

Cookbook for Merkley Elementary

Created by HPS Menu Planner

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Assorted Variety of Cereal Kits

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52251
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX RS BKFST KIT	1 Each	N/A	525340
CEREAL LUCKY CHARMS BKFST KIT	1 Each	N/A	525290
CEREAL CINN TST RS BKFST KIT	1 Each	N/A	150471
CEREAL COCO PUFFS BKFST KIT R/S	1 Package	N/A	533130

Preparation Instructions

Note: Kits count as a reimbursable meal but students should be allowed to take milk and additional 1/2 cup of fruit (NOT additional juice though).

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	180.00
Fat	3.38g
Saturated Fat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	35.75g
Fiber	1.50g
Sugar	17.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 300.00mcg	Vitamin C 48.60mg
Calcium 60.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal (2 Ounce)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51936
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB CUP	1 Each	N/A	806114
CEREAL RICE CHEX CINN CUP	1 Each	N/A	105357
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	N/A	105931
CEREAL FRSTD MINI WHE 60CT KELL	1 Each		394244
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	N/A	261799
CEREAL TRIX R/S CUP 2Z 60CT	1 Each		383189
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	N/A	105850
Lucky Charms Reduced Sugar Cup	1 Each		549484

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	107.19
Fat	1.82g
Saturated Fat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	141.99mg
Carbohydrates	21.21g
Fiber	2.02g
Sugar	5.80g
Added Sugar	1.55g
Protein	1.77g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 82.86mg	Iron 3.34mg

Nutrition - Per 100g

No 100g Conversion Available

Cereal Blast Waffle (Choco O'Crisp or Fun N' Fruitti)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51912
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cereal Blast Choco O' Crisp Belgian Waffles, Individually-Wrapped, Frozen	1 Package	N/A	358019
WAFFLE FUN N FRUITTI IW 72-2.4Z	1 Each		353236

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	250.00		
Fat	9.00g		
Saturated Fat	2.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	190.00mg		
Carbohydrates	38.00g		
Fiber	0.00g		
Sugar	17.00g		
Added Sugar	8.00g		
Protein	5.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Variety of Assorted Pop-Tarts® (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52252
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Package		452082
PASTRY POP-TART WGRAIN STRAWB	1 Package		123031
PASTRY POP-TART WGRAIN CINN	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB	1 Package		865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	355.75		
Fat	5.63g		
Saturated Fat	1.83g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	305.00mg		
Carbohydrates	74.50g		
Fiber	5.90g		
Sugar	29.75g		
Added Sugar	0.00g		
Protein	4.58g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	230.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51911
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CINN STRUSL WGRAIN IW	1 Each	N/A	279991
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	190.00
Fat	7.25g
Saturated Fat	1.88g
Trans Fat	0.03g
Cholesterol	22.50mg
Sodium	147.50mg
Carbohydrates	28.50g
Fiber	1.25g
Sugar	14.50g
Added Sugar	0.00g
Protein	2.75g
Vitamin A 3.60mcg	Vitamin C 0.01mg
Calcium 12.94mg	Iron 0.94mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Mini Donut Holes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52265
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE CHOC WGRAIN	1 Each		462415
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	2.12		
Fat	0.09g		
Saturated Fat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.80mg		
Carbohydrates	0.32g		
Fiber	0.02g		
Sugar	0.15g		
Added Sugar	0.15g		
Protein	0.03g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.25mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available

100% All Beef Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15153
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hot Dog bun	1 Each	Thaw if frozen, or serve fresh	53071
FRANKS BEEF 8/	1 Each		417350

Preparation Instructions

WASH HANDS.

