

# **Cookbook for Hebron Elementary and Middle School**

**Created by HPS Menu Planner**

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# Assorted Variety of Muffins

|               |           |                |         |
|---------------|-----------|----------------|---------|
| Servings:     | 4.00      | Category:      | Entree  |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type:    | Breakfast | Recipe ID:     | R-49262 |

## Ingredients

| Description                    | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| MUFFIN APPL CINN WGRAIN IW     | 1 Each      |                   | 558011     |
| MUFFIN BAN WGRAIN IW           | 1 Each      |                   | 557981     |
| MUFFIN BLUEB WGRAIN IW         | 1 Each      |                   | 557970     |
| MUFFIN CHOC/CHOC CHP WGRAIN IW | 1 Each      |                   | 557991     |

## Preparation Instructions

Updated 11.4.24

### 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 Each   |         |           |        |
| Amount Per Serving        |         |           |        |
| Calories                  |         | 187.50    |        |
| Fat                       |         | 6.00g     |        |
| Saturated Fat             |         | 2.00g     |        |
| Trans Fat                 |         | 0.00g     |        |
| Cholesterol               |         | 35.00mg   |        |
| Sodium                    |         | 128.75mg  |        |
| Carbohydrates             |         | 31.25g    |        |
| Fiber                     |         | 2.00g     |        |
| Sugar                     |         | 16.50g    |        |
| Added Sugar               |         | 0.00g     |        |
| Protein                   |         | 3.00g     |        |
| Vitamin A                 | 0.00mcg | Vitamin C | 0.00mg |
| Calcium                   | 30.00mg | Iron      | 1.01mg |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|

# Variety of Assorted Cereal (Lower Sugar)

|               |           |                |         |
|---------------|-----------|----------------|---------|
| Servings:     | 11.00     | Category:      | Entree  |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type:    | Breakfast | Recipe ID:     | R-49252 |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| CEREAL GLDN GRAHAMS BWL       | 1 Each      | N/A               | 509434     |
| CEREAL TRIX R/S WGRAIN BWL    | 1 Package   | N/A               | 265782     |
| CEREAL FRSTD MINI WHE BWL     | 1 Each      |                   | 662186     |
| CEREAL APPLCINN WGRAIN BWL    | 1 Each      | N/A               | 266052     |
| CEREAL CINN TOAST R/S BWL     | 1 Each      | N/A               | 365790     |
| CEREAL CHEERIOS WGRAIN BWL    | 1 Each      | N/A               | 264702     |
| CEREAL RAISIN BRAN BWL        | 1 Each      |                   | 247197     |
| CEREAL COCOA PUFFS WGRAIN R/S | 1 Each      | N/A               | 270401     |
| CEREAL RICE CHEX WGRAIN BWL   | 1 Package   | N/A               | 268711     |
| CEREAL RICE CHEX BLUEB BOWL   | 1 Each      | N/A               | 261737     |
| Lucky Charms Reduced Sugar    | 1 Each      |                   | 549485     |

## Preparation Instructions

Updated 5.7.25

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

| Amount Per Serving |          |           |        |
|--------------------|----------|-----------|--------|
| Calories           |          | 109.52    |        |
| Fat                |          | 1.40g     |        |
| Saturated Fat      |          | 0.03g     |        |
| Trans Fat          |          | 0.00g     |        |
| Cholesterol        |          | 0.00mg    |        |
| Sodium             |          | 146.65mg  |        |
| Carbohydrates      |          | 23.64g    |        |
| Fiber              |          | 2.23g     |        |
| Sugar              |          | 6.36g     |        |
| Added Sugar        |          | 1.09g     |        |
| Protein            |          | 2.06g     |        |
| Vitamin A          | 27.27mcg | Vitamin C | 0.33mg |
| Calcium            | 74.11mg  | Iron      | 4.75mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Cereal Bar Variety

|               |           |                |         |
|---------------|-----------|----------------|---------|
| Servings:     | 5.00      | Category:      | Entree  |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type:    | Breakfast | Recipe ID:     | R-49258 |

## Ingredients

| Description                  | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| BAR CEREAL CHEERIO WGRAIN IW | 1 Each      | N/A               | 265931     |
| BAR CEREAL GLDN GRHM WGRAIN  | 1 Each      | N/A               | 265921     |
| BAR CEREAL CINN TST WGRAIN   | 1 Each      | N/A               | 265891     |
| BAR CEREAL TRIX WGRAIN       | 1 Each      | N/A               | 268690     |
| BAR CEREAL COCOPUFF WGRAIN   | 1 Each      | N/A               | 265901     |

## 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: 5.00 |          |           |        |
|---------------------------|----------|-----------|--------|
| Serving Size: 1.00 Each   |          |           |        |
| Amount Per Serving        |          |           |        |
| Calories                  |          | 158.00    |        |
| Fat                       |          | 3.50g     |        |
| Saturated Fat             |          | 0.20g     |        |
| Trans Fat                 |          | 0.00g     |        |
| Cholesterol               |          | 0.00mg    |        |
| Sodium                    |          | 108.00mg  |        |
| Carbohydrates             |          | 29.60g    |        |
| Fiber                     |          | 3.00g     |        |
| Sugar                     |          | 8.80g     |        |
| Added Sugar               |          | 5.20g     |        |
| Protein                   |          | 2.20g     |        |
| Vitamin A                 | 0.00mcg  | Vitamin C | 0.00mg |
| Calcium                   | 238.00mg | Iron      | 2.12mg |

## Nutrition - Per 100g

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No 100g Conversion Available

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# Assorted Variety of Juice

|               |           |                |         |
|---------------|-----------|----------------|---------|
| Servings:     | 3.00      | Category:      | Fruit   |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type:    | Breakfast | Recipe ID:     | R-49255 |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| JUICE ORNG 100 FRSH | 1 Each      |                   | 118930     |
| JUICE APPL 100 FZ   | 1 Each      |                   | 135440     |
| JUICE GRP 100 FRSH  | 1 Each      |                   | 118940     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 3.00

Serving Size: 1.00 Each

| Amount Per Serving |         |           |         |
|--------------------|---------|-----------|---------|
| Calories           |         | 63.33     |         |
| Fat                |         | 0.00g     |         |
| Saturated Fat      |         | 0.00g     |         |
| Trans Fat          |         | 0.00g     |         |
| Cholesterol        |         | 0.00mg    |         |
| Sodium             |         | 3.33mg    |         |
| Carbohydrates      |         | 15.00g    |         |
| Fiber              |         | 0.00g     |         |
| Sugar              |         | 14.00g    |         |
| Added Sugar        |         | 0.00g     |         |
| Protein            |         | 0.00g     |         |
| Vitamin A          | 0.00mcg | Vitamin C | 20.00mg |
| Calcium            | 7.07mg  | Iron      | 0.33mg  |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|

# Hamburger on Bun

|               |           |                |                   |
|---------------|-----------|----------------|-------------------|
| Servings:     | 1.00      | Category:      | Entree            |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type:    | Lunch     | Recipe ID:     | R-49274           |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| BUN,HAMBURGER,WHITE WHEAT  | 1 Each      |                   | 51535      |
| BEEF PTY CKD W/SOY CN 2.3Z | 1 Each      |                   | 262364     |

## Preparation Instructions

Beef Patties: Cook according to directions on case.

