

# **Cookbook for Walton-Verona Elementary**

**Created by HPS Menu Planner**

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# Cereal and Toast-WG



Servings:	3.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44816
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
Toast with Butter	3 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

## Preparation Instructions

Students can take cereal and toast or each one separately.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<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: 3.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		240.00	
<b>Fat</b>		9.67g	
<b>SaturatedFat</b>		1.25g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		265.00mg	
<b>Carbohydrates</b>		35.33g	
<b>Fiber</b>		3.67g	
<b>Sugar</b>		8.67g	
<b>Protein</b>		4.67g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	79.17mg	<b>Iron</b>	8.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fruit-Canned Assorted



Servings:	120.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44306

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1 #10 CAN		610372
PEAR DCD IN JCE	1 #10 CAN		610364
FRUIT COCKTAIL DCD XL/S	1 #10 CAN		258362
ORANGES MAND WHL L/S	1 #10 CAN		117897
PINEAPPLE TIDBITS IN JCE	1 #10 CAN		189979

## Preparation Instructions

Place in 4oz cup  
CCP Hold cold service at 41F or lower

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.512
<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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		71.07	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		2.16mg	
<b>Carbohydrates</b>		16.58g	
<b>Fiber</b>		1.02g	
<b>Sugar</b>		11.36g	
<b>Protein</b>		0.54g	
<b>Vitamin A</b>	61.78IU	<b>Vitamin C</b>	0.80mg
<b>Calcium</b>	12.95mg	<b>Iron</b>	0.36mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Juice Box 100%



Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44298

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	1 Each		698211
JUICE BOX VERY BRY	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX ORNG TANGR 100	1 Each		698251
JUICE BOX FRT PNCH 100	1 Each		698240

## Preparation Instructions

Cold Service 41F or below

## 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: 5.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		64.00	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		8.00mg	
<b>Carbohydrates</b>		16.20g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		14.80g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Peach Cup



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44274

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP	1 Each		232470

## Preparation Instructions

Place in 4 oz cups  
CCP Cold service 41F or below

### Meal Components (SLE)

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

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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## Nutrition - Per 100g

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No 100g Conversion Available

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# Broccoli-Roasted



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47265
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	9 1/4 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB	1/4 Cup		209810
Black Pepper	3/4 Teaspoon	BAKE	24108
DRESSING MIX RNCH	1 Package		192716

## Preparation Instructions

1. Place frozen broccoli in lined sheet pans
2. Add 9 lbs. broccoli per pan (you may need to cut in pieces)
3. Roast at 400F for 8-12 minutes
4. Pour into solid pan and season according to directions.
5. Set on hot line for service
6. Batch cook as needed

CCP Hold at or above 135F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.501
<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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	26.62		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	389.78mg		
<b>Carbohydrates</b>	5.17g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Fruit Medley



Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44280

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGE 113 - 138 CT 1/35 LB CS	1 Each		171871
Banana	1 Each		197769
PEAR 95-110CT MRKN	1 Each		198056

## Preparation Instructions

Wash fruit, slice fruit or serve whole  
Place in bag for service or boat  
CCP Hold for cold service at 41F or lower

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.750
<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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	89.15		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	22.75g		
<b>Fiber</b>	4.03g		
<b>Sugar</b>	10.75g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	120.78IU	<b>Vitamin C</b>	23.30mg
<b>Calcium</b>	25.11mg	<b>Iron</b>	0.23mg

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\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available



# Iced Donut



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44252

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD	1 Each	Thaw	131940
ICING VAN RTU HEAT NICE	1 Fluid Ounce	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

## Preparation Instructions

Thaw donut and drizzle icing on top! Be creative- can make it special by adding a little color :)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		380.00	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		6.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		280.00mg	
<b>Carbohydrates</b>		60.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		36.00g	
<b>Protein</b>		4.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Bagel with Cream Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW	1 Each	thaw	217911
CHEESE CREAM LT CUP	1 Each		124960

