

Cookbook for Tami Elementary School K-4

Created by HPS Menu Planner

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Chicken Patty Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3936
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
TOMATO 6X6 LRG	100 Slice	1 Slice of Tomato	199001
LETTUCE ICEBERG FS	200 Piece	2 Lettuce leaf's	307769

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.333
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		389.81	
Fat		14.58g	
Saturated Fat		2.52g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		643.47mg	
Carbohydrates		42.07g	
Fiber		6.77g	
Total Sugar		6.33g	
Added Sugar		1.00g	
Protein		20.32g	
Vitamin A	299.88mcg	Vitamin C	4.93mg
Calcium	71.93mg	Iron	3.10mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast English Muffin Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41639
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	100 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY GRLLD	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036

Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

French toast sticks

Servings:	100.00	Category:	Grain
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41641
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	2 Each	Preheat oven to 400 degrees F. Place on flat or shallow pan and bake 10-12 minutes, turning after 5 minutes for more even browning. Convection oven: Bake at 375 degrees for 10 minutes. To fry: Deep fry at 350 degrees for 1-1/2 to 2 minutes or until golden brown.	652370
SYRUP MAPL CUP 100-1.5Z FLVR FRSH	1 0	READY_TO_EAT Open package and dispense onto food item.	346801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.018
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00

Amount Per Serving			
Calories		3.30	
Fat		0.08g	
Saturated Fat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.65mg	
Carbohydrates		0.59g	
Fiber		0.02g	
Total Sugar		0.20g	
Added Sugar		0.14g	
Protein		0.05g	
Vitamin A	0.04mcg	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Muffin and LF Mozzarella String Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41642
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	100 Each		557970
CHEESE STRING MOZZ LT IW 168-1Z COMM	100 Each		862680

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		250.00	
Fat		9.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		330.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Total Sugar		17.00g	
Added Sugar		0.00g	
Protein		10.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	228.00mg	Iron	0.90mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on WW Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41643
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE UNSPECIFIED Not currently available	658622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHEESE SLCD BLND 6-5 COMM	1 Slice		150600

Preparation Instructions

COOKING GUIDELINES: Cook from frozen state. Combi-Oven: Preheat oven to 350 F. Bake for 8 - 9 minutes with light steam or until internal temperature reaches 165°F when using a meat thermometer.

CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165°F when using a meat thermometer.

Hold at 140°F

Place 1 beef patty and 1 slice of cheese between hamburger bun to serve.

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		310.00	
Fat		12.50g	
Saturated Fat		5.50g	
Trans Fat		0.50g	
Cholesterol		47.50mg	
Sodium		480.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Total Sugar		4.50g	
Added Sugar		3.00g	
Protein		18.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.08mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41644
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	200 Cup		600504
CARROT SHRD MED	13 Cup		313408
CUCUMBER SUPER SELECT	25 Cup		592323
TOMATO GRAPE SWT	13 Cup		129631
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
CHEESE CHED MLD SHRD 4-5 LOL	200 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
PRETZEL SFTSTIX BAVRN WGRAIN 72-2Z	100 0		193890

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.065
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		255.68	
Fat		12.55g	
Saturated Fat		5.01g	
Trans Fat		0.00g	
Cholesterol		80.00mg	
Sodium		546.80mg	
Carbohydrates		12.16g	
Fiber		3.20g	
Total Sugar		4.53g	
Added Sugar		0.00g	
Protein		23.67g	
Vitamin A	6311.93mcg	Vitamin C	5.09mg
Calcium	161.57mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on WW Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41657
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT	363 Ounce	132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve. Open bags place in 2 inch pan heat to 140.	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	Remove from freezer day before. Place amount needed for day in plastic container to be ready for service	676151

Preparation Instructions

Directions:

Pour ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Portion is 1 sandwich.

