

Cookbook for East Porter County School Corporation-Middle/High School

Created by HPS Menu Planner

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Mini Pancakes

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42211
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN	1 Package		642230
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW	1 Package		284831

Preparation Instructions

Cook pancakes 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: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		210.00	
Fat		6.33g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		6.67mg	
Sodium		270.00mg	
Carbohydrates		36.00g	
Fiber		3.67g	
Total Sugar		11.33g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.68mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43210
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW	1 Package		269260

Preparation Instructions

Heat 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: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		200.00	
Fat		5.67g	
Saturated Fat		1.17g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		183.33mg	
Carbohydrates		36.00g	
Fiber		3.00g	
Total Sugar		11.33g	
Added Sugar		7.00g	
Protein		3.67g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	110.00mg	Iron	2.03mg

Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43212
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CINN IW	1 Package		150291
FRENCH TST MINI CHOC CHIP IW	1 Package		498492

Preparation Instructions

Heat according to directions on package.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		200.00	
Fat		6.00g	
Saturated Fat		1.25g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		205.00mg	
Carbohydrates		35.50g	
Fiber		3.50g	
Total Sugar		10.50g	
Added Sugar		10.50g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	170.00mg	Iron	2.55mg

Nutrition - Per 100g

No 100g Conversion Available	
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Assorted Variety of Flavored Bread

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43188
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD LEM IW 75-3.45Z SUPBAK	1 Each		320907
BREAD BLUEB IW 75-3.45Z SUPBAK	1 Each		319418
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each		319413

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 Slice			
Amount Per Serving			
Calories		253.33	
Fat		8.00g	
Saturated Fat		1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		250.00mg	
Carbohydrates		44.33g	
Fiber		2.00g	
Total Sugar		21.00g	
Added Sugar		15.00g	
Protein		5.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	97.67mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Assorted Pop-Tarts®

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 Whole Grain Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.25 Whole Grain Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 Whole Grain Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB	1 Package	2.25 Whole Grain Grain Equivalents	865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.250
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: 4.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		350.75	
Fat		5.63g	
Saturated Fat		1.83g	
Trans Fat		0.03g	
Cholesterol		0.00mg	
Sodium		267.50mg	
Carbohydrates		73.75g	
Fiber		5.90g	
Total Sugar		29.50g	
Added Sugar		14.25g	
Protein		4.58g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	230.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available	
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Mini WG Donuts

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43190
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW	1 Package		738181
DONUT PWDRD MINI IW	1 Package		738201
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		147.50**	
Fat		9.53g	
Saturated Fat		4.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		198.15mg	
Carbohydrates		31.12g	
Fiber		1.51g	
Total Sugar		14.80g	
Added Sugar		9.56g	
Protein		3.26g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	24.12mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43192
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
Lucky Charms Reduced Sugar	1 Each		549485
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557

Preparation Instructions

Updated June 2025

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		108.74	
Fat		0.93g**	
Saturated Fat		0.04g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		171.37mg	
Carbohydrates		23.29g	
Fiber		2.03g	
Total Sugar		4.43g**	
Added Sugar		5.71g	
Protein		2.06g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	80.97mg	Iron	3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43193
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN BLUEBERRY WGRAIN IW	1 Each		262370
MUFFIN BANANA WGRAIN IW	1 Each		262362
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN DBL CHOC WGRAIN IW	1 Each		262343
MUFFIN CHOCOLATE CHP WGRAIN IW	1 Each		273681

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		185.71	
Fat		6.29g	
Saturated Fat		1.57g	
Trans Fat		0.03g	
Cholesterol		22.14mg	
Sodium		118.57mg	
Carbohydrates		29.86g	
Fiber		1.57g	
Total Sugar		15.57g	
Added Sugar		12.43g	
Protein		2.71g	
Vitamin A	2.06mcg	Vitamin C	0.01mg
Calcium	16.57mg	Iron	0.91mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal Bar (2 Grain)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43196
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each		368248
BAR CEREAL CHEERIOS PCH 48-2.5Z	1 Each		368353
BAR CEREAL CINN TST 48-2.5Z GENM	1 Each		811411

