

Cookbook for Tami Elementary School K-4

Created by HPS Menu Planner

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Sloppy Joe on WW Bun



Servings:	100.000	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: 100.000

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

Romaine Side Salad



Servings:	100.000	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: 100.000

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