

Cookbook for Southridge 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

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		350.75	
Fat		5.63g	
Saturated Fat		1.83g	
Trans Fat		0.03g	
Cholesterol		0.00mg	
Sodium		267.50mg	
Carbohydrates		73.75g	
Fiber		5.90g	
Sugar		29.50g	
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

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 Or GFS#112702	736280
CHEESE COLBY JK CUBE IW 200-1Z LOL	2 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)

Updated 5.2.25

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		554.80	
Fat		20.57g	
Saturated Fat		6.25g	
Trans Fat		0.00g	
Cholesterol		57.81mg	
Sodium		995.28mg	
Carbohydrates		65.42g	
Fiber		10.64g	
Sugar		20.27g	
Added Sugar		0.00g	
Protein		28.98g	
Vitamin A	9891.75mcg	Vitamin C	3.61mg
Calcium	357.04mg	Iron	3.50mg

Nutrition - Per 100g

No 100g Conversion Available

Southridge Student Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53034
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CUCUMBER SUPER SELECT	1/8 Cup	4 slices	592323
TOMATO GRAPE SWT	1/8 Cup	3 Each	129631
CARROT MATCHSTICK SHRED	2 Tablespoon	Pinch	198161
CHEESE AMER SHRD R/F	1/4 Cup		861950
Ham, Cubed Frozen	1 2/9 Ounce	Weight---USDA Brown Box Commodity	100188-H
CRACKER GLDFSH XTRA WGRAIN	1 Package	N/A	745481

Preparation Instructions

WASH HANDS---WEAR GLOVES

1. Wash vegetables.
2. Put 1 cup of lettuce in 12 oz bowl.
3. Add cucumber slices, grape tomatoes, and shredded carrots.
4. Put 1 oz. diced ham and 1 oz weight (1/4 cup) in 2 oz, souffle cups.
5. Give 1 bag of Goldfish Crackers.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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		218.28	
Fat		10.05g	
Saturated Fat		4.01g	
Trans Fat		0.00g	
Cholesterol		33.00mg	
Sodium		911.21mg	
Carbohydrates		22.50g	
Fiber		2.64g	
Sugar		4.45g	
Added Sugar		0.00g	
Protein		15.30g	
Vitamin A	2119.66mcg	Vitamin C	4.21mg
Calcium	238.69mg	Iron	1.20mg

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

Mini Donuts (Powdered or Chocolate)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-53071
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW	1 Package		738201
DONUT CHOC MINI IW	1 Each		738181

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		295.00	
Fat		13.00g	
Saturated Fat		5.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		280.00mg	
Carbohydrates		41.00g	
Fiber		2.00g	
Sugar		19.00g	
Added Sugar		0.00g	
Protein		4.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	33.50mg	Iron	1.40mg

Nutrition - Per 100g

No 100g Conversion Available	
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Homemade Turkey Lunchable (Southridge)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53075
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75IN SLCD	3 3/10 Ounce	5 Slices per lunchable	394123
Land O Lakes® 50% Reduced Fat American Cheese Slices	4 Slice		499789
Appleways 1.85 oz WG Simply Wholesome Veggie Crispy Crackers – Individually Wrapped	1 Package		76302
Savory Bites Wheat Crackers	1 Each		74131

Preparation Instructions

Each lunchable should get 5 turkey coins, 2 slices of cheese (cut into squares) and then either 1 bag of Veggie Crisp crackers OR 1 bag of Savory Crackers

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: 2.00

Serving Size: 1.00 Kit

Amount Per Serving			
Calories		315.15	
Fat		11.25g	
Saturated Fat		3.75g	
Trans Fat		0.00g	
Cholesterol		40.08mg	
Sodium		985.74mg	
Carbohydrates		36.00g	
Fiber		3.50g	
Sugar		4.50g	
Added Sugar		2.50g	
Protein		19.03g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	175.00mg	Iron	1.78mg

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		134.19	
Fat		2.19g	
Saturated Fat		0.19g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		181.27mg	
Carbohydrates		26.98g	
Fiber		2.39g	
Sugar		7.28g	
Added Sugar		3.03g	
Protein		2.14g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	102.50mg	Iron	3.94mg