Assembly: Place 1 beef patty between hamburger bun halves. Hold in warmer/hot unit until ready for service.

Updated 11.4.24

### 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                  |         | 150.00    |        |
| Fat                       |         | 2.00g     |        |
| Saturated Fat             |         | 0.00g     |        |
| Trans Fat                 |         | 0.00g     |        |
| Cholesterol               |         | 0.00mg    |        |
| Sodium                    |         | 260.00mg  |        |
| Carbohydrates             |         | 28.00g    |        |
| Fiber                     |         | 2.00g     |        |
| Sugar                     |         | 4.00g     |        |
| Added Sugar               |         | 0.00g     |        |
| Protein                   |         | 6.00g     |        |
| Vitamin A                 | 0.00mcg | Vitamin C | 0.00mg |
| Calcium                   | 66.00mg | Iron      | 1.00mg |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|

# Cheeseburger on a Bun

|               |           |                |                   |
|---------------|-----------|----------------|-------------------|
| Servings:     | 1.00      | Category:      | Entree            |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type:    | Breakfast | Recipe ID:     | R-49273           |

## Ingredients

| Description                                    | Measurement | Prep Instructions                          | DistPart # |
|------------------------------------------------|-------------|--------------------------------------------|------------|
| BEEF PTY CKD W/SOY CN 2.3Z                     | 1 Each      |                                            | 262364     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice     | USDA Brown Box Commodity or Use GFS#499789 | 100036     |
| BUN,HAMBURGER,WHITE WHEAT                      | 1 Each      |                                            | 51535      |

## Preparation Instructions

Beef Patties: Cook according to directions on case.

Assembly: Place 1 beef patty and 1 slice cheese between hamburger bun halves. Hold in warmer/hot unit until ready for service.

Updated 11.4.24

### 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 Each   |         |           |        |
| Amount Per Serving        |         |           |        |
| Calories                  |         | 190.00    |        |
| Fat                       |         | 4.50g     |        |
| Saturated Fat             |         | 1.50g     |        |
| Trans Fat                 |         | 0.00g     |        |
| Cholesterol               |         | 7.50mg    |        |
| Sodium                    |         | 400.00mg  |        |
| Carbohydrates             |         | 29.00g    |        |
| Fiber                     |         | 2.00g     |        |
| Sugar                     |         | 4.50g     |        |
| Added Sugar               |         | 0.00g     |        |
| Protein                   |         | 9.00g     |        |
| Vitamin A                 | 0.00mcg | Vitamin C | 0.00mg |
| Calcium                   | 66.00mg | Iron      | 1.00mg |

## Nutrition - Per 100g

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No 100g Conversion Available

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# Spicy Chicken Patty on Bun

|               |           |                |                   |
|---------------|-----------|----------------|-------------------|
| Servings:     | 1.00      | Category:      | Entree            |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type:    | Lunch     | Recipe ID:     | R-49275           |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| CHIX PTY HOTSPCY WGRAIN 3.49Z | 1 Each      | N/A               | 327080     |
| BUN,HAMBURGER,WHITE WHEAT     | 1 Each      |                   | 51535      |

## Preparation Instructions

Chicken Patties: Cook according to directions on case.

Assembly: Place 1 chicken patty between hamburger bun halves. Hold in warmer/hot unit until ready for service.

### 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           |         | 380.00    |        |
| Fat                |         | 15.00g    |        |
| Saturated Fat      |         | 2.50g     |        |
| Trans Fat          |         | 0.00g     |        |
| Cholesterol        |         | 20.00mg   |        |
| Sodium             |         | 610.00mg  |        |
| Carbohydrates      |         | 43.00g    |        |
| Fiber              |         | 4.00g     |        |
| Sugar              |         | 5.00g     |        |
| Added Sugar        |         | 0.00g     |        |
| Protein            |         | 19.00g    |        |
| Vitamin A          | 0.00mcg | Vitamin C | 0.00mg |
| Calcium            | 96.00mg | Iron      | 3.00mg |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|

# Chicken Patty on Bun

|               |           |                |                  |
|---------------|-----------|----------------|------------------|
| Servings:     | 1.00      | Category:      | Entree           |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch     | Recipe ID:     | R-49276          |

## Ingredients

| Description               | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| CHIX PTY BRD WGRAIN 3.26Z | 1 Each      | N/A               | 558061     |
| BUN,HAMBURGER,WHITE WHEAT | 1 Each      |                   | 51535      |

## Preparation Instructions

Chicken Patties: Cook according to directions on case.

Assembly: Place 1 chicken patty between hamburger bun halves. Hold in warmer/hot unit until ready for service.

Updated 8.14.24

### 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                  |          | 390.00    |        |
| Fat                       |          | 15.00g    |        |
| Saturated Fat             |          | 2.50g     |        |
| Trans Fat                 |          | 0.00g     |        |
| Cholesterol               |          | 25.00mg   |        |
| Sodium                    |          | 720.00mg  |        |
| Carbohydrates             |          | 43.00g    |        |
| Fiber                     |          | 5.00g     |        |
| Sugar                     |          | 5.00g     |        |
| Added Sugar               |          | 0.00g     |        |
| Protein                   |          | 20.00g    |        |
| Vitamin A                 | 0.00mcg  | Vitamin C | 0.00mg |
| Calcium                   | 101.00mg | Iron      | 3.00mg |

### Nutrition - Per 100g

|                              |  |
|------------------------------|--|
| No 100g Conversion Available |  |
|------------------------------|--|