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		273.33	
Fat		5.67g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		180.00mg	
Carbohydrates		51.67g	
Fiber		5.00g	
Total Sugar		15.00g	
Added Sugar		9.67g	
Protein		4.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	423.33mg	Iron	3.90mg

Nutrition - Per 100g

No 100g Conversion Available

Goldfish® Grahams

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43195
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN	1 Each		198472
CRACKER GLDFSH CINN	1 Package		194510
CRACKER GLDFSH GRHM FREN TST	1 Package		288252

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: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		123.33	
Fat		4.17g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		125.00mg	
Carbohydrates		19.67g	
Fiber		1.33g	
Total Sugar		7.00g	
Added Sugar		2.67g	
Protein		1.67g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.91mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Yogurt Cups

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43194
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F	1 Each		551760
YOGURT DANIMAL STRAWB N/F	1 Each		885750
YOGURT RASPB RNBW L/F	1 Each		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: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		76.67	
Fat		0.33g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.33mg	
Sodium		61.67mg	
Carbohydrates		14.67g	
Fiber		0.00g	
Total Sugar		9.33g	
Added Sugar		4.67g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	126.67mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with Cheese Stick and Goldfish

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Smucker's Wheat Peanut Butter & Honey Uncrustable Sandwiches 2.6 oz	1 Each		543449
Smucker's Wheat Peanut Butter & Raspberry Jelly Sandwiches 2.6 oz	1 Each		543455
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
SAND UNCRUST PBJ STRAWB	1 Each		536012
CHEESE STRING MOZZ LT IW	4 Each	Or use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN	4 Package		736280

Preparation Instructions

Note: Kit consist of 1 Uncrustable, a Cheese Stick, and 1 package of goldfish crackers

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Kit

Amount Per Serving			
Calories		385.00**	
Fat		14.50g**	
Saturated Fat		5.13g**	
Trans Fat		0.00g**	
Cholesterol		10.00mg**	
Sodium		577.50mg**	
Carbohydrates		39.25g**	
Fiber		3.00g**	
Total Sugar		8.50g**	
Added Sugar		9.50g**	
Protein		15.75g**	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	249.75mg**	Iron	1.48mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43206
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce	Weight Commodity Brown Box	100101
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Wrap			
Amount Per Serving			
Calories		301.70	
Fat		11.18g	
Saturated Fat		6.12g	
Trans Fat		0.00g	
Cholesterol		57.60mg	
Sodium		303.47mg	
Carbohydrates		31.02g	
Fiber		4.17g	
Total Sugar		2.33g	
Added Sugar		0.00g	
Protein		20.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	150.98mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice	Or use 2.90 ounce weight of brown box commodity Sliced Deli Breast Turkey	689541
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Updated 9.18.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories		311.36	
Fat		10.20g	
Saturated Fat		6.63g	
Trans Fat		0.00g	
Cholesterol		56.43mg	
Sodium		706.78mg	
Carbohydrates		31.02g	
Fiber		4.17g	
Total Sugar		2.33g	
Added Sugar		0.00g	
Protein		26.49g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	150.98mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Diced Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43205
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD	3 0 Ounce	Weight	202150
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Wrap			
Amount Per Serving			
Calories		339.70	
Fat		14.18g	
Saturated Fat		7.62g	
Trans Fat		0.00g	
Cholesterol		70.60mg	
Sodium		727.47mg	
Carbohydrates		31.02g	
Fiber		4.17g	
Total Sugar		2.33g	
Added Sugar		0.00g	
Protein		22.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	150.98mg	Iron	2.72mg

Nutrition - Per 100g

No 100g Conversion Available

Salad with Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43202
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	2 Cup		206504
TURKEY BRST DCD	2 Ounce	Weight	451300
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

Place lettuce in bottom of container and layer turkey (that has been diced up), shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		458.35	
Fat		17.09g	
Saturated Fat		7.27g	
Trans Fat		0.00g	
Cholesterol		50.41mg	
Sodium		1018.64mg	
Carbohydrates		51.20g	
Fiber		8.98g	
Total Sugar		10.53g	
Added Sugar		2.00g	
Protein		28.58g	
Vitamin A	209.12mcg	Vitamin C	3.59mg
Calcium	412.93mg	Iron	3.01mg

