

Cookbook for Warren Elementary

Created by HPS Menu Planner

Table of Contents

Assorted Variety of Cereal Kits

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

Variety of Assorted Pop-Tarts® (2 count)

Assorted Variety of Muffin

Assorted Mini Donut Holes

100% All Beef Hot Dog on WG Bun

Sunshine Lunch

Warren Student Salad

Homemade Turkey Lunchable (Warren)

Assorted Variety of Cereal (2 Ounce)

Cheeseburger on Bun

Hamburger on Bun

Fresh Berries Yogurt Parfait

Refried Beans

Mashed Potatoes

Chicken Gravy

Buttered Corn

Warm Cinnamon Roll

Eggo® Bites Mini Pancakes

Breaded Spicy Chicken Sandwich

Chicken Patty Sandwich

Assorted Sunchips®

Seasoned Green Beans

Cooked Rotini Noodles

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

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:	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

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

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

Warren Student Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53008
School:	Warren Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CUCUMBER SELECT	1/8 Cup	1 Slice Each	198587
TOMATO GRAPE SWT	1/8 Cup	3 Each	129631
CARROT BABY WHL PETITE	1/8 Cup	2 Each	768146
Savory Bites Wheat Crackers	1 Each		74131
CHEESE AMER SHRD R/F	1/4 Cup	N/A	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, 3 Grape Tomatoes, 1 Cucumber Slices, 2 Baby Carrots, 1 Package of Savory Crackers.

Students get Ham (1.22 ounce weight) and Cheese (1/4 Cup)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		309.28	
Fat		12.58g	
Saturated Fat		4.51g	
Trans Fat		0.00g	
Cholesterol		33.00mg	
Sodium		1107.52mg	
Carbohydrates		39.04g	
Fiber		4.77g	
Sugar		8.71g	
Added Sugar		4.00g	
Protein		16.29g	
Vitamin A	209.12mcg	Vitamin C	3.59mg
Calcium	232.30mg	Iron	1.62mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Turkey Lunchable (Warren)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53072
School:	Warren Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75IN SLCD	1 2/3 Ounce	5 Slices	394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	N/A	680130
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422
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		340.15	
Fat		14.75g	
Saturated Fat		5.75g	
Trans Fat		0.00g	
Cholesterol		45.08mg	
Sodium		745.75mg	
Carbohydrates		29.00g	
Fiber		1.00g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		21.53g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	314.00mg	Iron	1.60mg

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	
------------------------------	--

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

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

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

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	
------------------------------	--

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

Buttered Corn

Servings:	66.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53084

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	12 Pound	N/A	285620
BUTTER ALT LIQ NT	2/3 Cup		614640

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: 66.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		116.46	
Fat		3.24g	
Saturated Fat		0.41g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		12.99mg	
Carbohydrates		20.36g	
Fiber		0.97g	
Sugar		4.85g	
Added Sugar		0.00g	
Protein		2.91g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.16mg	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

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 wands 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

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			
------------------------------	--	--	--

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	
------------------------------	--

Seasoned Green Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52231
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	2 #10 CAN		273856
BUTTER ALT LIQ NT	1/2 Cup		614640
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	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		41.56	
Fat		2.33g	
Saturated Fat		0.42g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		250.44mg	
Carbohydrates		3.23g	
Fiber		2.16g	
Sugar		1.08g	
Added Sugar		0.00g	
Protein		1.08g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	24.96mg	Iron	0.41mg

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			
------------------------------	--	--	--