# Homemade Cheese Pizza

|               |                                     |                |                  |
|---------------|-------------------------------------|----------------|------------------|
| Servings:     | 8.00                                | Category:      | Entree           |
| Serving Size: | 1.00 Slice                          | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                               | Recipe ID:     | R-49814          |
| School:       | Hebron Elementary and Middle School |                |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions                                                                                                                                                                                                                                                                          | DistPart # |
|-------------------------------------|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| CRUST PIZZA<br>PARBK WGRAIN<br>16IN | 1 Each      | Note: Keep product frozen at 0°F (-18°C) or below until ready to use. To prevent drying, pizza crust must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature · Thawed pizza crust may be held in the refrigerator for up to five (5) days. | 682943     |
| SAUCE PIZZA                         | 1/2 Cup     |                                                                                                                                                                                                                                                                                            | 444545     |
| SAUCE PIZZA                         | 1/2 Cup     | N/A                                                                                                                                                                                                                                                                                        | 502141     |
| CHEESE MOZZ<br>SHRD                 | 1 Quart     | 4 cups                                                                                                                                                                                                                                                                                     | 645170     |

## Preparation Instructions

1. Remove pizza crust from the freezer and place on pizza screens or pans. Note: Oiled pizza screens or perforated pans will allow for a crispier baked crust
2. Top pizza crust with 1 cups of pizza sauce (mixed equal parts GFS#444545 and GFS#502141 together) and then add 4 cups of mozzarella cheese to the top.
3. Bake--Convection Oven: 375 °F for 6 - 9 minutes
4. After baking, allow pizza to set for 3-4 minutes before cutting.

Updated 8.25.24

## 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: 8.00

Serving Size: 1.00 Slice

| Amount Per Serving |          |           |        |
|--------------------|----------|-----------|--------|
| Calories           |          | 345.96    |        |
| Fat                |          | 15.59g    |        |
| Saturated Fat      |          | 7.58g     |        |
| Trans Fat          |          | 0.04g     |        |
| Cholesterol        |          | 30.00mg   |        |
| Sodium             |          | 685.00mg  |        |
| Carbohydrates      |          | 30.00g    |        |
| Fiber              |          | 3.31g     |        |
| Sugar              |          | 5.67g     |        |
| Added Sugar        |          | 0.00g     |        |
| Protein            |          | 18.92g    |        |
| Vitamin A          | 0.00mcg  | Vitamin C | 0.00mg |
| Calcium            | 423.21mg | Iron      | 1.82mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Fruit and Yogurt Parfait

|               |           |                |         |
|---------------|-----------|----------------|---------|
| Servings:     | 1.00      | Category:      | Entree  |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type:    | Lunch     | Recipe ID:     | R-49279 |

## Ingredients

| Description                                                                             | Measurement | Prep Instructions                                                                                                                                                        | DistPart # |
|-----------------------------------------------------------------------------------------|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Variety of Fruit                                                                        | 1/2 Cup     | Can use a variety of fruit of choice. Any USDA Brown Box Commodity fruit, canned fruit-drained. GFS#630480-Strawberry, GFS#119873 Blueberry, GFS#244620 Four Berry Blend |            |
| Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case | 1 Cup       |                                                                                                                                                                          | 499989     |
| Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack                          | 2/3 Cup     |                                                                                                                                                                          | 569744     |

## Preparation Instructions

Package in parfait cup GFS 773551.

1. Place 1/4 cup of fruit in parfait cup and then 1/2 cup of yogurt. Repeat.
2. Place parfait divider on top of the yogurt.
3. Place 2/3 cup of granola in the divider.
4. Place lid on cup.
5. Hold in cooler at 40 F or lower for serving.

Updated 5.12.25

## Meal Components (SLE)

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat</b>                     | 2.000 |
| <b>Grain</b>                    | 2.500 |
| <b>Fruit</b>                    | 0.500 |
| <b>GreenVeg</b>                 | 0.000 |
| <b>RedVeg</b>                   | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starch</b>                   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      |           | 492.37           |        |
| <b>Fat</b>           |           | 6.04g            |        |
| <b>Saturated Fat</b> |           | 0.00g            |        |
| <b>Trans Fat</b>     |           | 0.00g            |        |
| <b>Cholesterol</b>   |           | 7.50mg           |        |
| <b>Sodium</b>        |           | 303.75mg         |        |
| <b>Carbohydrates</b> |           | 96.07g           |        |
| <b>Fiber</b>         |           | 10.28g           |        |
| <b>Sugar</b>         |           | 44.86g           |        |
| <b>Added Sugar</b>   |           | 21.07g           |        |
| <b>Protein</b>       |           | 15.81g           |        |
| <b>Vitamin A</b>     | 239.99mcg | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 329.98mg  | <b>Iron</b>      | 0.00mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Diced Chicken Salad with Croutons and Goldfish

|               |                                     |                |                  |
|---------------|-------------------------------------|----------------|------------------|
| Servings:     | 1.00                                | Category:      | Entree           |
| Serving Size: | 1.00 Each                           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                               | Recipe ID:     | R-49819          |
| School:       | Hebron Elementary and Middle School |                |                  |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE RIBBONS    | 1 Cup       |                   | 451730     |
| TOMATO CHERRY US GROWN     | 1/4 Cup     |                   | 259604     |
| CUCUMBER SELECT            | 1/4 Cup     |                   | 418439     |
| CHIX PULLED WHT DRK BLND   | 1 1/4 Ounce | Weight            | 467802     |
| CHEESE AMER SHRD R/F       | 1/4 Cup     | N/A               | 861950     |
| CROUTON CHS GARL WGRAIN    | 2 Package   | N/A               | 661022     |
| CRACKER GLDFSH XTRA WGRAIN | 1 Package   | N/A               | 745481     |

## Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and chicken) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