Nutrition - Per 100g

No 100g Conversion Available

Salad with Diced Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43203
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD	2 Cup		206504
TURKEY HAM DCD	1 3/4 Ounce	Weight	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022

Preparation Instructions

Place lettuce in bottom of container and layer diced ham, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		476.38	
Fat		19.48g	
Saturated Fat		7.89g	
Trans Fat		0.00g	
Cholesterol		61.98mg	
Sodium		996.69mg	
Carbohydrates		49.67g	
Fiber		8.98g	
Total Sugar		10.53g	
Added Sugar		2.00g	
Protein		28.04g	
Vitamin A	209.12mcg	Vitamin C	3.59mg
Calcium	412.93mg	Iron	3.24mg

Nutrition - Per 100g

No 100g Conversion Available

High School: Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F	1 Cup		881161
Strawberries IQF sliced	1/2 Cup	Commodity Brown Box	110860
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/2 Cup		569744

Preparation Instructions

Updated June 2025

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 PARFAIT			
Amount Per Serving			
Calories		434.19	
Fat		6.37g	
Saturated Fat		1.49g	
Trans Fat		0.00g	
Cholesterol		14.93mg	
Sodium		253.84mg	
Carbohydrates		82.87g	
Fiber		8.77g	
Total Sugar		40.33g	
Added Sugar		23.19g	
Protein		14.03g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	308.96mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Sub Sandwich (Ham and Turkey)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43199
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each		276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box or Use GFS#722360	100036
TURKEY BRST SLCD OVN RSTD	2 Slice		689541
TURKEY HAM UNCURED	2 Slice		690041

Preparation Instructions

Thaw meat out ahead of time.

Layer ham, turkey, and cheese slice on sub bun and hold for cold service.

Updated 9.20.23

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		308.27	
Fat		9.14g	
Saturated Fat		3.29g	
Trans Fat		0.00g	
Cholesterol		56.45mg	
Sodium		746.41mg	
Carbohydrates		31.56g	
Fiber		2.00g	
Total Sugar		5.54g	
Added Sugar		5.04g	
Protein		23.93g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.36mg

Nutrition - Per 100g

No 100g Conversion Available

Jell-O Fruit Cup

Servings:	110.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33336

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	3 #10 CAN	Can use any canned fruit	100220
Diced Pears 6-10	3 #10 CAN	Can use any canned fruit	100225
Tap Water for Recipes	4 Quart	Follow gelatin directions for specific amounts of water. (Usually 2 quarts hot water and 2 quarts cold water.)	000001WTR
GELATIN MIX STRAWB	1 1/2 Pound	1 package of gelatin Can also use GFS#524638, GFS#524654, and GFS#554901	524581

Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add enough water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add remaining cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		85.06	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		35.45mg	
Carbohydrates		21.12g	
Fiber		1.52g	
Total Sugar		18.57g	
Added Sugar		0.00g	
Protein		0.36g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51843

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK	1 Each	**Non-Whole Grain**	451740
CHIX PTY HMSTYL 1.6Z	1 Each	N/A	645080

Preparation Instructions

Cook items according to directions on case and then serve chicken patty between biscuit.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.500
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		285.00	
Fat		11.50g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		12.50mg	
Sodium		775.00mg	
Carbohydrates		34.00g	
Fiber		2.50g	
Total Sugar		3.00g	
Added Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43209
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK	1 Each	**Non-Whole Grain**	451740
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	N/A	588510

Preparation Instructions

Cook items according to directions on case and then serve sausage patty between biscuit.

Updated 10.10.23

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.00	
Fat		13.00g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		830.00mg	
Carbohydrates		28.00g	
Fiber		1.00g	
Total Sugar		3.00g	
Added Sugar		2.00g	
Protein		10.00g	
Vitamin A	0.00mcg	Vitamin C	1.20mg
Calcium	59.00mg	Iron	2.36mg

Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	591.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32973
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	99 Pound	Commodity/Brown Box	100158
SEASONING TACO MIX	12 Cup		159204
Tap Water for Recipes	2 1/2 Gallon		000001WTR

Preparation Instructions

Cook beef, drain, and add seasoning.
Heat beef and seasoning until temperature.