## Preparation Instructions

Put items together for service

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.750
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		200.00	
<b>Fat</b>		6.00g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		20.00mg	
<b>Sodium</b>		270.00mg	
<b>Carbohydrates</b>		30.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		7.00g	
<b>Protein</b>		9.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.44mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Grab&Go Deli Turkey Sub



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44304

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Processed, Sliced Yellow	2 Slice		100018
TURKEY BRST DELI SHVD FRSH	2 Ounce		779170
5" Whole Grain Rich Hoagie Bun	1 bun		3737

## Preparation Instructions

Assemble Deli Sub- Hold 41F or lower for service

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	330.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	930.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Baby Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45080
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED	1/2 Cup	Put in 4oz boats for service. Chill	273902

## Preparation Instructions

Cold service 41F or below (Weight of 1/2cup=2.48oz

## 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>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Celery Sticks



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45082
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/2 Cup		478318

## Preparation Instructions

Cold service 41F or below. 1/2cup=2.29oz

## 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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		8.70	
<b>Fat</b>		0.10g	
<b>SaturatedFat</b>		0.05g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		49.60mg	
<b>Carbohydrates</b>		2.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		0.45g	
<b>Vitamin A</b>	278.38IU	<b>Vitamin C</b>	1.92mg
<b>Calcium</b>	24.80mg	<b>Iron</b>	0.13mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti w/ Meatballs with Garlic Breadstick

## K-8



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47833
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	2 Ounce	Cook Pasta accordingly in boiling water 8-10minutes. Drain, lightly toss in oil	654560
MEATBALL CKD .65Z 6-5 COMM	3 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
Spaghetti Sauce	2 Ounce	Heat sauce to 135F or above	852759
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321
CHEESE CHED MLD SHRD FINE	1 Ounce		191043

### Preparation Instructions

CCP Hold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		440.60	
<b>Fat</b>		13.25g	
<b>SaturatedFat</b>		5.13g	
<b>Trans Fat*</b>		0.45g	
<b>Cholesterol</b>		42.00mg	
<b>Sodium</b>		367.94mg	
<b>Carbohydrates</b>		61.02g	
<b>Fiber</b>		3.75g	
<b>Sugar</b>		5.51g	
<b>Protein</b>		21.00g	
<b>Vitamin A</b>	45.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	170.30mg	<b>Iron</b>	3.55mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Juice Box 100%



Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45322
School:	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	1 Each		698211
JUICE BOX VERY BRY	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX ORNG TANGR 100	1 Each		698251
JUICE BOX FRT PNCH 100	1 Each		698240

## 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: 5.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		64.00	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		8.00mg	
<b>Carbohydrates</b>		16.20g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		14.80g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<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

# Biscuit Sandwich Sausage



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44240

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z	1 Each	Basic Preparation CONVENTIONAL OVEN: PREHEAT OVEN TO 325F, HEAT 9 -11 MIN IF FROZEN & 7 - 9 MIN IF THAWED	111341
DOUGH BISC STHRN EZ SPLT	1 Each	Basic Preparation Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake in a convection oven at 325 degrees F for 19-23 minutes.	866920

## Preparation Instructions

CCP Hot Hold 135 F or higher

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		310.00	
<b>Fat</b>		19.00g	
<b>SaturatedFat</b>		8.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		20.00mg	
<b>Sodium</b>		620.00mg	
<b>Carbohydrates</b>		25.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		8.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.96mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Green Bean



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44212
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN	2 #10 CAN		328251
BASE CHIX LO SOD NO MSG	1/4 Cup		580589

## Preparation Instructions

Mix items together and steam to 165F and Hold at 135F or higher  
CCP Heat to 165 F or higher for at least 15 seconds  
CCP Hold at 135 F or higher

## 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>	0.539
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		21.66	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		313.46mg	
<b>Carbohydrates</b>		4.32g	
<b>Fiber</b>		2.16g	
<b>Sugar</b>		2.16g	
<b>Protein</b>		1.08g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.33mg	<b>Iron</b>	0.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mini Sweet Peppers



Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45090

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI	6 Each		667582

## Preparation Instructions

serve in 4oz boat 41 F or below

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.571
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 6.00 Each			
Amount Per Serving			
Calories	34.29		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	8.00g		
Fiber	3.43g		
Sugar	4.57g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.86mg	Iron	0.41mg

\*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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# Cucumber and Baby Tomato



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE 10 COMM	2 Each		749041
CUCUMBER SELECT	1/2 Cup		418439

## Preparation Instructions

Wash cucumber and tomato. • Hold cold foods at 41 °F or below Serve in 4 ounce tray  
1/2cup=3.05 oz

## 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>	0.333
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	7.80		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	54.60IU	<b>Vitamin C</b>	1.46mg
<b>Calcium</b>	8.32mg	<b>Iron</b>	0.15mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44179

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF	1/2 Cup	Can you other variety of fruits	244630
GRANOLA OATHNY BULK	1 Ounce	READY_TO_EAT READY TO EAT	226671

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.119
<b>Grain</b>	1.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		220.26	
<b>Fat</b>		1.68g	
<b>SaturatedFat</b>		0.56g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		3.73mg	
<b>Sodium</b>		171.64mg	
<b>Carbohydrates</b>		47.29g	
<b>Fiber</b>		2.62g	
<b>Sugar</b>		27.75g	
<b>Protein</b>		6.10g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	160.25mg	<b>Iron</b>	1.17mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Fancy Fruit Cup



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45395
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED IQF	1/2 Cup		578614

## Preparation Instructions

Place 1/2 cup in fruit dish  
CCP Hold for cold service at 41F or lower

## 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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	7.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<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

# Uncrustable Small



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44920
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462

## Preparation Instructions

Thaw and serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		300.00	
<b>Fat</b>		16.00g	
<b>SaturatedFat</b>		3.50g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		280.00mg	
<b>Carbohydrates</b>		32.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		15.00g	
<b>Protein</b>		9.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.00mg	<b>Iron</b>	1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tenders with Dinner Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44756
School:	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	3 Piece	Basic Preparation Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890

## Preparation Instructions

- Hold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		360.00	
<b>Fat</b>		9.50g	
<b>SaturatedFat</b>		2.50g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		70.00mg	
<b>Sodium</b>		540.00mg	
<b>Carbohydrates</b>		46.00g	
<b>Fiber</b>		9.00g	
<b>Sugar</b>		10.00g	
<b>Protein</b>		27.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	3.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# PopTart-1ct



Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44294

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Each		695880
PASTRY POP-TART WGRAIN STRAWB	1 Each		695890
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.083
<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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		173.33	
<b>Fat</b>		2.67g	
<b>SaturatedFat</b>		1.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		138.33mg	
<b>Carbohydrates</b>		37.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		14.67g	
<b>Protein</b>		2.00g	
<b>Vitamin A</b>	333.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Applesauce Cup



Servings:	1.00	Category:	Fruit
Serving Size:	4.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44273

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE PLAIN 96-4.5Z COMM	1 Each		645050

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 4.50 Ounce			
Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

# Nutrition - Per 100g

Calories		47.03	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		13.33g	
Fiber		0.78g	
Sugar		11.76g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.92mg	Iron	0.00mg

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

# Cheeseburger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44177

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1 bun		3474
Don Lee Charbroiled Beef Patty	1 Each	CONVECTION 3. Bake a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top) i. MAXIMUM TEMPERATURE 145 DEGREES	93003

## Preparation Instructions

- Don Lee Farms  
Backyard Griller Handling and Preparation Instructions
1. Pan burgers from frozen state on a standard baking pan (pan liners are optional)
  2. Bake in preheated oven (convection or Combi at 350 Degrees)
  3. Bake
    - a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top)
    - i. MAXIMUM TEMPERATURE 145 DEGREES
    - b. 2.25 oz Backyard Griller 10-12 minutes (until grease is bubbling on top)
    - i. MAXIMUM TEMPERATURE 145 DEGREES
  4. Remove from oven
    - a. DO NOT PLACE IN STEAM TABLE PAN
    - b. DO NOT COVER

