

# **Cookbook for Tami Elementary School K-4**

**Created by HPS Menu Planner**

# Table of Contents

**Chicken Patty Sandwich**

**Breakfast English Muffin Sandwich**

**French toast sticks**

**Blueberry Muffin and LF Mozzarella String Cheese**

**Cheeseburger on WW Bun**

**Grilled Chicken Salad**

**Sloppy Joe on WW Bun**

**Nacho Supreme**

**Chicken Wrap**

**Hot Dog on Bun**

**Spaghetti w/ Meat Sauce**

**Romaine Side Salad**

**Grilled Cheese Sandwich and Tomato soup**

**Chicken Alfredo**

**Grilled Chicken Sandwich**

**Taco Salad**

**Breakfast Casserole**

**Sandwich Cheesy Bean Twister WGrain MTG**

**Hamburger Deluxe**

**Side Salad Elementary**

**Pizza Lunchable**

**Pepperoni and Pineapple Pizza**

**Broccoli Salad**

**RO - Sloppy Joe Meat**

**Steamed Broccoli**

**Spaghetti with Meat Sauce**

# Chicken Patty Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3936
School:	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
CHIX PTY BRD WGRAIN 3.26Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
TOMATO 6X6 LRG	100 Slice	1 Slice of Tomato	199001
LETTUCE ICEBERG FS	200 Piece	2 Lettuce leaf's	307769

## Preparation Instructions

- Directions:
- 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= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

### 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>	0.200
<b>OtherVeg</b>	0.333
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	389.81
<b>Fat</b>	14.58g
<b>Saturated Fat</b>	2.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	643.47mg
<b>Carbohydrates</b>	42.07g
<b>Fiber</b>	6.77g
<b>Sugar</b>	6.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	20.32g
<b>Vitamin A</b> 299.88mcg	<b>Vitamin C</b> 4.93mg
<b>Calcium</b> 71.93mg	<b>Iron</b> 3.10mg

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast English Muffin Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41639
School:	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	100 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY GRLLD	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036

## Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

## 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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		170.80	
<b>Fat</b>		5.05g	
<b>Saturated Fat</b>		1.03g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		100.15mg	
<b>Sodium</b>		397.80mg	
<b>Carbohydrates</b>		21.02g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		1.01g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		9.06g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	111.00mg	<b>Iron</b>	1.60mg

## Nutrition - Per 100g

No 100g Conversion Available

# French toast sticks



Servings:	100.00	Category:	Grain
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41641
School:	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	2 Each	Preheat oven to 400 degrees F. Place on flat or shallow pan and bake 10-12 minutes, turning after 5 minutes for more even browning. Convection oven: Bake at 375 degrees for 10 minutes. To fry: Deep fry at 350 degrees for 1-1/2 to 2 minutes or until golden brown.	652370
SYRUP MAPL CUP 100-1.5Z FLVR FRSH	1 0	READY_TO_EAT Open package and dispense onto food item.	346801

## Preparation Instructions

No Preparation Instructions available.



### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.018
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 4.00			
Amount Per Serving			
Calories		2.10	
Fat		0.08g	
Saturated Fat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.60mg	
Carbohydrates		0.30g	
Fiber		0.02g	
Sugar		0.06g	
Added Sugar		0.00g	
Protein		0.05g	
Vitamin A	0.04mcg	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

### Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--

# Blueberry Muffin and LF Mozzarella String Cheese

user image or type unknown

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41642
School:	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	100 Each		557970
CHEESE STRING MOZZ LT IW 168-1Z COMM	100 Each		862680

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		250.00	
Fat		9.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		330.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Sugar		17.00g	
Added Sugar		0.00g	
Protein		10.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	228.00mg	Iron	0.90mg

## Nutrition - Per 100g

---

No 100g Conversion Available

---

# Cheeseburger on WW Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41643
School:	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE UNSPECIFIED Not currently available	658622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHEESE SLCD BLND 6-5 COMM	1 Slice		150600

## Preparation Instructions

COOKING GUIDELINES: Cook from frozen state. Combi-Oven: Preheat oven to 350 F. Bake for 8 - 9 minutes with light steam or until internal temperature reaches 165°F when using a meat thermometer.

CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165°F when using a meat thermometer.