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

Seasoned Black Bean

Servings:	13.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53055
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN SEAS BLK DEHY	26 9/10 Ounce	1 Package	183900
Tap Water	1/2 Gallon		

Preparation Instructions

1. Pour 1/2 gallon boiling water into 4" deep half-steamtable pan.
2. Quickly pour beans into water and cover.
3. Allow beans to sit for 40 minutes.
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: 13.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		225.63	
Fat		1.50g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		511.42mg	
Carbohydrates		37.60g	
Fiber		13.54g	
Sugar		3.01g	
Added Sugar		0.00g	
Protein		13.54g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.13mg	Iron	3.16mg

Nutrition - Per 100g

No 100g Conversion Available

Mexican Street Corn

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53073
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	6 Quart	BAKE	285620
MAYONNAISE	1 1/2 Cup	N/A	129361
YOGURT GRK PLN N/F	1 Cup		398331
SPICE GARLIC POWDER	1 Teaspoon		224839
CHEESE COTIJA GRTD	2 Cup		341501
CILANTRO BUNCHED	1/2 Cup	Approx. 1/2 pound clean	877491

Preparation Instructions

1. Cook corn according to directions on case.
2. Place pan in hot box until just before serving.
CCP: Control Measures: Heat product to 145 °F or higher for 15 seconds.
3. In a mixing bowl combine the yogurt, mayonnaise, and garlic powder.
4. When ready to serve, spread the mayo-yogurt mixture on corn.
5. Sprinkle Cotija cheese on top.
6. FINELY CHOP the cilantro and have it on the side, ask students if they want it and sprinkle it on top when serving (big chunks are NOT acceptable).
PRO TIP: Mix cotija cheese with chopped cilantro.
CCP: Control Measures: Hold for hot service >140 °F.

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: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		185.34	
Fat		8.92g	
Saturated Fat		2.41g	
Trans Fat		0.00g	
Cholesterol		14.64mg	
Sodium		213.78mg	
Carbohydrates		21.67g	
Fiber		0.97g	
Sugar		5.04g	
Added Sugar		0.00g	
Protein		6.23g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	46.77mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available	
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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

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

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		50.00	
Fat		0.25g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		10.50g	
Fiber		0.50g	
Sugar		0.50g	
Added Sugar		0.00g	
Protein		1.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

Nutrition - Per 100g

No 100g Conversion Available			
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Romaine Line Salad

Servings:	16.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53033
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	2 Pound		735787
CUCUMBER SUPER SELECT	2 3/4 Cup	1 cucumber each---slices cut in quarters	592323
TOMATO GRAPE SWT	2 Cup	cut in half	129631
CARROT MATCHSTICK SHRED	1 Cup		198161

Preparation Instructions

WASH HANDS-WEAR GLOVES

1. Wash cucumbers and tomatoes
2. Mix romaine lettuce in a large pan.
3. Add quartered cucumber slices, grape tomatoes, and shredded carrots.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
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: 16.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		20.61	
Fat		0.05g	
Saturated Fat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.75mg	
Carbohydrates		4.31g	
Fiber		1.53g	
Sugar		2.34g	
Added Sugar		0.00g	
Protein		1.26g	
Vitamin A	1542.13mcg	Vitamin C	3.98mg
Calcium	24.31mg	Iron	0.51mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Rotini and Meat Sauce

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53130
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 Pound	Thaw ahead	573201
PASTA ROTINI	2 Pound	***Non-Whole Grain***	413360
Tap Water for Recipes	48 Ounce	N/A	
CHEESE MOZZ SHRD	6 Cup	N/A	645170

Preparation Instructions

Thaw J.T.M. Premium Beef Spaghetti Sauce under refrigeration 24-36 hours prior to preparation.

