400 °F for 20 minutes.  
Convection oven at 375 °F on low fan for 20 minutes.
  5. Remove pans from oven. Turn and toss the squash, redistributing into an even layer on each sheet pan.
  6. Roast squash another 20 minutes until tender and slightly brown on the edges. Remove squash from pan immediately.
- Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.
7. Portion ½ cup with No. 8 scoop or 4 fl oz spoodle.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		56.89	
<b>Fat</b>		0.98g	
<b>SaturatedFat</b>		0.62g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		2.67mg	
<b>Sodium</b>		105.78mg	
<b>Carbohydrates</b>		13.07g	
<b>Fiber</b>		2.13g	
<b>Sugar</b>		2.13g	
<b>Protein</b>		1.07g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	51.20mg	<b>Iron</b>	0.75mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Penne Alfredo

Servings:	48.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52548
School:	Wakarusa Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE	10 Pound		491074
Chicken, Diced, Cooked, Frozen	2 Pound	USDA Brown Box Commodity	100101

## Preparation Instructions

Place 2 bags of JTM Penne Alfredo in 4B pan with 2 lbs of diced chicken. Steam 15 minutes with no lid. Add lid and steam additional 30 minutes.

Note: Use a #8 dipper

### Meal Components (SLE)

Amount Per Serving	
Meat	1.750
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		193.17	
Fat		7.61g	
SaturatedFat		4.06g	
Trans Fat*		0.03g	
Cholesterol		34.56mg	
Sodium		410.89mg	
Carbohydrates		17.22g	
Fiber		0.06g	
Sugar		4.44g	
Protein		13.28g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	222.22mg	Iron	0.70mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Spaghetti with Meat Sauce

Servings:	300.00	Category:	Entree
Serving Size:	0.67 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22312
School:	Wakarusa Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	10 Package	N/A	573201
BEEF CRUMBLES	25 Pound	5 Packages	581950
SALT SEA	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		748590
SPICE GARLIC POWDER	1 Fluid Ounce 1 1/2 Teaspoon (7 1/2 Teaspoon)		224839
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		225037
SEASONING SPAGHETTI ITAL	1 Cup 2 Fluid Ounce (20 Tablespoon)		413453
PASTA SPAGHETTI CKD	20 Pound	***Non-Whole Grain***	835910

## Preparation Instructions

1. In 4B pan mix together-2 packages spaghetti sauce, 1 package of beef crumbles, 1 tsp salt, 1 1/2 tsp garlic powder, 1 tsp. black pepper, and 4 TBSP. Italian seasoning and heat in steamer for 10-15 minutes. (Will have 5 pans in total).
  2. Add 4 lbs of spaghetti noodles on top of meat sauce. Put back in steamer uncovered for 10 minutes.
  3. Must temp at 160°F.
  4. Serve with 2/3 Cup #6 scoop.
- Note: 60 servings per pan

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.67 Cup

Amount Per Serving			
<b>Calories</b>		207.42	
<b>Fat</b>		8.52g	
<b>SaturatedFat</b>		3.18g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		42.19mg	
<b>Sodium</b>		478.40mg	
<b>Carbohydrates</b>		15.42g	
<b>Fiber</b>		1.54g	
<b>Sugar</b>		3.92g	
<b>Protein</b>		16.01g	
<b>Vitamin A</b>	308.10IU	<b>Vitamin C</b>	9.05mg
<b>Calcium</b>	34.04mg	<b>Iron</b>	2.49mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Chili Beans

Servings:	81.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52657
School:	Wakarusa Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	3 #10 CAN	BAKE	100364
SPICE GARLIC POWDER	1 Fluid Ounce		224839
SPICE CHILI POWDER MILD	1 Fluid Ounce		331473
SPICE MUSTARD GRND	1 Tablespoon		224928
SALT SEA	1 Teaspoon		748590

## 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	0.500
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 81.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		105.38	
Fat		0.96g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		161.98mg	
Carbohydrates		19.16g	
Fiber		4.79g	
Sugar		4.79g	
Protein		6.71g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52643
School:	Wakarusa Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI SLCD CKD	2 Ounce	Weight	680613
BUN SUB SLCD WGRAIN 5IN	1 Each	or use hamburger bun GFS#266546	276142

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	220.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat*	0.00g		
Cholesterol	15.00mg		
Sodium	590.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Creamy Coleslaw

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52629
School:	Wakarusa Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM	1 Quart 1 Cup (5 Cup)	N/A	285218
MAYONNAISE XHVV DUTY	1 1/2 Cup	N/A	106968
HONEY SQZ BTL 16Z	1 Pint		217523
VINEGAR APPLE CIDER 5	3/4 Cup		430795
SALT SEA	1 1/2 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037
COLE SLAW SHRED SEP BAG 1/8IN	5 Pound	Creation Garden #15N53	361300

## Preparation Instructions

1. Dressing: Combine sour cream, mayonnaise, honey, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside for step 3.
  2. Combine green cabbage, purple cabbage, and carrots in a large bowl. Toss lightly.
  3. Pour dressing over vegetable mixture. Stir well.
  4. Transfer coleslaw to steam table pan. For 50 servings, use 2 pans.
- CCP: Cool to 41°F or lower within 4 hours
5. Portion with #8 Disher or 4 oz spoodle (1/2 cup)
- CCP: Hold at 41°F or or below.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		148.67	
<b>Fat</b>		9.28g	
<b>SaturatedFat</b>		3.76g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		23.20mg	
<b>Sodium</b>		153.62mg	
<b>Carbohydrates</b>		15.22g	
<b>Fiber</b>		0.91g	
<b>Sugar</b>		14.31g	
<b>Protein</b>		1.26g	
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	58.47mg	<b>Iron</b>	0.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available