Notes:

1: * See Marketing Guide

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		245.10	
Fat		6.80g	
Saturated Fat		2.20g	
Trans Fat		0.00g	
Cholesterol		44.00mg	
Sodium		803.80mg	
Carbohydrates		29.00g	
Fiber		3.80g	
Total Sugar		11.00g	
Added Sugar		0.00g	
Protein		17.30g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.80mg

Nutrition - Per 100g

No 100g Conversion Available	
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Nacho Supreme

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41708
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	12 1/2 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	776548
CHEESE CHED MLD SHRD FINE	6 1/4 Pound		191043
LETTUCE SHRD TACO 1/8CUT	1 9/16 Pound		242489
TOMATO ROMA 2	1 Cup		588381
BEAN REFRD VEGTAR	1 Ounce	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
SAUCE CHS CHED MILD	1 Cup	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Each		133273

Preparation Instructions

- Directions:
- WASH HANDS.
- WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.
1. In a tilt-skillet, cook beef and drain fat.
- CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.
2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.
3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	1.200
Grain	0.020
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.083
Beans, Peas, and Lentils	0.010
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41714
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	300 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
CHEESE AMER 160CT SLCD	100 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
LETTUCE ROMAINE RIBBONS	100 Cup		451730
TORTILLA FLOUR 10" ULTRGR	100 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
DRESSING RNCH LT 4-1GAL BRTHARB	100 Tablespoon	READY_TO_EAT Open, pour and enjoy!	222970

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).
Place tortilla wrap on sheet pan. Spread 1 T of Ranch Dressing on the tortilla, cut 1 slice of American cheese in half and place on tortilla, add 3 pieces of chicken tenders and add 1 cup of romaine ribbons. Roll up the wrap and cut

diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving	
Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Wrap			
Amount Per Serving			
Calories		635.00	
Fat		28.50g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		82.50mg	
Sodium		1115.00mg	
Carbohydrates		54.00g	
Fiber		7.00g	
Total Sugar		8.00g	
Added Sugar		5.00g	
Protein		39.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	222.00mg	Iron	4.40mg

Nutrition - Per 100g

No 100g Conversion Available	
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Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41715
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TURKEY CN 8/ 2Z	100 Each		681894
Hot Dog Bun, Whole Grain 24 oz/12 ct	100 Each	READY_TO_EAT No baking necessary.	4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		290.00	
Fat		11.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		662.60mg	
Carbohydrates		31.00g	
Fiber		3.00g	
Total Sugar		5.00g	
Added Sugar		1.00g	
Protein		13.00g	
Vitamin A	11.07mcg	Vitamin C	0.01mg
Calcium	81.08mg	Iron	10.88mg

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41717
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	20 Pound		100158
SALT IODIZED	2 Teaspoon	READY_TO_EAT used to salt food	108286
SPICE PEPR BLK REST GRIND	1 Tablespoon		225061
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR
Tomato Sauce cnd	8 #10 CAN		100334
SEASONING SPAGHETTI ITAL	2 1/4 Cup		413453
PASTA SPAG 51 WGRAIN	7 1/2 Pound		221460
SAUCE SPAGHETTI FCY	4 1/2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759

Preparation Instructions

- Brown Ground Beef and drain.
- Combine all other ingredients and add to cooked ground beef. Heat to 165F for 15 seconds
- Steam spaghetti or boil until almost done.
- Combine the pasta and the meat sauce. Serve immediately or hold in warmer at 135F or warmer until ready to portion or serve
- Serve using a 8 ounce disher.

Meal Components (SLE)

Amount Per Serving

Meat	2.388
Grain	1.200
Fruit	0.000
GreenVeg	0.000
RedVeg	2.029
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		430.91	
Fat		14.93g	
Saturated Fat		4.78g	
Trans Fat		2.39g	
Cholesterol		62.09mg	
Sodium		1235.07mg	
Carbohydrates		52.10g	
Fiber		11.06g	
Total Sugar		18.57g	
Added Sugar		3.98g	
Protein		26.96g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	33.84mg	Iron	1.58mg

Nutrition - Per 100g

No 100g Conversion Available

Romaine Side Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41718
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	100 Cup		451730
TOMATO GRAPE SWT	400 Ounce		129631
Cucumber	200 Slice		16P98
Shredded Cheddar Cheese	100 Ounce		100003

Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.315
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		140.41	
Fat		9.25g	
Saturated Fat		6.06g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		195.67mg	
Carbohydrates		6.41g	
Fiber		2.39g	
Total Sugar		4.15g	
Added Sugar		0.00g	
Protein		8.01g	
Vitamin A	944.62mcg	Vitamin C	15.54mg
Calcium	27.34mg	Iron	0.31mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich and Tomato soup

Servings:	100.00	Category:	Entree
Serving Size:	1.00 .5 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41719
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	200 Each		380
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	100 Ounce	READY_TO_EAT	100018
SOUP TOMATO	67 Cup	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	100 Gram		827021

Preparation Instructions

Assemble sandwich with 2 pieces of wheat bread and 1 slice of American cheese

Lightly Spray each piece of bread with buttery pan coat spray

Bake in oven (or cook on flat top) at 350 for approx. 10 minutes or until bread is toasted and cheese is melted.

Cut sandwich in half and Serve with tomato soup

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.509
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 .5 sandwich

Amount Per Serving			
Calories		419.80	
Fat		11.80g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		1237.20mg	
Carbohydrates		62.80g	
Fiber		5.34g	
Total Sugar		23.08g	
Added Sugar		9.38g	
Protein		13.68g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.80mg	Iron	12.80mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41737
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1IN 60WHT 40DK	12 Pound		290599
SAUCE ALFREDO FZ	7/8 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661
PASTA LINGUINE 10IN	7 0.04 Pound		413380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		222.11	
Fat		4.05g	
Saturated Fat		1.52g	
Trans Fat		0.01g	
Cholesterol		49.18mg	
Sodium		147.04mg	
Carbohydrates		24.91g	
Fiber		1.13g	
Total Sugar		2.07g	
Added Sugar		0.00g	
Protein		22.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	62.25mg	Iron	1.53mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41738
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
3.5 WG Hamburger Bun	100 Each		3354
TOMATO 5X6 XL	100 Slice		438197
LETTUCE ICEBERG FS	100 Ounce		307769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		276.55	
Fat		9.55g	
Saturated Fat		2.01g	
Trans Fat		0.00g	
Cholesterol		65.00mg	
Sodium		552.38mg	
Carbohydrates		23.38g	
Fiber		2.53g	
Total Sugar		3.88g	
Added Sugar		0.00g	
Protein		23.20g	
Vitamin A	187.43mcg	Vitamin C	3.08mg
Calcium	6.75mg	Iron	8.78mg

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41739
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	200 Cup		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	200 Ounce	Weigh	722330
CHIP TORTL RND R/F	100 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.020
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		291.36	
Fat		10.03g	
Saturated Fat		2.14g	
Trans Fat		0.00g	
Cholesterol		21.45mg	
Sodium		346.56mg	
Carbohydrates		36.15g	
Fiber		6.26g	
Total Sugar		3.26g	
Added Sugar		0.00g	
Protein		13.08g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	103.55mg	Iron	1.85mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Casserole

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41746
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	57 Each		206547
Prairie Farms 1% Low Fat White Milk	12 Cup		
Ham, Cubed Frozen	7 Pound		100188-H
SPICE MUSTARD GRND	100 Teaspoon		224928
Cheese, Cheddar Reduced fat, Shredded	7 Cup		100012
Breadstick, Mozzarella Cheese, Whole Wheat, Frozen	1 breadstick		122934

Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		93.62	
Fat		5.91g	
Saturated Fat		2.97g	
Trans Fat		0.00g	
Cholesterol		116.60mg	
Sodium		307.19mg	
Carbohydrates		2.40g	
Fiber		0.01g	
Total Sugar		1.10g	
Added Sugar		0.00g	
Protein		10.19g	
Vitamin A	0.15mcg**	Vitamin C	0.03mg**
Calcium	16.21mg	Iron	0.58mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Cheesy Bean Twister WGrain MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41763
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5IN	100 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed For best results thaw out to room temperature prior to heating Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
BEAN REFRD 6-10 ROSARITA	3 1/4 Gallon		293962
TOMATO DCD I/JCE	1 3/5 Gallon		246131
CHEESE CHED MLD SHRD FINE	5 Cup		191043

Preparation Instructions

WASH HANDS.