1. Pre-heat convection oven to 325° F.
2. Lightly spray the bottom and sides of a 2" deep, full-size pan with non-stick pan spray.
3. Pour thawed, Premium Beef Spaghetti Sauce into pan.
4. Add hot water and dry pasta and blend well.
5. Cover pan and bake for 30 minutes.
6. Carefully remove from oven, gently stir, and top with shredded cheese.
7. Bake uncovered for an additional 5-10 minutes or until cheese is melted.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	309.83
Fat	10.40g
Saturated Fat	4.96g
Trans Fat	0.00g
Cholesterol	45.83mg
Sodium	338.51mg
Carbohydrates	32.98g
Fiber	2.42g
Sugar	6.24g
Added Sugar	0.00g
Protein	19.77g
Vitamin A	369.71mcg
Vitamin C	10.86mg
Calcium	221.94mg
Iron	2.29mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo Pasta

Servings:	30.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53074
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tavolini Rigatoni Pasta	6 Quart		417217
SAUCE ALFREDO FZ	5 Pound		155661
Chicken, Diced, Cooked, Frozen	3 1/4 Pound	USDA Brown Box Commodity	100101

Preparation Instructions

Note: Yield would need to be double checked 4.23.25

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	0.750
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: 30.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
Calories		436.47	
Fat		11.09g	
Saturated Fat		4.66g	
Trans Fat		0.04g	
Cholesterol		62.63mg	
Sodium		602.56mg	
Carbohydrates		56.23g	
Fiber		2.40g	
Sugar		6.77g	
Added Sugar		0.00g	
Protein		27.11g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	276.87mg	Iron	2.16mg

Nutrition - Per 100g

No 100g Conversion Available	
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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		385.00	
Fat		7.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		340.00mg	
Carbohydrates		74.00g	
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			
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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

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

Variety of Vegetable Juice

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53219
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX PARADS PNCH	1 Each	Counts towards "Other" vegetable subgroup	698261
JUICE DRAGON PUNCH ECO	1 Each	Counts towards "Other" vegetable subgroup	510571
JUICE WANGO MANGO ECO	1 Each	Counts towards "Other" vegetable subgroup	510562
JUICE SUN SPLASH 100 VEG	1 Each	Counts towards "Red/Orange" vegetable subgroup	214513

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: 4.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		55.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydrates		13.75g	
Fiber		0.00g	
Sugar		12.50g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	2.50mg	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	0.212

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		347.72mg	
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	
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Buttered Corn

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53093
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	20 Pound	N/A	285620
BUTTER SUB	1 1/4 Cup		209810
Tap Water	1 Quart		

Preparation Instructions

1. Cook frozen corn and drain off any liquid.
2. Pour into two full pans.
3. Add dry Butter Buds to hot tap water; whisk to reconstitute.
4. Pour over cooked/drained corn and heat to temperature. Hold for serving.

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: 120.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		90.06	
Fat		0.89g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydrates		19.00g	
Fiber		0.89g	
Sugar		4.44g	
Added Sugar		0.00g	
Protein		2.67g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53062
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM	1 Each	N/A	794181
SLUSHIE STRAWB-KW	1 Each	N/A	863880
SLUSHIE STRAWB-MANG	1 Each	N/A	863890
SLUSHIE SR CHRY-LEM	1 Each	N/A	667911

Preparation Instructions

Remove from freezer and let sit out a short time before eating

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
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		90.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		32.50mg	
Carbohydrates		22.00g	
Fiber		0.00g	
Sugar		18.75g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	1187.50mcg	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sweet Baby Rays Pulled Pork

Servings:	40.00	Category:	Entree
Serving Size:	2.00 Ounce (Weight)	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-53092
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	5 Pound	USDA Commodity Brown Box---Thaw	110730*
SAUCE BBQ 4-1GAL SWTBRAY	2 Cup	N/A	655937

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 40.00

Serving Size: 2.00 Ounce (Weight)

Amount Per Serving			
Calories		120.00	
Fat		5.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		36.00mg	
Sodium		318.00mg	
Carbohydrates		7.20g	
Fiber		0.00g	
Sugar		6.80g	
Added Sugar		6.40g	
Protein		11.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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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