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: 591.00			
Serving Size: 2.00 ounce weight			
Amount Per Serving			
Calories		173.76	
Fat		12.00g	
Saturated Fat		4.00g	
Trans Fat		2.00g	
Cholesterol		52.00mg	
Sodium		274.20mg	
Carbohydrates		1.95g	
Fiber		0.97g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		14.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.35mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco Meat

Servings:	450.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32975
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	60 Pound	Commodity/Brown Box	100101
SEASONING TACO MIX	10 Cup		427446
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Defrost Chicken
2. Add 10 cups Taco Seasoning and 2 gallons of water to thawed diced chicken.
3. Bring to Boil, reduce to simmer and cook for 15 minutes stirring occasionally

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: 450.00

Serving Size: 2.00 ounce weight

Amount Per Serving			
Calories		83.91	
Fat		2.13g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		44.80mg	
Sodium		287.33mg	
Carbohydrates		1.42g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		12.80g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	1.42mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla-Homemade

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32976
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	1 1/2 Ounce	Commodity/Brown Box Weight	100101
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup	N/A	150250

Preparation Instructions

Pour ½ cup cheese on half the shell and add chicken. Fold it over put on large cookie sheet, spray with butter spray. Fill the warmer and batch cook in oven for a few minutes as needed.

Updated 8.15.23

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		369.20	
Fat		17.88g	
Saturated Fat		10.92g	
Trans Fat		0.00g	
Cholesterol		71.10mg	
Sodium		439.80mg	
Carbohydrates		31.32g	
Fiber		4.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		21.92g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	307.68mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43224
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	28 1/10 Ounce	1 Package	183910
Tap Water for Recipes	8 Cup	Boiling	000001WTR

Preparation Instructions

- 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: Stir and serve.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		189.30	
Fat		1.58g	
Saturated Fat		0.53g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		683.57mg	
Carbohydrates		32.60g	
Fiber		10.52g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		10.52g	
Vitamin A	0.74mcg	Vitamin C	1.04mg
Calcium	58.84mg	Iron	2.53mg

Nutrition - Per 100g

No 100g Conversion Available

Parsley Potatoes

Servings:	21.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WHL SMALL 100-120CT	1 #10 CAN	Drained	169501
SPICE PARSLEY FLAKES	1/2 Cup		513989

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	0.500

Nutrition Facts

Servings Per Recipe: 21.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		55.15	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		128.69mg	
Carbohydrates		12.87g	
Fiber		1.84g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.92g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	36.77mg	Iron	0.46mg

Nutrition - Per 100g

No 100g Conversion Available			
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Spicy Buffalo Chicken Bites

Servings:	50.00	Category:	Entree
Serving Size:	12.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53829

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT REDHOT ORG	3 1/8 Cup	3 cups and 2 Tablespoons	282944
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 1/2 Pound	600 pieces	327120

Preparation Instructions

1. Mix popcorn chicken and hot sauce in large bowl or pan until chicken is coated.
CCP: Wear single use glove to avoid bare hand contact.
2. Place popcorn chicken on a lined parchment sheet pan. Bake in Convection oven at 375°F for approximately 5-6 minutes.
Place in a 4 inch HEATED STEAMTABLE PAN (This will help keep the temperature on the pieces.) Place in Hot Cart Set at 165°F.
CCP: Hold at 140°F until served.

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: 50.00			
Serving Size: 12.00 Piece			
Amount Per Serving			
Calories		250.91	
Fat		14.18g	
Saturated Fat		2.73g	
Trans Fat		0.00g	
Cholesterol		21.82mg	
Sodium		952.82mg	
Carbohydrates		15.27g	
Fiber		3.27g	
Total Sugar		1.09g	
Added Sugar		0.00g	
Protein		15.27g	
Vitamin A	719.97mcg	Vitamin C	0.00mg
Calcium	39.27mg	Iron	2.38mg

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-33342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA TRAD PARBK 16IN	1 Each	**Non-Whole Grain**	717315
SAUCE PIZZA W/BASL	1 1/2 Cup		256013
CHEESE MOZZ SHRD	4 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
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		382.50	
Fat		15.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		687.50mg	
Carbohydrates		39.50g	
Fiber		2.50g	
Total Sugar		5.25g	
Added Sugar		1.00g	
Protein		20.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	440.00mg	Iron	3.05mg