- c. DO NOT ADD ANY LIQUID OF ANY KIND
5. Immediately begin to bun and wrap sandwiches in foils wrap and place in warmer
6. Best to make burger sandwiches immediately from the oven.
- a. Place on bun wrap in foil wrap the place in steam table pan and into warmer
7. Cook and wrap as many sandwiches as you as possible without letting them cool or lose the grease on the burgers.
- The foil wrapped burger will hold in the warmer up to 4 -5 hours if the warmer is set at 160 degrees.
- CCP Hold hot foods at 135 °F or above

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	402.00		
<b>Fat</b>	22.10g		
<b>SaturatedFat</b>	8.90g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	75.50mg		
<b>Sodium</b>	706.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	23.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	87.50mg	<b>Iron</b>	9.60mg

\*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

# Hamburger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44219
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	1 bun		3474
Don Lee Charbroiled Beef Patty	1 Each	CONVECTION 3. Bake a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top) i. MAXIMUM TEMPERATURE 145 DEGREES	93003

## Preparation Instructions

Don Lee Farms

Backyard Griller Handling and Preparation Instructions

1. Pan burgers from frozen state on a standard baking pan (pan liners are optional)
2. Bake in preheated oven (convection or Combi at 350 Degrees
3. Bake
  - a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top)
  - i. MAXIMUM TEMPERATURE 145 DEGREES
- b. 2.25 oz Backyard Griller 10-12 minutes (until grease is bubbling on top)
  - i. MAXIMUM TEMPERATURE 145 DEGREES
4. Remove from oven
  - a. DO NOT PLACE IN STEAM TABLE PAN
  - b. DO NOT COVER
  - c. DO NOT ADD ANY LIQUID OF ANY KIND

- 5. Immediately begin to bun and wrap sandwiches in foils wrap and place in warmer
- 6. Best to make burger sandwiches immediately from the oven.
  - a. Place on bun wrap in foil wrap the place in steam table pan and into warmer
- 7. Cook and wrap as many sandwiches as you as possible without letting them cool or lose the grease on the burgers.

The foil wrapped burger will hold in the warmer up to 4 -5 hours if the warmer is set at 160 degrees.

- CCPHold hot foods at 135 °F or above

### Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		347.00	
Fat		17.60g	
SaturatedFat		6.40g	
Trans Fat*		0.00g	
Cholesterol		63.00mg	
Sodium		481.00mg	
Carbohydrates		25.00g	
Fiber		2.30g	
Sugar		3.00g	
Protein		20.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	9.60mg

\*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

# Fries-Crinkle Cut K-8



Servings:	160.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44496

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2IN C/C OVEN	30 Pound	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

## 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>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>		100.00	
<b>Fat</b>		3.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		20.00mg	
<b>Carbohydrates</b>		18.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		1.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.30mg

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

## Nutrition - Per 100g

<b>Calories</b>		117.58	
<b>Fat</b>		3.53g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		23.52mg	
<b>Carbohydrates</b>		21.16g	
<b>Fiber</b>		1.18g	
<b>Sugar</b>		1.18g	
<b>Protein</b>		1.18g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.76mg	<b>Iron</b>	0.35mg

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# Broccoli Bites



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51595
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	1/2 Cup		732478

## Preparation Instructions

- Serve in 4oz tray 1/2 cup=1.11oz
- Mix it up some just broccoli, some cauliflower and some mixed!
- Hold cold foods at 41 °F 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>	0.500
<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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		25.00	
<b>Fat</b>		0.25g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		32.50mg	
<b>Carbohydrates</b>		5.50g	
<b>Fiber</b>		2.50g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		2.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.20mg	<b>Iron</b>	0.54mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cauliflower Bites



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45079
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT	1/2 Cup		732494

## Preparation Instructions

- Serve in 4oz tray 1/2cup=1.75oz
- Mix it up some just broccoli, some cauliflower and some mixed!
- Hold cold foods at 41 °F 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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	12.50		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	24.10mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.21mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Eggo Mini Maple Pancakes