1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
3. Roll up to form a log. Cut the log in 1/2.
4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.
CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.
CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.
5. Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		330.40	
Fat		6.88g	
Saturated Fat		1.52g	
Trans Fat		0.00g	
Cholesterol		6.00mg	
Sodium		877.80mg	
Carbohydrates		53.19g	
Fiber		9.24g	
Total Sugar		4.09g	
Added Sugar		1.54g	
Protein		14.03g	
Vitamin A	18.00mcg	Vitamin C	0.00mg
Calcium	170.38mg	Iron	4.03mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41801
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
TOMATO 6X6 LRG	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS	100 Ounce	1 Leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

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Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad Elementary

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41916
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	100 Cup		735787
TOMATO GRAPE SWT	25 Cup		129631
CARROTS BABY PLD 72-3Z P/L	25 Cup		241541
CUCUMBER 1-24CT MARKON	25 Cup		238653

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	1.125
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories		89.25	
Fat		0.13g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		119.50mg	
Carbohydrates		20.25g	
Fiber		7.03g	
Total Sugar		10.50g	
Added Sugar		0.00g	
Protein		2.88g	
Vitamin A	23643.94mcg	Vitamin C	146.07mg
Calcium	75.74mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Pizza Lunchable

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41935
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	100 Each	READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD	25 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA DIPN CUP	100 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721
PEPPERONI TKY SLCD 15/Z	66 Ounce	About 10 slices	276662

Preparation Instructions

Package together in Container.

Note: Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Kit

Amount Per Serving			
Calories		365.10	
Fat		14.25g	
Saturated Fat		5.15g	
Trans Fat		0.06g	
Cholesterol		35.00mg	
Sodium		983.50mg	
Carbohydrates		40.00g	
Fiber		2.70g	
Total Sugar		9.50g	
Added Sugar		2.50g	
Protein		19.40g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	245.31mg	Iron	2.63mg

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni and Pineapple Pizza

Servings:	150.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43993
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	18 3/4 cup, chunks		9354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

Amount Per Serving			
Calories		292.98	
Fat		0.02g**	
Saturated Fat		3.56g	
Trans Fat		0.00g	
Cholesterol		15.24mg	
Sodium		539.98mg	
Carbohydrates		36.54g	
Fiber		4.23g	
Total Sugar		11.23g	
Added Sugar		2.54g	
Protein		15.10g	
Vitamin A	0.68mcg**	Vitamin C	2.13mg
Calcium	243.65mg	Iron	2.73mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Salad

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44023
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	150 Cup		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	300 Tablespoon		42158

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		42.00	
Fat		2.40g	
Saturated Fat		0.41g	
Trans Fat		0.00g**	
Cholesterol		0.00mg	
Sodium		279.93mg	
Carbohydrates		4.87g	
Fiber		0.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		0.33g	
Vitamin A	20.10mcg	Vitamin C	0.89mg
Calcium	11.27mg	Iron	0.09mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

RO - Sloppy Joe Meat

Servings:	420.00	Category:	Entree
Serving Size:	1.00 portion	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44664
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	78 1/2 Pound		110520
SPICE ONION MINCED	1/2 Quart		513997
SPICE GARLIC POWDER	1/2 Cup		224839
SAUCE TOMATO	2 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
WATER DISTILLED	3 Gallon		711143
SPICE MUSTARD GRND	1/2 Cup		224928
SPICE PEPR BLK REG FINE GRIND	1/8 Cup		225037
SUGAR BROWN LT	1 1/4 Pound		860311
RELISH DILL PICKLE FCY	1/2 Gallon		156248
SPICE CHILI POWDER MILD	2/3 Cup		331473