## Meal Components (SLE)

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat</b>                     | 2.000 |
| <b>Grain</b>                    | 2.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>GreenVeg</b>                 | 0.500 |
| <b>RedVeg</b>                   | 0.250 |
| <b>OtherVeg</b>                 | 0.250 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starch</b>                   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 350.65           |        |
| <b>Fat</b>           |          | 14.21g           |        |
| <b>Saturated Fat</b> |          | 3.63g            |        |
| <b>Trans Fat</b>     |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 42.08mg          |        |
| <b>Sodium</b>        |          | 1020.50mg        |        |
| <b>Carbohydrates</b> |          | 38.87g           |        |
| <b>Fiber</b>         |          | 2.60g            |        |
| <b>Sugar</b>         |          | 5.48g            |        |
| <b>Added Sugar</b>   |          | 0.00g            |        |
| <b>Protein</b>       |          | 21.14g           |        |
| <b>Vitamin A</b>     | 27.30mcg | <b>Vitamin C</b> | 0.73mg |
| <b>Calcium</b>       | 257.99mg | <b>Iron</b>      | 3.29mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Diced Ham Salad with Croutons and Goldfish

|               |                                     |                |                  |
|---------------|-------------------------------------|----------------|------------------|
| Servings:     | 1.00                                | Category:      | Entree           |
| Serving Size: | 1.00 Each                           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                               | Recipe ID:     | R-49817          |
| School:       | Hebron Elementary and Middle School |                |                  |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE RIBBONS    | 1 Cup       |                   | 451730     |
| TOMATO CHERRY US GROWN     | 1/4 Cup     |                   | 259604     |
| CUCUMBER SELECT            | 1/4 Cup     |                   | 418439     |
| TURKEY HAM DCD             | 1 1/2 Ounce | Weight            | 202150     |
| CHEESE AMER SHRD R/F       | 1/4 Cup     | N/A               | 861950     |
| CROUTON CHS GARL WGRAIN    | 2 Package   | N/A               | 661022     |
| CRACKER GLDFSH XTRA WGRAIN | 1 Package   | N/A               | 745481     |

## Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and ham) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

## Meal Components (SLE)

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat</b>                     | 2.003 |
| <b>Grain</b>                    | 2.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>GreenVeg</b>                 | 0.500 |
| <b>RedVeg</b>                   | 0.250 |
| <b>OtherVeg</b>                 | 0.250 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starch</b>                   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 355.83           |        |
| <b>Fat</b>           |          | 14.63g           |        |
| <b>Saturated Fat</b> |          | 3.75g            |        |
| <b>Trans Fat</b>     |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 42.59mg          |        |
| <b>Sodium</b>        |          | 1211.30mg        |        |
| <b>Carbohydrates</b> |          | 38.45g           |        |
| <b>Fiber</b>         |          | 2.60g            |        |
| <b>Sugar</b>         |          | 5.48g            |        |
| <b>Added Sugar</b>   |          | 0.00g            |        |
| <b>Protein</b>       |          | 21.50g           |        |
| <b>Vitamin A</b>     | 27.30mcg | <b>Vitamin C</b> | 0.73mg |
| <b>Calcium</b>       | 255.91mg | <b>Iron</b>      | 3.24mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Diced Turkey Salad with Croutons and Goldfish

|               |                                     |                |                  |
|---------------|-------------------------------------|----------------|------------------|
| Servings:     | 1.00                                | Category:      | Entree           |
| Serving Size: | 1.00 Each                           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                               | Recipe ID:     | R-49818          |
| School:       | Hebron Elementary and Middle School |                |                  |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE RIBBONS    | 1 Cup       |                   | 451730     |
| TOMATO CHERRY US GROWN     | 1/4 Cup     |                   | 259604     |
| CUCUMBER SELECT            | 1/4 Cup     |                   | 418439     |
| TURKEY BRST DCD            | 2 Ounce     | Weight            | 451300     |
| CHEESE AMER SHRD R/F       | 1/4 Cup     | N/A               | 861950     |
| CROUTON CHS GARL WGRAIN    | 2 Package   | N/A               | 661022     |
| CRACKER GLDFSH XTRA WGRAIN | 1 Package   | N/A               | 745481     |

## Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and turkey) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

## Meal Components (SLE)

Amount Per Serving

|                          |       |
|--------------------------|-------|
| Meat                     | 2.000 |
| Grain                    | 2.000 |
| Fruit                    | 0.000 |
| GreenVeg                 | 0.500 |
| RedVeg                   | 0.250 |
| OtherVeg                 | 0.250 |
| 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           |          | 346.57    |        |
| Fat                |          | 12.64g    |        |
| Saturated Fat      |          | 3.26g     |        |
| Trans Fat          |          | 0.00g     |        |
| Cholesterol        |          | 35.41mg   |        |
| Sodium             |          | 1271.52mg |        |
| Carbohydrates      |          | 39.98g    |        |
| Fiber              |          | 2.60g     |        |
| Sugar              |          | 5.48g     |        |
| Added Sugar        |          | 0.00g     |        |
| Protein            |          | 23.15g    |        |
| Vitamin A          | 27.30mcg | Vitamin C | 0.73mg |
| Calcium            | 255.91mg | Iron      | 3.06mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Variety of Pop-Tarts (1 Count)

|               |           |                |         |
|---------------|-----------|----------------|---------|
| Servings:     | 3.00      | Category:      | Entree  |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type:    | Breakfast | Recipe ID:     | R-51017 |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN FUDG   | 1 Each      | 1.25 Equivalents  | 452062     |
| PASTRY POP-TART WGRAIN CINN   | 1 Piece     | 1.25 Equivalents  | 695880     |
| PASTRY POP-TART WGRAIN STRAWB | 1 Piece     | 1.00 Equivalents  | 695890     |

## 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           |          | 170.00    |        |
| Fat                |          | 3.00g     |        |
| Saturated Fat      |          | 1.00g     |        |
| Trans Fat          |          | 0.00g     |        |
| Cholesterol        |          | 0.00mg    |        |
| Sodium             |          | 140.00mg  |        |
| Carbohydrates      |          | 36.33g    |        |
| Fiber              |          | 3.00g     |        |
| Sugar              |          | 14.67g    |        |
| Added Sugar        |          | 14.33g    |        |
| Protein            |          | 2.00g     |        |
| Vitamin A          | 0.00mcg  | Vitamin C | 0.00mg |
| Calcium            | 130.00mg | Iron      | 1.80mg |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|

# Assorted Variety of Flavored Yogurt

|               |                                     |                |                     |
|---------------|-------------------------------------|----------------|---------------------|
| Servings:     | 2.00                                | Category:      | Condiments or Other |
| Serving Size: | 1.00 Each                           | HACCP Process: | No Cook             |
| Meal Type:    | Breakfast                           | Recipe ID:     | R-51028             |
| School:       | Hebron Elementary and Middle School |                |                     |

## Ingredients

| Description               | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| YOGURT DANIMAL STRAWB N/F | 1 Each      | N/A               | 885750     |
| YOGURT RASPB RNBW L/F     | 1 Each      | N/A               | 551770     |

