

Cookbook for Highland Middle School

Created by HPS Menu Planner

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Variety of Assorted Pop-Tarts®

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10659
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG	1 Each		452062

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		170.00	
Fat		2.83g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		118.33mg	
Carbohydrates		36.33g	
Fiber		3.00g	
Sugar		14.67g	
Added Sugar		14.33g	
Protein		2.00g	
Vitamin A	166.67mcg	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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

Assorted Variety of Muffin

Servings:	4.00	Category:	Entree
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

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			
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Hot & Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52236
School:	Highland High School		

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

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		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			
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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

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52723
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	N/A	261737
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RAISIN BRAN BWL	1 Each		247197
Lucky Charms Reduced Sugar	1 Each		549485

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: 11.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		99.20	
Fat		1.41g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		127.24mg	
Carbohydrates		21.45g	
Fiber		2.02g	
Sugar		5.27g	
Added Sugar		1.64g	
Protein		1.85g	
Vitamin A	27.27mcg	Vitamin C	0.33mg
Calcium	61.53mg	Iron	4.96mg

Nutrition - Per 100g

No 100g Conversion Available

Chef Chicken Salad-Middle School

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52724
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	2 5/11 Ounce	USDA Brown Box Commodity Thaw 2.45 ounce = 1 Fillet	110921
SEASONING NO SALT ORIG	1 Teaspoon		844071
LETTUCE ROMN BLND SEP BAG	2 Cup		414166
TOMATO CHERRY	1/8 Cup	5 each	169275
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CROUTON CHS GARL WGRAIN	2 Package		661022

Preparation Instructions

Thaw Chicken Fillet. Season with 1 tsp of Mrs. Dash. Chop up Chicken Fillet and put into a 4 oz souffle cup. In salad container put 2 cups of salad blend and top with approx. 5 cherry tomato. Place souffle cup with chicken, 1 package of Goldfish and 2 packages of Crouton.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
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		343.51	
Fat		10.00g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		65.00mg	
Sodium		704.24mg	
Carbohydrates		36.78g	
Fiber		1.59g	
Sugar		5.19g	
Added Sugar		0.00g	
Protein		27.46g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	64.63mg	Iron	2.75mg

Nutrition - Per 100g

No 100g Conversion Available	
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Seasoned Steamed Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52992
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG	50 Cup	Approximate 18 lbs	285680
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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		22.39	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		33.58mg	
Carbohydrates		5.22g	
Fiber		2.24g	
Sugar		2.99g	
Added Sugar		0.00g	
Protein		0.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.85mg	Iron	0.27mg

Nutrition - Per 100g

No 100g Conversion Available			
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Sunshine Yogurt Lunch

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52993
School:	Highland Middle School		

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		576646
BREAD ULTRA LOCO WGRAIN 6.5IN	1 Each	cut into pieces/slices 1/2 piece = 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	2 Each		680130
YOGURT DANIMAL STRAWB N/F	2 Each	1 Meat	885750

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 package of Goldfish or Cheez-its

*1/2 of pita flatbread,

*1 cup of Yogurt

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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		426.65	
Fat		12.00g	
Saturated Fat		4.75g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		504.25mg	
Carbohydrates		65.54g	
Fiber		6.64g	
Sugar		28.27g	
Added Sugar		0.00g	
Protein		15.46g	
Vitamin A	9881.47mcg	Vitamin C	3.60mg
Calcium	430.52mg	Iron	1.60mg

Nutrition - Per 100g

No 100g Conversion Available

Deli Sandwich Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9652
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD .51Z	3 Slice	Equals 1 Meat If using USDA Commodity Brown Box Ham-USDA 100187 1.22 ounce weight is needed	656891
TURKEY BRST SLCD OVN RSTD	2 Slice	Equals 1 Meat If using USDA Commodity Brown Box Turkey-USDA 111900 1.43 ounce weight is needed	689541
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice	Equals 1/2 Meat	499789
STEAK BUN, WHITE WHEAT, 6.5"	1 Each	Alpha Sub Bun	31401
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
Variety of Fruit	1/2 Cup	N/A	
MUSTARD PKT	1 Each		792365
MAYONNAISE LT PKT	1 Each	N/A	188741

Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Portion turkey and ham and place on sub bun and then add 1 slice cheese. Package sandwich with 1/2 cup of fruit, 1 package of mustard, and 1 package of mayo. Chill in refrigerator until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
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 Serving

Amount Per Serving			
Calories		514.60	
Fat		15.95g	
Saturated Fat		3.65g	
Trans Fat		0.00g	
Cholesterol		83.54mg	
Sodium		1408.29mg	
Carbohydrates		61.20g	
Fiber		3.21g	
Sugar		16.52g	
Added Sugar		0.00g	
Protein		32.04g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	166.00mg	Iron	2.58mg

Nutrition - Per 100g

No 100g Conversion Available

Biscuits & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9622
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	N/A	631902
GRAVY SAUS CNTRY STYLE	1/4 Cup	N/A	125350

Preparation Instructions

Wash hand and put on gloves.

BISCUITS

For best results, thaw at least 2 hours at room temperature prior to heating. Place in warmer at 180 degrees prior to service.

GRAVY

Place gravy steam table pan and steam until product reaches 165 degrees. Product may also be poured into a steam table pan and steamed in a combi oven until desired temp of 165 degrees is reached.

Gravy is ladled over split biscuit.

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 Serving

Amount Per Serving			
Calories		270.00	
Fat		13.50g	
Saturated Fat		8.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		660.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Sugar		2.00g	
Added Sugar		0.00g	
Protein		6.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	175.00mg	Iron	1.50mg

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

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	0.212

Nutrition Facts

Servings Per Recipe: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		32.23	
Fat		0.36g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		146.72mg	
Carbohydrates		6.06g	
Fiber		0.36g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.72g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.56mg	Iron	0.11mg

Nutrition - Per 100g

No 100g Conversion Available	
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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			
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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

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

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

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	
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