Preparation Instructions

1. Brown ground beef and drain.
2. Add onions and garlic. Cook for 5 minutes.
3. Mix all other ingredients in steam kettle. Cook for 30 minutes.
4. Ladle 1 gallon of sauce over meat mixture. Stir well.
5. Reheat to 165 degrees, stirring frequently.
6. 2 gal = 1 pan

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: 420.00

Serving Size: 1.00 portion

Amount Per Serving			
Calories		188.64	
Fat		13.39g	
Saturated Fat		4.46g	
Trans Fat		2.23g	
Cholesterol		58.02mg	
Sodium		187.24mg	
Carbohydrates		2.09g	
Fiber		0.25g	
Total Sugar		0.68g	
Added Sugar		0.00g	
Protein		15.87g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.76mg	Iron	0.10mg

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Cookie

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-47820
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	13 Ounce		425311
SUGAR BROWN LT	13 Ounce		860311
MILK WHT 1	1/3 Cup		817801
WHOLE WHEAT FLOUR STONE GROUND	1 Pound		330094
FLOUR A/P	14 Ounce		585203
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Tablespoon		683700
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	108286
BAKING SODA	1 1/2 Teaspoon		513849
BUTTER BLND SLD EURO ZT	17 Tablespoon	READY_TO_EAT Ready to use.	648560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		145.36	
Fat		4.34g	
Saturated Fat		1.74g	
Trans Fat		0.00g	
Cholesterol		0.08mg	
Sodium		184.40mg	
Carbohydrates		25.82g	
Fiber		1.23g	
Total Sugar		13.58g	
Added Sugar		0.00g	
Protein		2.17g	
Vitamin A	3.22mcg	Vitamin C	0.00mg
Calcium	6.51mg	Iron	0.71mg

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50207
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1/2 Cup		488232
Water	1 Serving		Water

Preparation Instructions

Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 cup

Amount Per Serving			
Calories		1.80	
Fat		0.02g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		7.80mg	
Carbohydrates		0.36g	
Fiber		0.02g	
Total Sugar		0.20g	
Added Sugar		0.00g	
Protein		0.04g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available

Tami's Garlic Butter Sauce

Servings:	16.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51043
School:	River Forest Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA	8 Pound		299405
LEMON JUICE 100	1/3 Cup		311227
Spice World Minced Garlic	64 Ounce		463998

Preparation Instructions

Roast the garlic with a small amount of olive oil in a convection oven at 350°F for 8-10 minutes. Melt the butter on medium low heat and skim the milk solids at the top to clarify the butter. Add the garlic and lemon juice and whisk to combine.

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: 16.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		1713.38	
Fat		176.00g	
Saturated Fat		112.00g	
Trans Fat		0.00g	
Cholesterol		480.00mg	
Sodium		0.00mg	
Carbohydrates		22.68g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	1.15mg
Calcium	48.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Tami's Chicken and Broccoli Scampi

Servings:	56.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51044
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic Butter Sauce	1 Serving	Roast the garlic with a small amount of olive oil in a convection oven at 350°F for 8-10 minutes. Melt the butter on medium low heat and skim the milk solids at the top to clarify the butter. Add the garlic and lemon juice and whisk to combine.	R-51043
PASTA PENNE WGRAIN	1 Ounce	BOIL Cooking Time: 9 Minutes Pre-cooking time: 5 Minutes	541211
CHIX BRST STRP FC LRG	1 Ounce		219011
BROCCOLI FLORET REG CUT	1 Cup		732478
SPICE PEPR BLK 30 MESH REG GRIND	1 Teaspoon		225045
CHEESE PARM SHVD	1 Ounce		140560
LEMON FCY	1 CT AVG		771309

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		35.72	
Fat		3.32g	
Saturated Fat		2.09g	
Trans Fat		0.00g	
Cholesterol		9.46mg	
Sodium		8.78mg	
Carbohydrates		0.96g	
Fiber		0.14g	
Total Sugar		0.05g	
Added Sugar		0.00g	
Protein		0.43g	
Vitamin A	0.00mcg	Vitamin C	0.02mg
Calcium	6.72mg	Iron	0.05mg

Nutrition - Per 100g

No 100g Conversion Available