Convection oven: 350°F

Conventional oven: 400°F

Steam (preferred method)

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

1. Place 1 hot dog in each bun.
2. Serve within 3 hours.
3. Serve with ketchup, mustard, pickle relish

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	315.21
Fat	18.09g
Saturated Fat	6.33g
Trans Fat	0.53g
Cholesterol	35.00mg
Sodium	754.84mg
Carbohydrates	27.35g
Fiber	2.28g
Sugar	3.59g
Added Sugar	0.00g
Protein	11.17g
Vitamin A 0.07mcg	Vitamin C 0.00mg
Calcium 59.38mg	Iron 2.17mg

Nutrition - Per 100g

No 100g Conversion Available

Merkley Student Salad

Servings:	2.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52994
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	2 Cup		200344
CARROT MATCHSTICK SHRED	4 Tablespoon	Pinch	198161
TOMATO GRAPE SWT	1/4 Cup	2 Each	129631
CUCUMBER SELECT	1/4 Cup	2 Each	198587
CARROT BABY WHL PETITE	1/4 Cup	2 Each	768146
CRACKER GLDFSH XTRA WGRAIN	2 Package	N/A	745481
ROLL YEAST WHE WGRAIN 1.5Z	2 Each		233140
CHEESE AMER SHRD R/F	3/4 Cup	Choice of 1/4 cup serving if taking ham or 1/2 cup serving if doing only cheese	861950
Ham, Cubed Frozen	1 2/9 Ounce	Weight---USDA Brown Box Commodity	100188-H

Preparation Instructions

Each Salad gets put in a clamshell with 1 cup of romaine, 2 Tablespoons Matchstick Carrots (pinch), 2 Grape Tomatoes, 2 Cucumber Slices, 2 Baby Carrots, 1 Package of Goldfish, and 1 Dinner Roll.

Students get a choice of Ham (1.22 ounce weight) and Cheese (1/4 Cup) or Two Cheese Cups (1/2 Cup)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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: 2.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	370.24
Fat	13.83g
Saturated Fat	5.76g
Trans Fat	0.00g
Cholesterol	41.50mg
Sodium	1184.56mg
Carbohydrates	48.11g
Fiber	5.12g
Sugar	12.25g
Added Sugar	0.00g
Protein	20.38g
Vitamin A 2120.85mcg	Vitamin C 4.28mg
Calcium 350.09mg	Iron 2.36mg

Nutrition - Per 100g

No 100g Conversion Available

Sunshine Lunch

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9651

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1 Cup	Grapes, apples, or other fresh fruit options 1/2 cup per serving= 1/2 cup Fruit	
CARROT STIX STRAIGHT CUT	1 Cup	1/2 cup per serving= 1/2 cup Red/Orange vegetable	576646
HUMMUS CUP RSTD RED PEPPER	1 Each	1.50 Meat	601133
HUMMUS CLSC GRAB N GO	1 Each	1 Meat	139603
BREAD ULTRA LOCO WGRAIN 6.5IN	1 Each	cut into pieces/slices 1/2 = 1 Grain	696831
CRACKER CHEEZ-IT WGRAIN IW	1 Each	1 Grain	282422
CRACKER GLDFSH CHED WGRAIN	1 Package	1 Grain	736280
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Each	1 Meat	680130
TURKEY BRST SLCD OVN RSTD	3 Slice	1.5 Meat	689541
TURKEY HAM SLCD .51Z	3 Slice	1 Meat	656891

Preparation Instructions

Use container-GFS#772001- to package the following items-

- *1/2 cup of fresh fruit
- *1/2 cup of carrots
- *1 package of cheese cubes
- *1 hummus cup (either GFS#601133 or GFS#139603)
- *1 package of Goldfish or Cheez-its
- *1/2 of pita flatbread,
- * 3 slices of deli meat rolled up (GFS#689541 or GFS#656891)