Hold at 140°F

Place 1 beef patty and 1 slice of cheese between hamburger bun to serve.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		310.00	
Fat		12.50g	
Saturated Fat		5.50g	
Trans Fat		0.50g	
Cholesterol		47.50mg	
Sodium		480.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Sugar		4.50g	
Added Sugar		0.00g	
Protein		18.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.08mg

Nutrition - Per 100g

No 100g Conversion Available			
------------------------------	--	--	--

# 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	200 Cup		600504
CARROT SHRD MED	13 Cup		313408
CUCUMBER SELECT	25 Cup		592323
TOMATO GRAPE SWT	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	12 Cup 8 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

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.065
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving			
<b>Calories</b>		252.63	
<b>Fat</b>		12.58g	
<b>Saturated Fat</b>		5.01g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		80.00mg	
<b>Sodium</b>		547.05mg	
<b>Carbohydrates</b>		11.66g	
<b>Fiber</b>		3.28g	
<b>Sugar</b>		4.28g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		23.74g	
<b>Vitamin A</b>	6300.58mcg	<b>Vitamin C</b>	4.86mg
<b>Calcium</b>	158.65mg	<b>Iron</b>	2.95mg

## Nutrition - Per 100g

No 100g Conversion Available

# 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	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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		245.10	
<b>Fat</b>		6.80g	
<b>Saturated Fat</b>		2.20g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		44.00mg	
<b>Sodium</b>		803.80mg	
<b>Carbohydrates</b>		29.00g	
<b>Fiber</b>		3.80g	
<b>Sugar</b>		11.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		17.30g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.80mg

## 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	200 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.	776548
CHEESE CHED MLD SHRD FINE	100 Ounce		191043
LETTUCE SHRD TACO 1/8CUT	24 Ounce		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

<b>Meat</b>	2.000
<b>Grain</b>	0.020
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.083
<b>Beans, Peas, and Lentils</b>	0.010
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		137.52	
<b>Fat</b>		9.52g	
<b>Saturated Fat</b>		3.81g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		22.70mg	
<b>Sodium</b>		271.96mg	
<b>Carbohydrates</b>		4.78g	
<b>Fiber</b>		2.40g	
<b>Sugar</b>		1.46g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		8.77g	
<b>Vitamin A</b>	37.49mcg	<b>Vitamin C</b>	0.25mg
<b>Calcium</b>	86.28mg	<b>Iron</b>	1.06mg

### 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	100 Cup		451730
TORTILLA FLOUR 10IN 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	6 Cup 4 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
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Wrap			
Amount Per Serving			
Calories		610.21	
Fat		30.00g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		75.00mg	
Sodium		1115.00mg	
Carbohydrates		52.04g	
Fiber		6.02g	
Sugar		7.02g	
Added Sugar		0.00g	
Protein		38.02g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	206.34mg	Iron	4.40mg

### 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

<b>Meat</b>	2.000
<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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		290.00	
<b>Fat</b>		11.00g	
<b>Saturated Fat</b>		3.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		45.00mg	
<b>Sodium</b>		662.60mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		5.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		13.00g	
<b>Vitamin A</b>	11.07mcg	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	81.08mg	<b>Iron</b>	10.88mg

## 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	320 Ounce		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	32 Cup	UNPREPARED	000001WTR
Tomato Sauce cnd	81 PICNIC CAN		100334
SEASONING SPAGHETTI ITAL	2 Cup 4 Tablespoon (2 1/4 Cup)		413453
PASTA SPAG 51 WGRAIN	120 Ounce		221460
SAUCE SPAGHETTI FCY	45 PICNIC 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
Beans, Peas, and Lentils	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	
Saturated Fat		4.78g	
Trans Fat		2.39g	
Cholesterol		62.09mg	
Sodium		1235.07mg	
Carbohydrates		52.10g	
Fiber		11.06g	
Sugar		18.57g	
Added Sugar		0.00g	
Protein		26.96g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	33.84mg	Iron	1.58mg

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	100 Cup		451730
TOMATO GRAPE SWT	400 Ounce		129631
Cucumber	200 Slice		16P98
Shredded Cheddar Cheese	100 Ounce		100003

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.315
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		130.62	
<b>Fat</b>		9.25g	
<b>Saturated Fat</b>		6.06g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		195.67mg	
<b>Carbohydrates</b>		4.45g	
<b>Fiber</b>		1.41g	
<b>Sugar</b>		3.17g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		7.03g	
<b>Vitamin A</b>	944.62mcg	<b>Vitamin C</b>	15.54mg
<b>Calcium</b>	11.68mg	<b>Iron</b>	0.31mg

## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Cheese Sandwich and Tomato soup



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	100 Ounce	READY_TO_EAT	100018
SOUP TOMATO	67 Cup	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	100000 Milligram		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