Nutrition - Per 100g

No 100g Conversion Available	
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Homemade Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA TRAD PARBK 16IN	1 Each	**Non-Whole Grain**	717315
SAUCE PIZZA W/BASL	1 1/2 Cup	N/A	256013
CHEESE MOZZ SHRD	4 Cup		645170
PEPPERONI SLCD 18-20/Z	32 Slice		730025

Preparation Instructions

Updated 9.20.23

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
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		419.83	
Fat		18.47g	
Saturated Fat		8.07g	
Trans Fat		0.00g	
Cholesterol		38.00mg	
Sodium		810.17mg	
Carbohydrates		39.50g	
Fiber		2.50g	
Total Sugar		5.25g	
Added Sugar		1.00g	
Protein		22.35g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	440.00mg	Iron	3.15mg

Nutrition - Per 100g

No 100g Conversion Available			
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Graham Snack

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49466
School:	Washington Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GLDFSH GRHM FREN TST	1 Each	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GRHM TIGER BITE CHOC	1 Package		123171

Preparation Instructions

Note: These products are considered a dessert grain at lunch.

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		121.43	
Fat		3.93g	
Saturated Fat		0.86g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		119.29mg	
Carbohydrates		20.29g	
Fiber		1.29g	
Total Sugar		7.43g	
Added Sugar		3.29g	
Protein		1.86g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	17.14mg	Iron	0.93mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla-Homemade

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32977
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	N/A	150250

Preparation Instructions

Pour ½ cup cheese on half the shell and fold it over. Put on large cookie sheet, spray with butter spray. Fill the warmer and batch cook in oven for a few minutes as needed.

Updated 8.15.23

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.250
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: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		390.00	
Fat		22.50g	
Saturated Fat		15.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		527.00mg	
Carbohydrates		32.00g	
Fiber		4.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	443.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Boom Boom Chicken

Servings:	55.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	15 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM	8 Cup	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	877930

Preparation Instructions

- Bake popcorn chicken from frozen.
1. Take 3 sheet pans and place 1-5lb bag of popcorn chicken onto each sheet pan.
 2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
 3. Once chicken has reached temperature place all three sheet pans into a 6 inch and add 8 cups of sauce.
 4. Toss popcorn chicken in sauce enough to coat.
 5. Hold for in warmer until ready for service.
- Each student should receive 10 pieces of popcorn chicken.

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: 55.00

Serving Size: 10.00 Piece

Amount Per Serving			
Calories		448.49	
Fat		31.81g	
Saturated Fat		5.95g	
Trans Fat		0.00g	
Cholesterol		88.48mg	
Sodium		777.92mg	
Carbohydrates		21.60g	
Fiber		3.04g	
Total Sugar		2.33g	
Added Sugar		2.33g	
Protein		19.28g	
Vitamin A	202.92mcg	Vitamin C	0.00mg
Calcium	20.29mg	Iron	1.46mg

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43280
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	17 Pound	Thaw	100158
ONION VIDALIA SWT	1 Pound		558133
SPICE GARLIC POWDER	3 Tablespoon		513857
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037
TOMATO PUREE 1.06	1 1/16 Gallon	1 gallon 2 quarts About 2-#10 Cans	270091
Tap Water for Recipes	49 Quart	1 quart for sauce and 12 Gallon to cook pasta in.	000001WTR
SPICE PARSLEY FLAKES	1/2 Cup		259195
SPICE BASIL LEAF	1/4 Cup		518341
SPICE OREGANO LEAF	1/4 Cup		513733
SPICE MARJORAM LEAF	2 Tablespoon		513709
SPICE THYME LEAF	1 Tablespoon		513814
SALT SEA	1/4 Cup		748590
PASTA SPAGHETTI 10IN	9 1/2 Pound	Break into thirds **Non-whole Grain**	654560

Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.

Add granulated garlic, pepper, tomato puree, 1 quart water, parsley, basil, oregano, marjoram, thyme. Simmer about 1 hour.

CCP: Heat to 155° F or higher for at least 15 seconds.

Heat water to rolling boil. Add salt.

Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.

Stir into meat sauce

Divide equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 100 servings, use 6 pans.

CCP: Hold for hot service at 135° F or higher.