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	509.80
Fat	17.07g
Saturated Fat	4.25g
Trans Fat	0.00g
Cholesterol	47.81mg
Sodium	905.28mg
Carbohydrates	64.92g
Fiber	10.64g
Sugar	20.27g
Added Sugar	0.00g
Protein	25.48g
Vitamin A 9891.75mcg	Vitamin C 3.61mg
Calcium 260.04mg	Iron 3.50mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Turkey Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52995
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75IN SLCD	1 2/3 Ounce	5 Slices	394123
Land O Lakes® 50% Reduced Fat American Cheese Slices	2 Slice	Cut into squares	499789
FLATBREAD WGRAIN 6IN 2.2Z	1/2 Each	Cut into half	644182
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	1220.18
Fat	62.75g
Saturated Fat	36.20g
Trans Fat	0.03g
Cholesterol	235.07mg
Sodium	6457.38mg
Carbohydrates	84.00g
Fiber	1.35g
Sugar	29.00g
Added Sugar	0.00g
Protein	85.48g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 2272.61mg	Iron 3.07mg

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9322
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1 3/4 Pound	1 Package	183910
Tap Water	1/2 Gallon		

Preparation Instructions

- 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: Stir and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	188.62		
Fat	1.57g		
Saturated Fat	0.52g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	681.14mg		
Carbohydrates	32.49g		
Fiber	10.48g		
Sugar	0.00g		
Added Sugar	0.00g		
Protein	10.48g		
Vitamin A	0.73mcg	Vitamin C	1.04mg
Calcium	58.63mg	Iron	2.53mg

Nutrition - Per 100g

No 100g Conversion Available

Rice Pilaf

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53000
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	9 Cup	N/A	516371
BASE CHIX	16 Teaspoon	N/A	439606
Tap Water	1 Gallon		
ONION DCD 1/4IN	1/2 Cup		198307
SEASONING NO SALT ORIG	1/3 Cup		844071
SPICE GARLIC POWDER	1/4 Cup		224839
BUTTER ALT LIQ NT	3/4 Cup		614640

Preparation Instructions

Wash Hands-Wear Gloves

1. Add rice to 4" steam pan
2. Add chicken stock (miss water with chicken base) and spices to pan.
3. Cover with White paper & foil.
4. Bake at 300°F for 1 hour 30 minutes or until rice is tender.
5. Temp at 165°F and serve at 4 fl oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
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: 0.50 Cup

Amount Per Serving	
Calories	78.30
Fat	2.30g
Saturated Fat	0.30g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	139.20mg
Carbohydrates	13.21g
Fiber	0.36g
Sugar	0.19g
Added Sugar	0.00g
Protein	1.60g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 2.29mg	Iron 0.36mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sauce

Servings:	64.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53032
School:	Johnston Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX CHS INST	16 Ounce	1 Package	578061
Tap Water	2 Quart		

Preparation Instructions

1. SLOWLY ADD 16 OZ. DRY MIX TO 2 QUARTS HOT WATER WHILE MIXING WITH A WIRE WHIP.
2. MIX WELL UNTIL SMOOTH
3. COVER AND LET STAND 10 MINUTES
4. REMOVE COVER, MIX WELL AND SERVE

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	29.13		
Fat	0.97g		
Saturated Fat	0.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	208.75mg		
Carbohydrates	4.37g		
Fiber	0.00g		
Sugar	0.97g		
Added Sugar	0.00g		
Protein	0.49g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	21.36mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Berries Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51937
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Blueberries, Frozen	1/4 Cup	Thaw and use USDA Brown Box Commodity	110624
Strawberries IQF sliced	1/4 Cup	Thaw and use USDA Brown Box Commodity	110860
CEREAL GRANOLA TSTD OAT	1/4 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Layer Yogurt and berries and then top with Granola for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	1.000
Fruit	0.500
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	271.44
Fat	5.75g
Saturated Fat	0.87g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	156.20mg
Carbohydrates	52.13g
Fiber	3.00g
Sugar	29.42g
Added Sugar	19.69g
Protein	5.73g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51916
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	N/A	661851
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	309.40
Fat	14.57g
Saturated Fat	5.27g
Trans Fat	0.80g
Cholesterol	49.00mg
Sodium	461.00mg
Carbohydrates	26.66g
Fiber	3.27g
Sugar	3.32g
Added Sugar	0.00g
Protein	17.52g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 21.00mg	Iron 2.34mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10329
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	N/A	661851
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Add cheese slice and allow to melt. Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Updated 1.14.25