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51985
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW	1 Package	Basic Preparation HEAT IN OVENABLE POUCH. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 7-9 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 11-13 MINUTES. MICROWAVE: HEAT FOR 30 SECONDS ON HIGH. DO NOT PLACE POUCHES DIRECTLY ON OVEN RACK OR LET POUCHES TOUCH OVEN SIDES. APPLIANCES MAY VARY, ADJUST ACCORDINGLY.	284831

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>		200.00	
<b>Fat</b>		6.00g	
<b>SaturatedFat</b>		1.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		5.00mg	
<b>Sodium</b>		210.00mg	
<b>Carbohydrates</b>		36.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		12.00g	
<b>Protein</b>		4.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	3.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Lettuce & Tomato Slices



Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44813
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Serving	Place 1 C of Pre washed romaine shredded lettuce in 5 oz bowl. 1 C = 1/2 C Dark Green Veg	451730
TOMATO 6X6 LRG	2 Slice	Rinse Tomato and Air Dry, Slice in equal 1/4 " Slices.. Place 2-1/4 Slices on Lettuce.	199001

## Preparation Instructions

Serve on line for garnish  
CCP 41F 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>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	14.96		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.60mg		
<b>Carbohydrates</b>	3.20g		
<b>Fiber</b>	1.08g		
<b>Sugar</b>	2.20g		
<b>Protein</b>	0.84g		
<b>Vitamin A</b>	599.76IU	<b>Vitamin C</b>	9.86mg
<b>Calcium</b>	10.40mg	<b>Iron</b>	0.20mg

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

## Nutrition - Per 100g

<b>Calories</b>	26.38		
<b>Fat</b>	0.28g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.35mg		
<b>Carbohydrates</b>	5.64g		
<b>Fiber</b>	1.90g		
<b>Sugar</b>	3.88g		
<b>Protein</b>	1.48g		
<b>Vitamin A</b>	1057.80IU	<b>Vitamin C</b>	17.40mg
<b>Calcium</b>	18.34mg	<b>Iron</b>	0.35mg

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



# Eggo Maple Syrup Waffles



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44247

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package	Preheat oven to 450 degrees F. 2. Place frozen waffles flat on baking sheet and heat in the oven for about 5 minutes or until crispy and hot.	284811

## Preparation Instructions

CCP Hot hold 135 or below

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		190.00	
<b>Fat</b>		5.00g	
<b>SaturatedFat</b>		1.50g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		210.00mg	
<b>Carbohydrates</b>		36.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		11.00g	
<b>Protein</b>		4.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	260.00mg	<b>Iron</b>	3.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Galaxy Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47692
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4IN RND WGRAIN	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.	504610

## Preparation Instructions

- Hold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		222.00	
<b>Fat</b>		9.50g	
<b>SaturatedFat</b>		4.80g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		24.00mg	
<b>Sodium</b>		325.40mg	
<b>Carbohydrates</b>		21.00g	
<b>Fiber</b>		2.40g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		11.90g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	222.00mg	<b>Iron</b>	1.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Wrap Turkey and Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46184
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
CHEESE AMER YEL 120CT SLCD	2 Slice		164216
TURKEY BRST DELI SHVD FRSH	2 Ounce		779170

## Preparation Instructions

Start with tortilla shell , Put turkey and sliced cheese on wrap and roll for service- have mustard and mayo packets for student selection

- Hold cold foods at 41 °F or below

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.250
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		390.00	
<b>Fat</b>		16.00g	
<b>SaturatedFat</b>		9.50g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		55.00mg	
<b>Sodium</b>		1300.00mg	
<b>Carbohydrates</b>		36.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		5.00g	
<b>Protein</b>		19.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	274.00mg	<b>Iron</b>	2.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Corn- Steamed



Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44213
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	4 #10 CAN		851329
SEASONING SIX PEPR BLEND	2 Fluid Ounce		229580

## Preparation Instructions

CCP Heat to 165 F or higher for at least 15 seconds  
CCP Hold at 135 F or higher

## 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>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.539

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	64.34		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	55.00mg		
<b>Carbohydrates</b>	12.87g		
<b>Fiber</b>	1.61g		
<b>Sugar</b>	4.83g		
<b>Protein</b>	1.61g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<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