## 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: 2.00

Serving Size: 1.00 Each

| Amount Per Serving |          |           |        |
|--------------------|----------|-----------|--------|
| Calories           |          | 75.00     |        |
| Fat                |          | 0.25g     |        |
| Saturated Fat      |          | 0.00g     |        |
| Trans Fat          |          | 0.00g     |        |
| Cholesterol        |          | 2.50mg    |        |
| Sodium             |          | 60.00mg   |        |
| Carbohydrates      |          | 14.50g    |        |
| Fiber              |          | 0.00g     |        |
| Sugar              |          | 9.50g     |        |
| Added Sugar        |          | 0.00g     |        |
| Protein            |          | 4.00g     |        |
| Vitamin A          | 0.00mcg  | Vitamin C | 0.00mg |
| Calcium            | 120.00mg | Iron      | 0.00mg |

### Nutrition - Per 100g

No 100g Conversion Available

# Homemade Pepperoni Pizza

|               |                                     |                |                  |
|---------------|-------------------------------------|----------------|------------------|
| Servings:     | 8.00                                | Category:      | Entree           |
| Serving Size: | 1.00 Slice                          | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                               | Recipe ID:     | R-49813          |
| School:       | Hebron Elementary and Middle School |                |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions                                                                                                                                                                                                                                                                          | DistPart # |
|-------------------------------------|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| CRUST PIZZA<br>PARBK WGRAIN<br>16IN | 1 Each      | Note: Keep product frozen at 0°F (-18°C) or below until ready to use. To prevent drying, pizza crust must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature · Thawed pizza crust may be held in the refrigerator for up to five (5) days. | 682943     |
| SAUCE PIZZA                         | 1/2 Cup     | N/A                                                                                                                                                                                                                                                                                        | 502141     |
| SAUCE PIZZA                         | 1/2 Cup     |                                                                                                                                                                                                                                                                                            | 444545     |
| CHEESE MOZZ<br>SHRD                 | 1 Quart     | 4 cups                                                                                                                                                                                                                                                                                     | 645170     |
| PEPPERONI SLCD<br>18-20/Z           | 32 Slice    |                                                                                                                                                                                                                                                                                            | 730025     |

## Preparation Instructions

1. Remove pizza crust from the freezer and place on pizza screens or pans. Note: Oiled pizza screens or perforated pans will allow for a crispier baked crust
2. Top pizza crust with 1 cups of pizza sauce (mixed equal parts GFS#444545 and GFS#502141 together) and then add 4 cups of mozzarella cheese to the top and then arrange 32 slices of pepperoni on top of pizza.
3. Bake--Convection Oven: 375 °F for 6 - 9 minutes
4. After baking, allow pizza to set for 3-4 minutes before cutting.

Updated 8.25.24

## Meal Components (SLE)

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat</b>                     | 2.000 |
| <b>Grain</b>                    | 2.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>GreenVeg</b>                 | 0.000 |
| <b>RedVeg</b>                   | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starch</b>                   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 383.29           |        |
| <b>Fat</b>           |          | 19.05g           |        |
| <b>Saturated Fat</b> |          | 8.64g            |        |
| <b>Trans Fat</b>     |          | 0.04g            |        |
| <b>Cholesterol</b>   |          | 38.00mg          |        |
| <b>Sodium</b>        |          | 807.67mg         |        |
| <b>Carbohydrates</b> |          | 30.00g           |        |
| <b>Fiber</b>         |          | 3.31g            |        |
| <b>Sugar</b>         |          | 5.67g            |        |
| <b>Added Sugar</b>   |          | 0.00g            |        |
| <b>Protein</b>       |          | 20.52g           |        |
| <b>Vitamin A</b>     | 0.00mcg  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 423.21mg | <b>Iron</b>      | 1.92mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

|               |          |                |                  |
|---------------|----------|----------------|------------------|
| Servings:     | 85.00    | Category:      | Vegetable        |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch    | Recipe ID:     | R-49283          |

## Ingredients

| Description                  | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| POTATO PRLS XTRA RICH LO SOD | 57 Ounce    | N/A               | 222585     |
| Tap Water for Recipes        | 2 Gallon    |                   | 000001WTR  |

## Preparation Instructions

Boil water in kettle. Pour 2 gallon of boiling water in large mixing bowl. Pour in 1 container potato pearls while stirring with a wire whisk. Allow potatoes to sit for 3-4 minutes before service.

Temp at 145 degrees or above for 15 seconds.

Serve with a #8 disher.

Updated 8.14.24

### 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: 85.00 |         |           |        |
|----------------------------|---------|-----------|--------|
| Serving Size: 0.50 Cup     |         |           |        |
| Amount Per Serving         |         |           |        |
| Calories                   |         | 68.44     |        |
| Fat                        |         | 0.00g     |        |
| Saturated Fat              |         | 0.00g     |        |
| Trans Fat                  |         | 0.00g     |        |
| Cholesterol                |         | 0.00mg    |        |
| Sodium                     |         | 11.41mg   |        |
| Carbohydrates              |         | 15.21g    |        |
| Fiber                      |         | 1.52g     |        |
| Sugar                      |         | 0.00g     |        |
| Added Sugar                |         | 0.00g     |        |
| Protein                    |         | 1.52g     |        |
| Vitamin A                  | 0.00mcg | Vitamin C | 0.00mg |
| Calcium                    | 7.60mg  | Iron      | 0.23mg |

## Nutrition - Per 100g

---

No 100g Conversion Available

---

# Chicken Gravy

|               |                  |                |                     |
|---------------|------------------|----------------|---------------------|
| Servings:     | 142.00           | Category:      | Condiments or Other |
| Serving Size: | 1.00 Fluid Ounce | HACCP Process: | Same Day Service    |
| Meal Type:    | Lunch            | Recipe ID:     | R-49297             |

## Ingredients

| Description              | Measurement  | Prep Instructions | DistPart # |
|--------------------------|--------------|-------------------|------------|
| MIX GRAVY POULTRY LO SOD | 22 5/8 Ounce | 1 Package         | 552061     |
| Tap Water for Recipes    | 1 Gallon     | N/A               | 000001WTR  |

## Preparation Instructions

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE.