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 Serving

Amount Per Serving	
Calories	799.39
Fat	42.57g
Saturated Fat	22.77g
Trans Fat	0.80g
Cholesterol	154.00mg
Sodium	3400.94mg
Carbohydrates	54.66g
Fiber	3.27g
Sugar	17.32g
Added Sugar	0.00g
Protein	52.52g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 1140.98mg	Iron 3.04mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Cooked Green Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53002
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Green - canned	1 #10 CAN		100307
SEASONING NO SALT ORIG	6 Tablespoon	3 Fluid Ounce	844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.94		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.89mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Added Sugar	0.00g		
Protein	1.08g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9325
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 Package	613738
Tap Water	17 Cup		

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	76.33		
Fat	0.85g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	313.79mg		
Carbohydrates	14.42g		
Fiber	0.85g		
Sugar	0.00g		
Added Sugar	0.00g		
Protein	1.70g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Cooked Corn

Servings:	27.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53001
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	5 Pound	USDA Brown Box Commodity	100348
SEASONING NO SALT ORIG	6 Tablespoon	3 Fluid Ounce	844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.63		
Fat	1.02g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.02mg		
Carbohydrates	16.39g		
Fiber	2.05g		
Sugar	3.07g		
Added Sugar	0.00g		
Protein	2.05g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52233
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX	15 Ounce		242390
Tap Water	1 Gallon	3 Quarts Boiling and 1 Quart Cool	

Preparation Instructions

STOVE TOP DIRECTIONS:

1. BRING 3 QUARTS OF WATER TO A BOIL.

2. MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.

3. WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.

4. REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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: 64.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	23.73		
Fat	0.95g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	379.69mg		
Carbohydrates	3.80g		
Fiber	0.00g		
Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	1.90mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Warm Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22134

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN	1 Each	***Non-Wole Grain***	135181
ICING VAN RTU HEAT NICE	1 Tablespoon		155722

Preparation Instructions

Bake/prepare cinnamon rolls according to directions on case.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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

Amount Per Serving			
Calories	375.00		
Fat	6.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	340.00mg		
Carbohydrates	73.00g		
Fiber	2.00g		
Sugar	28.50g		
Added Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Eggo® Bites Mini Pancakes

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52727
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGO Whole Grain Mini Confetti Pancakes	1 Each		395303
PANCAKE MINI MAPL IW	1 Package		284831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	200.00		
Fat	6.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	210.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	11.50g		
Added Sugar	0.00g**		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Cooked Carrots

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53003
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	16 Cup	USDA Brown Box Commodity	100352
SEASONING NO SALT ORIG	2 Tablespoon		844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	27.00		
Fat	1.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cooked Rotini Noodles

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52726
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI	1/2 Cup	***Non-Whole Grain***	413360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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 Cup

Amount Per Serving			
Calories	149.25		
Fat	0.75g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	31.34g		
Fiber	1.49g		
Sugar	1.49g		
Added Sugar	0.00g		
Protein	5.22g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.34mg

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53016
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN	N/A	488232
Tap Water	7 Cup		

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN Water. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE at 160-170°F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.625
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	91.30		
Fat	1.01g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	395.64mg		
Carbohydrates	18.26g		
Fiber	1.01g		
Sugar	10.14g		
Added Sugar	0.00g		
Protein	2.03g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.14mg	Iron	0.41mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken or Turkey Noodle Soup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-53006
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX	2 1/2 Cup	N/A	439606
Tap Water	7 3/4 Gallon		
CELERY STALK CLEANED	3 Pound	Chopped	478318
CARROT BABY WHL PETITE	24 Ounce	Chopped	768146
ONION YELLOW JUMBO	28 Ounce	Chopped	109620
SPICE PARSLEY FLAKES	1/2 Cup		259195
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037
McCormick Poultry Seasoning	2 Teaspoon		198271
PASTA NOODL KLUSKI AMISH	2 3/4 Pound	***Non-Whole Grain*** Cook separately. Add 1 pound of noodles to 2 Quarts of boiling water. Cook for 10 minutes.	456632
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 3/16 Pound	N/A	570533

Preparation Instructions

1. Combine stock, celery, carrots, onions, parsley, pepper, and poultry seasoning.
2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.
3. Add chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes.
4. Add cooked noodles.