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.509
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 .5 sandwich

Amount Per Serving			
<b>Calories</b>		419.80	
<b>Fat</b>		11.80g	
<b>Saturated Fat</b>		5.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		1237.20mg	
<b>Carbohydrates</b>		62.80g	
<b>Fiber</b>		5.34g	
<b>Sugar</b>		23.08g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		13.68g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.80mg	<b>Iron</b>	12.80mg

## 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	192 Ounce		290599
SAUCE ALFREDO FZ	1 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	112 Ounce		413380

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		222.11	
<b>Fat</b>		4.05g	
<b>Saturated Fat</b>		1.52g	
<b>Trans Fat</b>		0.01g	
<b>Cholesterol</b>		49.18mg	
<b>Sodium</b>		147.04mg	
<b>Carbohydrates</b>		24.91g	
<b>Fiber</b>		1.13g	
<b>Sugar</b>		2.07g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		22.12g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.25mg	<b>Iron</b>	1.53mg

## 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	100 Ounce		307769

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		276.55	
<b>Fat</b>		9.55g	
<b>Saturated Fat</b>		2.01g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		65.00mg	
<b>Sodium</b>		552.38mg	
<b>Carbohydrates</b>		23.38g	
<b>Fiber</b>		2.53g	
<b>Sugar</b>		3.88g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		23.20g	
<b>Vitamin A</b>	187.43mcg	<b>Vitamin C</b>	3.08mg
<b>Calcium</b>	6.75mg	<b>Iron</b>	8.78mg

## 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	200 Cup		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	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
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		271.78	
Fat		10.03g	
Saturated Fat		2.14g	
Trans Fat		0.00g	
Cholesterol		21.45mg	
Sodium		346.56mg	
Carbohydrates		32.24g	
Fiber		4.30g	
Sugar		1.30g	
Added Sugar		0.00g	
Protein		11.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	72.23mg	Iron	1.85mg

### 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	12 Cup		
Ham, Cubed Frozen	112 Ounce		100188-H
SPICE MUSTARD GRND	2 Cup 1 Tablespoon (100 Teaspoon)		224928
Cheese, Cheddar Reduced fat, Shredded	7 Cup		100012

## 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

<b>Meat</b>	2.000
<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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		92.07	
<b>Fat</b>		5.83g	
<b>Saturated Fat</b>		2.92g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		116.40mg	
<b>Sodium</b>		304.98mg	
<b>Carbohydrates</b>		2.28g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		1.08g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		10.09g	
<b>Vitamin A</b>	0.15mcg	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	14.70mg	<b>Iron</b>	0.57mg

## Nutrition - Per 100g

No 100g Conversion Available

# 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	52 Cup		293962
TOMATO DCD I/JCE	25 Cup 9 Tablespoon (1 3/4 Gallon)		246131
CHEESE CHED MLD SHRD FINE	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

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		330.40	
<b>Fat</b>		6.88g	
<b>Saturated Fat</b>		1.52g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		6.00mg	
<b>Sodium</b>		877.80mg	
<b>Carbohydrates</b>		53.19g	
<b>Fiber</b>		9.24g	
<b>Sugar</b>		4.09g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		14.03g	
<b>Vitamin A</b>	18.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	170.38mg	<b>Iron</b>	4.03mg

## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger Deluxe

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41801
<b>School:</b>	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	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS	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

,



## 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>	0.200
<b>OtherVeg</b>	1.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		326.48	
<b>Fat</b>		14.58g	
<b>Saturated Fat</b>		5.02g	
<b>Trans Fat</b>		1.00g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		406.80mg	
<b>Carbohydrates</b>		30.40g	
<b>Fiber</b>		5.44g	
<b>Sugar</b>		6.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		18.32g	
<b>Vitamin A</b>	299.88mcg	<b>Vitamin C</b>	4.93mg
<b>Calcium</b>	74.60mg	<b>Iron</b>	3.10mg

## 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	100 Cup		735787
TOMATO GRAPE SWT	25 Cup		129631
CARROTS BABY PLD 72-3Z P/L	25 Cup		241541
CUCUMBER 1-24CT MARKON	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		119.50mg	
Carbohydrates		20.25g	
Fiber		7.03g	
Sugar		10.50g	
Added Sugar		0.00g	
Protein		2.88g	
Vitamin A	23643.94mcg	Vitamin C	146.07mg
Calcium	75.74mg	Iron	1.00mg