### 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: 142.00    |         |           |        |
|--------------------------------|---------|-----------|--------|
| Serving Size: 1.00 Fluid Ounce |         |           |        |
| Amount Per Serving             |         |           |        |
| Calories                       |         | 20.08     |        |
| Fat                            |         | 0.50g     |        |
| Saturated Fat                  |         | 0.00g     |        |
| Trans Fat                      |         | 0.00g     |        |
| Cholesterol                    |         | 2.51mg    |        |
| Sodium                         |         | 57.73mg   |        |
| Carbohydrates                  |         | 3.01g     |        |
| Fiber                          |         | 0.00g     |        |
| Sugar                          |         | 0.50g     |        |
| Added Sugar                    |         | 0.00g     |        |
| Protein                        |         | 0.50g     |        |
| Vitamin A                      | 0.00mcg | Vitamin C | 0.00mg |
| Calcium                        | 5.02mg  | Iron      | 0.00mg |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|

# Sausage Biscuit Sandwich

|               |           |                |                   |
|---------------|-----------|----------------|-------------------|
| Servings:     | 1.00      | Category:      | Entree            |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type:    | Breakfast | Recipe ID:     | R-49265           |

## Ingredients

| Description                           | Measurement | Prep Instructions     | DistPart # |
|---------------------------------------|-------------|-----------------------|------------|
| SAUSAGE PTY CHIX CKD 1.36Z            | 1 Each      | N/A                   | 138941     |
| BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS | 1 Each      | ***Non-Whole Grain*** | 120851     |

## Preparation Instructions

- Biscuit: Heat according to directions on case
- Sausage Patty: Cook according to directions on case
- Assembly: Place 1 sausage patty between split biscuit. Hold in warmer/hot unit until ready for service.

### 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: 1.00 |          |           |        |
|---------------------------|----------|-----------|--------|
| Serving Size: 1.00 Each   |          |           |        |
| Amount Per Serving        |          |           |        |
| Calories                  |          | 300.00    |        |
| Fat                       |          | 14.00g    |        |
| Saturated Fat             |          | 6.00g     |        |
| Trans Fat                 |          | 0.00g     |        |
| Cholesterol               |          | 40.00mg   |        |
| Sodium                    |          | 660.00mg  |        |
| Carbohydrates             |          | 30.00g    |        |
| Fiber                     |          | 1.00g     |        |
| Sugar                     |          | 3.00g     |        |
| Added Sugar               |          | 0.00g     |        |
| Protein                   |          | 16.00g    |        |
| Vitamin A                 | 0.00mcg  | Vitamin C | 0.00mg |
| Calcium                   | 230.00mg | Iron      | 2.70mg |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|

# Assorted Variety of BeneFit Bar

|               |           |                |         |
|---------------|-----------|----------------|---------|
| Servings:     | 3.00      | Category:      | Entree  |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type:    | Breakfast | Recipe ID:     | R-49259 |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| BAR BKFST OATML CHOC CHP   | 1 Each      |                   | 240721     |
| BAR BKFST APPL CINN        | 1 Each      |                   | 879671     |
| BAR BKFST BAN CHOC CHNK IW | 1 Each      |                   | 875860     |

## 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           |         | 280.00    |        |
| Fat                |         | 8.33g     |        |
| Saturated Fat      |         | 3.00g     |        |
| Trans Fat          |         | 0.00g     |        |
| Cholesterol        |         | 15.00mg   |        |
| Sodium             |         | 216.67mg  |        |
| Carbohydrates      |         | 47.00g    |        |
| Fiber              |         | 3.33g     |        |
| Sugar              |         | 21.67g    |        |
| Added Sugar        |         | 0.00g     |        |
| Protein            |         | 4.67g     |        |
| Vitamin A          | 0.00mcg | Vitamin C | 0.00mg |
| Calcium            | 26.67mg | Iron      | 1.90mg |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|

# Glazed Orange Carrots

|               |          |                |                  |
|---------------|----------|----------------|------------------|
| Servings:     | 37.00    | Category:      | Vegetable        |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch    | Recipe ID:     | R-49305          |

## Ingredients

| Description           | Measurement | Prep Instructions                          | DistPart # |
|-----------------------|-------------|--------------------------------------------|------------|
| Carrots fzn           | 8 Pound     | USDA Brown Box Commodity or Use GFS#285750 | 100352     |
| STARCH CORN           | 1/2 Cup     |                                            | 318012     |
| Tap Water for Recipes | 3 Cup       | N/A                                        | 000001WTR  |
| SUGAR BROWN MED       | 2 Cup       | N/A                                        | 108626     |
| JUICE ORNG 100 FZ     | 1 Each      |                                            | 135450     |
| SPICE CINNAMON GRND   | 3 Teaspoon  |                                            | 224723     |
| BUTTER ALT LIQ        | 1 1/2 Cup   |                                            | 130541     |

## Preparation Instructions

1. Place carrots into 2 1/2" half steam table pans.
  2. Mix water with cornstarch and set aside.
  3. For Glaze: Combine orange juice, liquid butter alternative, brown sugar, and cinnamon.
  4. Bring glaze mixture to a boil. Pour in cornstarch mixture. Allow to thicken and remove from heat.
  5. Pour finished glaze mixture over the carrots in the pan. Bake
- Conventional oven: 375°F for 20-30 minutes
- Convection oven: 325°F for 15-20 minutes
- CCP: Heat to 145° F or higher
- CCP: Hold for hot service at 140°F or higher

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

| Amount Per Serving |         |           |        |
|--------------------|---------|-----------|--------|
| Calories           |         | 88.61     |        |
| Fat                |         | 1.99g     |        |
| Saturated Fat      |         | 0.14g     |        |
| Trans Fat          |         | 0.00g     |        |
| Cholesterol        |         | 32.17mg   |        |
| Sodium             |         | 60.19mg   |        |
| Carbohydrates      |         | 20.29g    |        |
| Fiber              |         | 2.68g     |        |
| Sugar              |         | 14.73g    |        |
| Added Sugar        |         | 0.00g     |        |
| Protein            |         | 0.00g     |        |
| Vitamin A          | 0.00mcg | Vitamin C | 0.00mg |
| Calcium            | 0.00mg  | Iron      | 0.01mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Eggo® Bites Mini Pancakes

|               |           |                |                  |
|---------------|-----------|----------------|------------------|
| Servings:     | 2.00      | Category:      | Entree           |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type:    | Breakfast | Recipe ID:     | R-49266          |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| PANCAKE MINI CONFET 72-3.03Z EGGO  | 1 Package   |                   | 395303     |
| PANCAKE MINI MAPL IW 72-3.03Z EGGO | 1 Package   |                   | 284831     |

