

Cookbook for Tami Elementary School K-4

Created by HPS Menu Planner

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Eggs Scrambled USDA



| | | | |
|---------------|--------------------|----------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 #16 Scoop | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-1601 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|--------------|-------------------|------------|
| EGG SHL LRG A GRD | 100 Each | | 206539 |
| MILK PWD FF INST | 6 1/2 Ounce | | 311065 |
| SALT KOSHER 12-3 DIAC | 1 Tablespoon | | 424307 |

Preparation Instructions

- Directions:
- WASH HANDS.
1. Beat eggs thoroughly.
 2. Add milk and salt. Mix until well blended.
 3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
 4. Bake:
Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.
Convection oven: 300 degrees F for 15 mintues. Stir once after 10 minutes.
DO NOT OVERCOOK
CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.
 5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
 6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
 7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.
Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)
 8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

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: 100.00

Serving Size: 1.00 #16 Scoop

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | | 54.65 | |
| Fat | | 2.78g | |
| Saturated Fat | | 0.83g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 103.76mg | |
| Sodium | | 97.11mg | |
| Carbohydrates | | 2.36g | |
| Fiber | | 0.00g | |
| Sugar | | 2.36g | |
| Added Sugar | | 0.00g | |
| Protein | | 4.91g | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 73.79mg | Iron | 0.52mg |

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

| | |
|---------------------------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

| | |
|---------------------------------|-------|
| Meat | 1.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.315 |
| 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 | | 130.62 | |
| Fat | | 9.25g | |
| Saturated Fat | | 6.06g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 30.00mg | |
| Sodium | | 195.67mg | |
| Carbohydrates | | 4.45g | |
| Fiber | | 1.41g | |
| Sugar | | 3.17g | |
| Added Sugar | | 0.00g | |
| Protein | | 7.03g | |
| Vitamin A | 944.62mcg | Vitamin C | 15.54mg |
| Calcium | 11.68mg | Iron | 0.31mg |

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41801 |
| School: | 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

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Meal Components (SLE)

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.200 |
| OtherVeg | 1.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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 | 12 1/2 Pound | 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 | 6 1/4 Pound | | 191043 |
| LETTUCE SHRD TACO 1/8CUT | 1 9/16 Pound | | 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

| | |
|---------------------------------|-------|
| Meat | 2.000 |
| Grain | 0.020 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.083 |
| Beans, Peas, and Lentils | 0.010 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

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 | | | |
|------------------------------|--|--|--|

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

| | |
|---------------------------------|-------|
| 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: 100.00

Serving Size: 1.00 Each

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

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 | 12 Pound | | 290599 |
| SAUCE ALFREDO FZ | 7/8 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 | 7 0.04 Pound | | 413380 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat | 2.000 |
| 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 Cup

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

| | |
|---------------------------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.125 |
| OtherVeg | 0.250 |
| 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 | | 276.55 | |
| Fat | | 9.55g | |
| Saturated Fat | | 2.01g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 65.00mg | |
| Sodium | | 552.38mg | |
| Carbohydrates | | 23.38g | |
| Fiber | | 2.53g | |
| Sugar | | 3.88g | |
| Added Sugar | | 0.00g | |
| Protein | | 23.20g | |
| Vitamin A | 187.43mcg | Vitamin C | 3.08mg |
| Calcium | 6.75mg | Iron | 8.78mg |

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

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 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

| | |
|---------------------------------|-------|
| Meat | 1.000 |
| 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: 100.00

Serving Size: 1.00 Each

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

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 | 7 Pound | | 100188-H |
| SPICE MUSTARD GRND | 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

| | |
|---------------------------------|-------|
| 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: 100.00

Serving Size: 1.00 Cup

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

Nutrition - Per 100g

No 100g Conversion Available