## 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	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	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
Beans, Peas, and Lentils	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	
Saturated Fat		5.15g	
Trans Fat		0.06g	
Cholesterol		35.00mg	
Sodium		983.50mg	
Carbohydrates		40.00g	
Fiber		2.70g	
Sugar		9.50g	
Added Sugar		0.00g	
Protein		19.40g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	245.31mg	Iron	2.63mg

## Nutrition - Per 100g

No 100g Conversion Available

# Pepperoni and Pineapple Pizza

user image or type unknown

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
Beans, Peas, and Lentils	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**	
Saturated Fat		3.56g	
Trans Fat		0.00g	
Cholesterol		15.24mg	
Sodium		539.98mg	
Carbohydrates		36.54g	
Fiber		4.23g	
Sugar		11.23g	
Added Sugar		2.54g	
Protein		15.10g	
Vitamin A	0.68mcg**	Vitamin C	2.13mg
Calcium	243.65mg	Iron	2.73mg

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

## Nutrition - Per 100g

---

No 100g Conversion Available

---

# Broccoli Salad

user-image or type unknown

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	150 Cup		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	18 Cup 12 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
Beans, Peas, and Lentils	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	
Saturated Fat		0.41g	
Trans Fat		0.00g**	
Cholesterol		0.00mg	
Sodium		279.93mg	
Carbohydrates		4.87g	
Fiber		0.00g	
Sugar		1.00g	
Added Sugar		0.00g	
Protein		0.33g	
Vitamin A	20.10mcg	Vitamin C	0.89mg
Calcium	11.27mg	Iron	0.09mg

\*\*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	1256 Ounce		110520
SPICE ONION MINCED	2 Cup		513997
SPICE GARLIC POWDER	8 Tablespoon		224839
SAUCE TOMATO	20 PICNIC 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	48 Cup		711143
SPICE MUSTARD GRND	8 Tablespoon		224928
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon		225037
SUGAR BROWN LT	20 Ounce		860311
RELISH DILL PICKLE FCY	8 Cup		156248
SPICE CHILI POWDER MILD	10 Tablespoon 2 Teaspoon (3/4 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
Beans, Peas, and Lentils	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	
Saturated Fat		4.46g	
Trans Fat		2.23g	
Cholesterol		58.02mg	
Sodium		187.24mg	
Carbohydrates		2.09g	
Fiber		0.25g	
Sugar		0.68g	
Added Sugar		0.00g	
Protein		15.87g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.76mg	Iron	0.10mg

## Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--

# Steamed Broccoli



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47035
School:	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CROWNS 1-20#	50 0	Steam in water	755884

## 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>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Ounce

Amount Per Serving			
<b>Calories</b>		0.00	
<b>Fat</b>		0.00g	
<b>Saturated Fat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		0.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		0.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

## Nutrition - Per 100g

<b>Calories</b>		0.00	
<b>Fat</b>		0.00g	
<b>Saturated Fat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		0.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		0.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Spaghetti with Meat Sauce



Servings:	300.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-47040
School:	Benton Central Jr - Sr High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	320 Ounce		100158
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 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.	573201
PASTA SPAG 51 WGRAIN	320 Ounce		221460
SAUCE TOMATO	81 PICNIC 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
SPICE PEPR BLK REG FINE GRIND	4 Tablespoon		225037
SEASONING ITAL HRB	8 Tablespoon		428574

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER	1 Tablespoon		224839

## Preparation Instructions

1. Brown off the ground beef until cooked completely with no big chunks.
2. Drain off water and fat. Add spices. Mix.
3. Add the bagged meat sauce and tomato sauce.
4. Mix thoroughly. Heat to 165 degrees.
5. In separate pot cook the spaghetti in water with a little oil and salt. Drain.
6. Add pasta to the mixed hot spaghetti sauce.
7. Pan up in #2 pans and hold in hot pass thru until ready to serve.
8. Serve with 6 fl. ounce spoodle.

### Meal Components (SLE)

Amount Per Serving	
Meat	1.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 300.00			
Serving Size: 6.00 Fluid Ounce			
Amount Per Serving			
Calories		289.63	
Fat		9.31g	
Saturated Fat		3.19g	
Trans Fat		0.80g	
Cholesterol		52.13mg	
Sodium		571.89mg	
Carbohydrates		32.53g	
Fiber		4.66g	
Sugar		8.36g	
Added Sugar		0.00g	
Protein		19.26g	
Vitamin A	369.71mcg	Vitamin C	10.86mg
Calcium	30.48mg	Iron	2.76mg

### Nutrition - Per 100g

No 100g Conversion Available			
------------------------------	--	--	--