## Preparation Instructions

Heat and thaw product 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: 2.00 |         |           |        |
|---------------------------|---------|-----------|--------|
| Serving Size: 1.00 Each   |         |           |        |
| Amount Per Serving        |         |           |        |
| Calories                  |         | 210.00    |        |
| Fat                       |         | 6.50g     |        |
| Saturated Fat             |         | 1.00g     |        |
| Trans Fat                 |         | 0.00g     |        |
| Cholesterol               |         | 2.50mg    |        |
| Sodium                    |         | 105.00mg  |        |
| Carbohydrates             |         | 36.00g    |        |
| Fiber                     |         | 2.00g     |        |
| Sugar                     |         | 6.00g     |        |
| Added Sugar               |         | 0.00g     |        |
| Protein                   |         | 4.00g     |        |
| Vitamin A                 | 0.00mcg | Vitamin C | 0.00mg |
| Calcium                   | 20.00mg | Iron      | 1.80mg |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|

# Egg & Cheese Bagel Sandwich

|               |           |                |                   |
|---------------|-----------|----------------|-------------------|
| Servings:     | 1.00      | Category:      | Entree            |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type:    | Breakfast | Recipe ID:     | R-49263           |

## Ingredients

| Description                                    | Measurement | Prep Instructions                          | DistPart # |
|------------------------------------------------|-------------|--------------------------------------------|------------|
| EGG SCRMBD PTY RND GRLLD                       | 1 Each      |                                            | 208990     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice     | USDA Brown Box Commodity or Use GFS#499789 | 100036     |
| BAGEL WHT WGRAIN 2Z                            | 1 Each      |                                            | 230264     |

## Preparation Instructions

Bagel: Thaw the day or two before. May place in warmer morning of to warm bagel up

Egg Patty: Cook according to directions on case

Assembly: Place 1 egg patty and 1 slice between bagel halves. Hold in warmer/hot unit until ready for service.

Updated 5.12.25

### Meal Components (SLE)

| Amount Per Serving       |       |
|--------------------------|-------|
| Meat                     | 1.250 |
| Grain                    | 1.750 |
| 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: 1.00 |          |           |        |
|---------------------------|----------|-----------|--------|
| Serving Size: 1.00 Each   |          |           |        |
| Amount Per Serving        |          |           |        |
| Calories                  |          | 235.00    |        |
| Fat                       |          | 7.50g     |        |
| Saturated Fat             |          | 2.50g     |        |
| Trans Fat                 |          | 0.00g     |        |
| Cholesterol               |          | 82.50mg   |        |
| Sodium                    |          | 390.00mg  |        |
| Carbohydrates             |          | 30.00g    |        |
| Fiber                     |          | 4.00g     |        |
| Sugar                     |          | 5.50g     |        |
| Added Sugar               |          | 0.00g     |        |
| Protein                   |          | 12.00g    |        |
| Vitamin A                 | 32.73mcg | Vitamin C | 0.01mg |
| Calcium                   | 45.00mg  | Iron      | 1.20mg |

## Nutrition - Per 100g

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No 100g Conversion Available

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# Homemade Taco Seasoning with Ground Beef

|               |                   |                |                   |
|---------------|-------------------|----------------|-------------------|
| Servings:     | 232.00            | Category:      | Entree            |
| Serving Size: | 2.00 ounce weight | HACCP Process: | Complex Food Prep |
| Meal Type:    | Lunch             | Recipe ID:     | R-49798           |

## Ingredients

| Description                     | Measurement   | Prep Instructions | DistPart # |
|---------------------------------|---------------|-------------------|------------|
| SPICE CHILI POWDER MILD         | 3 Cup         |                   | 195164     |
| SPICE CUMIN GRND                | 3 Cup         |                   | 273945     |
| SPICE PAPRIKA                   | 10 Tablespoon | 5/8 cup           | 518331     |
| SPICE GARLIC POWDER             | 10 Tablespoon | 5/8 cup           | 224839     |
| SALT IODIZED                    | 1/3 Cup       |                   | 125557     |
| Beef, Fine Ground 85/15, Frozen | 40 Pound      | Thaw              | 100158     |
| Water                           | 24 1/8 Cup    |                   | Water      |

## Preparation Instructions

1. Mix all spices together.
  2. Brown ground beef and drain.
  3. Sprinkle taco seasoning mix over meat. Stir in water.
  4. Bring to a boil, stirring frequently.
  5. Reduce heat and simmer mixture for 20-30 minutes, stirring occasionally.
- CCP: Heat mixture to 155°F.

## Meal Components (SLE)

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat</b>                     | 2.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>GreenVeg</b>                 | 0.000 |
| <b>RedVeg</b>                   | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starch</b>                   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 232.00

Serving Size: 2.00 ounce weight

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 168.81           |        |
| <b>Fat</b>           |         | 12.35g           |        |
| <b>Saturated Fat</b> |         | 4.12g            |        |
| <b>Trans Fat</b>     |         | 2.06g            |        |
| <b>Cholesterol</b>   |         | 53.53mg          |        |
| <b>Sodium</b>        |         | 510.46mg         |        |
| <b>Carbohydrates</b> |         | 0.00g            |        |
| <b>Fiber</b>         |         | 0.00g            |        |
| <b>Sugar</b>         |         | 0.00g            |        |
| <b>Added Sugar</b>   |         | 0.00g            |        |
| <b>Protein</b>       |         | 14.41g           |        |
| <b>Vitamin A</b>     | 0.00mcg | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.99mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Meatballs with Marinara Sauce

|               |                                     |                |                  |
|---------------|-------------------------------------|----------------|------------------|
| Servings:     | 1.00                                | Category:      | Entree           |
| Serving Size: | 1.00 Each                           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                               | Recipe ID:     | R-53338          |
| School:       | Hebron Elementary and Middle School |                |                  |

## Ingredients

| Description        | Measurement | Prep Instructions | DistPart # |
|--------------------|-------------|-------------------|------------|
| MEATBALL CKD .5Z   | 6 Each      |                   | 197645     |
| SAUCE MARINARA A/P | 1/2 Cup     | N/A               | 592714     |

## Preparation Instructions

Chicken Patty: Bake  
Conventional Oven: 8-10 minutes at 400°F from frozen.  
Convection Oven: 6-8 minutes at 375°F from frozen.  
Marinara Sauce: Heat sauce until reaches 135° F and hold in hot holding until service.  
For service: Offer 1/2 cup of pasta with this. Place pasta on bottom and then layer meatball and marinara on top.