CCP: Heat 165°F or higher for at least 15 seconds

5. Pour into medium steam table pan. For 100 servings, use 6 pans.

5. Portion with 1 cup

CCP: Hold for hot service at 135°F or higher

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.250
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 Cup

Amount Per Serving	
Calories	98.04
Fat	2.35g
Saturated Fat	0.60g
Trans Fat	0.00g
Cholesterol	37.96mg
Sodium	1012.31mg
Carbohydrates	11.83g
Fiber	0.73g
Sugar	2.00g
Added Sugar	0.00g
Protein	6.43g
Vitamin A 61.25mcg	Vitamin C 1.01mg
Calcium 10.63mg	Iron 0.69mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Grilled Cheese Sandwich

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53044
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ NT	1/2 Cup		614640
BREAD WGRAIN SLCD 1/2IN	40 Slice	N/A	231053
Land O Lakes® 50% Reduced Fat American Cheese Slices	80 Slice		499789

Preparation Instructions

Put 4 fluid ounce liquid butter alternative spread on sheet pan, then 20 slices wheat bread, 4 slices of American cheese top with 20 bread slices and spray top with buttermist.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	388.00		
Fat	15.60g		
Saturated Fat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1212.00mg		
Carbohydrates	48.00g		
Fiber	4.00g		
Sugar	8.00g		
Added Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	442.40mg	Iron	2.20mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52235
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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	384.40
Fat	15.57g
Saturated Fat	2.97g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	735.00mg
Carbohydrates	40.66g
Fiber	5.27g
Sugar	4.32g
Added Sugar	0.00g
Protein	19.52g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 35.00mg	Iron 3.34mg

Nutrition - Per 100g

No 100g Conversion Available

Breaded Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9515
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	N/A	327080
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

Wash hands and put on gloves. Cook from frozen. Line chicken patties on tray/rack that is lined with parchment paper. Bake at 350°F for 8-10 minutes or until internal temp reads 165°F. Put one chicken patty on WG bun and serve.

Offer condiments.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Serving

Amount Per Serving			
Calories	374.40		
Fat	15.57g		
Saturated Fat	2.97g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	625.00mg		
Carbohydrates	40.66g		
Fiber	4.27g		
Sugar	4.32g		
Added Sugar	0.00g		
Protein	18.52g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.34mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Sunchips®

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52725
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP MULTIGR ORIG	1 Package	N/A	864640
CHIP GARDEN SALSA	1 Package	N/A	696900
CHIP HARV CHED	1 Package	N/A	105260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	140.00		
Fat	6.00g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	2.00g		
Added Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork

Servings:	28.00	Category:	Entree
Serving Size:	2.00 ounce weight (cooked)	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-53004

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Region Roots-Fischer Farms Pulled Pork	5 Pound		RRPork1
JUICE APPLE 100 FRSH	1 Each		118921

Preparation Instructions

Note: Product Formulation Statement 2.78 ounce raw meat = 2 ounce cooked meat that is 2 oz equivalents of Meat/Meat Alternative

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 28.00

Serving Size: 2.00 ounce weight (cooked)

Amount Per Serving			
Calories	346.57		
Fat	26.58g		
Saturated Fat	0.00g		
Trans Fat	9.34g		
Cholesterol	82.61mg		
Sodium	459.76mg		
Carbohydrates	1.90g		
Fiber	0.72g		
Sugar	0.43g		
Added Sugar	0.00g		
Protein	22.99g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.77mg	Iron	1.37mg

Nutrition - Per 100g

No 100g Conversion Available