# Galaxy Pizza- Pepperoni



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51983
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4IN RND WGRAIN	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.	504610
PEPPERONI SLCD 16/Z	3 Each		100240

## Preparation Instructions

- Hold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.353
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		248.47	
<b>Fat</b>		11.97g	
<b>SaturatedFat</b>		5.68g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		29.29mg	
<b>Sodium</b>		424.22mg	
<b>Carbohydrates</b>		21.00g	
<b>Fiber</b>		2.40g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		12.78g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	222.00mg	<b>Iron</b>	1.47mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sidekicks Variety



Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44491

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG	1 Each	READY_TO_EAT No prep needed.	863890

## Preparation Instructions

Pull prior to service

## 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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		90.00	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		33.33mg	
<b>Carbohydrates</b>		22.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		18.67g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	1250.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	80.00mg	<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

# Breakfast Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44242

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

## Preparation Instructions

CCP Hot Hold 135 or below

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		200.20	
<b>Fat</b>		7.00g	
<b>SaturatedFat</b>		2.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		15.00mg	
<b>Sodium</b>		320.00mg	
<b>Carbohydrates</b>		26.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		9.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.02mg	<b>Iron</b>	1.69mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Strawberry Cup



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44272

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP	1 Each		655010

## Preparation Instructions

Place in 4 oz bowl  
CCP Cold service 41F or below

### Meal Components (SLE)

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

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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## Nutrition - Per 100g

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No 100g Conversion Available

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# Refried Beans



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44847
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	1/2 Cup		293962

## Preparation Instructions

Basic Preparation  
STEP 1) PLACE BEANS IN A STEAM TABLE PAN. Steam 30 minutes till reach 165F  
CCP Hot Hold 135 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>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		140.00	
<b>Fat</b>		2.00g	
<b>SaturatedFat</b>		0.50g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		530.00mg	
<b>Carbohydrates</b>		23.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		8.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Tortilla chips with Beef Taco and Queso



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44188

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	2 Ounce	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.	722110
CHIP TORTL RND R/F	1 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
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330

## Preparation Instructions

Heat taco meat according to manufacturer directions. CCP: Heat to 155°F or higher for 15 seconds.  
CCP: Hold at hot holding for140°F or higher

Heat cheese sauce according to manufacturer's direction in the steamer or hot water bath.CCP: Heat cheese to 165°F or higher for 15 seconds  
CCP: Hold at 140°F or higher.

To assemble, Place Tortilla Rounds in tray with 2oz queso and 2 oz of taco meat on side

- Hold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.262
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		324.15	
<b>Fat</b>		16.71g	
<b>SaturatedFat</b>		6.64g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		29.78mg	
<b>Sodium</b>		603.18mg	
<b>Carbohydrates</b>		30.11g	
<b>Fiber</b>		3.14g	
<b>Sugar</b>		0.04g	
<b>Protein</b>		9.99g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	250.91mg	<b>Iron</b>	0.64mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Salad Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52200

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
Chicken Salad	1/2 Cup	Combine cooled chicken and all other ingredients CCP Cool to 41 F or lower within 4 hours and chill CCP Hold and cold service 41F or below	R-50492

## Preparation Instructions

Thaw ready cooked chicken and assemble wrap for cold service  
Lay out wraps- add chicken salad and roll up for service  
Cold service 41F or below

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.240
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.073
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		403.11	
<b>Fat</b>		21.33g	
<b>SaturatedFat</b>		5.07g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		59.84mg	
<b>Sodium</b>		537.18mg	
<b>Carbohydrates</b>		34.37g	
<b>Fiber</b>		1.15g	
<b>Sugar</b>		2.79g	
<b>Protein</b>		17.51g	
<b>Vitamin A</b>	40.73IU	<b>Vitamin C</b>	0.28mg
<b>Calcium</b>	56.36mg	<b>Iron</b>	2.04mg

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

## Nutrition - Per 100g

No 100g Conversion Available