### 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: 1.00 |           |           |        |
|---------------------------|-----------|-----------|--------|
| Serving Size: 1.00 Each   |           |           |        |
| Amount Per Serving        |           |           |        |
| Calories                  | 320.00    |           |        |
| Fat                       | 21.50g    |           |        |
| Saturated Fat             | 8.00g     |           |        |
| Trans Fat                 | 1.00g     |           |        |
| Cholesterol               | 40.00mg   |           |        |
| Sodium                    | 1140.00mg |           |        |
| Carbohydrates             | 16.00g    |           |        |
| Fiber                     | 4.00g     |           |        |
| Sugar                     | 6.00g     |           |        |
| Added Sugar               | 0.00g     |           |        |
| Protein                   | 16.00g    |           |        |
| Vitamin A                 | 0.00mcg   | Vitamin C | 0.00mg |
| Calcium                   | 61.00mg   | Iron      | 2.44mg |

## Nutrition - Per 100g

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No 100g Conversion Available

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# Cooked Rotini Noodles

|               |                                     |                |                  |
|---------------|-------------------------------------|----------------|------------------|
| Servings:     | 16.00                               | Category:      | Grain            |
| Serving Size: | 0.50 Cup                            | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                               | Recipe ID:     | R-50849          |
| School:       | Hebron Elementary and Middle School |                |                  |

## Ingredients

| Description            | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| PASTA ROTINI 51 WGRAIN | 1 Pound     |                   | 229951     |
| Tap Water for Recipes  | 1 Gallon    |                   | 000001WTR  |

## Preparation Instructions

SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. RECOMMENDED COOK TIME OF 8-10 MINUTES.

### 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: 16.00 |         |           |        |
|----------------------------|---------|-----------|--------|
| Serving Size: 0.50 Cup     |         |           |        |
| Amount Per Serving         |         |           |        |
| Calories                   |         | 95.00     |        |
| Fat                        |         | 0.50g     |        |
| Saturated Fat              |         | 0.00g     |        |
| Trans Fat                  |         | 0.00g     |        |
| Cholesterol                |         | 0.00mg    |        |
| Sodium                     |         | 0.00mg    |        |
| Carbohydrates              |         | 20.50g    |        |
| Fiber                      |         | 2.00g     |        |
| Sugar                      |         | 1.50g     |        |
| Added Sugar                |         | 0.00g     |        |
| Protein                    |         | 3.50g     |        |
| Vitamin A                  | 0.00mcg | Vitamin C | 0.00mg |
| Calcium                    | 5.00mg  | Iron      | 1.00mg |

## Nutrition - Per 100g

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No 100g Conversion Available

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# Grilled Cheese Sandwich

|               |                                     |                |                  |
|---------------|-------------------------------------|----------------|------------------|
| Servings:     | 50.00                               | Category:      | Entree           |
| Serving Size: | 1.00 Each                           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                               | Recipe ID:     | R-50516          |
| School:       | Hebron Elementary and Middle School |                |                  |

## Ingredients

| Description                                          | Measurement | Prep Instructions | DistPart # |
|------------------------------------------------------|-------------|-------------------|------------|
| BUTTER ALT LIQ                                       | 3/4 Cup     |                   | 130541     |
| School White Wheat Sandwich Bread                    | 100 Slice   | READY_TO_EAT      | 12385      |
| Land O Lakes® 50% Reduced Fat American Cheese Slices | 200 slices  |                   | 499789     |

## Preparation Instructions

1. Heat the liquid butter alternative in a pot on the stove or in a small pan in the oven to make it thinner to spread/brush.
  2. Brush 1/2 of the liquid butter alternative on each sheet pan.
  3. Place 20 slices of bread on each sheet pan. (5 down and 4 across).
  4. Top each slice of bread with 4 slices of cheese. Cover with remaining bread slices. Lightly brush tops of sandwiches with the remaining liquid butter alternative.
  5. Bake until lightly browned:  
Conventional oven: 400 degrees for 15-20 minutes.  
Convection oven: 350 degrees for 10-15 minutes.  
DO NOT OVERBAKE
- If desired, cut each sandwich diagonally in half.
- CCP: Serve immediately or hot hold for service at 140 degrees Fahrenheit.

## Meal Components (SLE)

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat</b>                     | 2.000 |
| <b>Grain</b>                    | 2.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>GreenVeg</b>                 | 0.000 |
| <b>RedVeg</b>                   | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starch</b>                   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 282.06           |        |
| <b>Fat</b>           |          | 10.24g           |        |
| <b>Saturated Fat</b> |          | 5.05g            |        |
| <b>Trans Fat</b>     |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 30.00mg          |        |
| <b>Sodium</b>        |          | 1090.94mg        |        |
| <b>Carbohydrates</b> |          | 34.00g           |        |
| <b>Fiber</b>         |          | 2.00g            |        |
| <b>Sugar</b>         |          | 4.00g            |        |
| <b>Added Sugar</b>   |          | 0.00g            |        |
| <b>Protein</b>       |          | 16.00g           |        |
| <b>Vitamin A</b>     | 0.02mcg  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 359.18mg | <b>Iron</b>      | 1.54mg |

## Nutrition - Per 100g

No 100g Conversion Available

# Tomato Soup

|               |                                     |                |                  |
|---------------|-------------------------------------|----------------|------------------|
| Servings:     | 14.00                               | Category:      | Vegetable        |
| Serving Size: | 1.00 Cup                            | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                               | Recipe ID:     | R-50517          |
| School:       | Hebron Elementary and Middle School |                |                  |

## Ingredients

| Description    | Measurement | Prep Instructions                                                                | DistPart # |
|----------------|-------------|----------------------------------------------------------------------------------|------------|
| SOUP TOMATO    | 1 #5 CAN    | UNPREPARED<br>Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally. | 488232     |
| 1 % White Milk | 7 Cup       |                                                                                  |            |

## Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN MILK. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170\*.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

| Amount Per Serving |         |           |        |
|--------------------|---------|-----------|--------|
| Calories           |         | 141.30    |        |
| Fat                |         | 2.26g     |        |
| Saturated Fat      |         | 0.75g     |        |
| Trans Fat          |         | 0.00g     |        |
| Cholesterol        |         | 7.50mg    |        |
| Sodium             |         | 455.64mg  |        |
| Carbohydrates      |         | 23.76g    |        |
| Fiber              |         | 1.01g     |        |
| Sugar              |         | 15.64g    |        |
| Added Sugar        |         | 0.00g     |        |
| Protein            |         | 6.03g     |        |
| Vitamin A          | 5.00mcg | Vitamin C | 1.00mg |
| Calcium            | 25.14mg | Iron      | 0.41mg |

### Nutrition - Per 100g

|                              |  |  |  |
|------------------------------|--|--|--|
| No 100g Conversion Available |  |  |  |
|------------------------------|--|--|--|