Portion with 8 oz ladle (1 cup) per serving

Meal Components (SLE)

Amount Per Serving	
Meat	2.030
Grain	1.520
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		340.25	
Fat		12.94g	
Saturated Fat		4.06g	
Trans Fat		2.03g	
Cholesterol		52.78mg	
Sodium		328.72mg	
Carbohydrates		37.03g	
Fiber		2.24g	
Total Sugar		3.78g	
Added Sugar		0.00g	
Protein		20.24g	
Vitamin A	0.05mcg	Vitamin C	0.22mg
Calcium	11.09mg	Iron	2.06mg

Nutrition - Per 100g

No 100g Conversion Available	
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Spaghetti Noodles

Servings:	100.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52328
School:	East Porter County Schools Corporation-Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	9 1/2 Pound	Break into thirds ***Non-Whole Grain***	654560
SALT SEA	1/4 Cup		748590
Tap Water for Recipes	49 Quart	N/A	000001WTR

Preparation Instructions

Heat water to rolling boil. Add salt.

Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	1.500
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: 0.75 Cup			
Amount Per Serving			
Calories		152.00	
Fat		0.76g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		264.04mg	
Carbohydrates		31.92g	
Fiber		1.52g	
Total Sugar		1.52g	
Added Sugar		0.00g	
Protein		5.32g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.37mg

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43283
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN LT 4FLZ	1 Each		400783
ICE CRM CUP CHOC LT 4FLZ	1 Each		400713

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: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		100.00	
Fat		2.00g	
Saturated Fat		1.25g	
Trans Fat		0.00g	
Cholesterol		7.50mg	
Sodium		42.50mg	
Carbohydrates		19.00g	
Fiber		0.50g	
Total Sugar		14.00g	
Added Sugar		12.50g	
Protein		2.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.30mg

Nutrition - Per 100g

No 100g Conversion Available	
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Biscuit & Gravy

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK	1 Each		451740
GRAVY SAUS PORK	1/4 Cup	or Use GFS#125350	751322

Preparation Instructions

Biscuit: Bake according to manufactures directions. Preheat convection oven to 325 degrees. If using a conventional oven, preheat to 375 degrees. Place sheet pan into oven. Allow biscuits to heat for 7 to 8 minutes from a thawed state, or 10 to 12 minutes from frozen. To keep remaining biscuits warm, place the entire sheet pan into a warming drawer, set at 50% moisture and 160 degrees.

Gravy: Reheat gravy according to manufactures directions.

For service: Offer 1 warm biscuit with 1/4 cup of gravy.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		200.98	
Fat		7.78g	
Saturated Fat		3.44g	
Trans Fat		0.01g	
Cholesterol		1.58mg	
Sodium		592.27mg	
Carbohydrates		28.51g	
Fiber		1.01g	
Total Sugar		3.06g	
Added Sugar		2.00g	
Protein		4.47g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	60.90mg	Iron	2.02mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	213.00	Category:	Entree
Serving Size:	0.75 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32979
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	30 Pound	Weight Commodity/Brown Box	100101
PASTA MOSTACC RIG W/LINES	15 Pound	**Non-Whole Grain**	413350
SAUCE ALFREDO FZ	30 Pound	N/A	155661
SPICE PEPR BLK REG FINE GRIND	3 Tablespoon		225037
SPICE GARLIC POWDER	4 Tablespoon		513857
CHEESE PARM GRTD	2 1/2 Pound		164259

Preparation Instructions

1. Heat chicken in steamer to temp.
2. Cook pasta in round kettle until done and drain.
3. Add the rest of the ingredients (sauce, spices, and cheese) to pasta and bring to 135 degrees.
4. Add Chicken and gently mix together.
5. Serve in 4 inch deep pans. 2 1/2 gallons per pan. 6 ounce scoop for portion.

Updated 8.6.24

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 213.00

Serving Size: 0.75 Serving

Amount Per Serving			
Calories		328.36	
Fat		11.31g	
Saturated Fat		5.00g	
Trans Fat		0.04g	
Cholesterol		69.49mg	
Sodium		632.29mg	
Carbohydrates		28.59g	
Fiber		1.13g	
Total Sugar		4.82g	
Added Sugar		0.00g	
Protein		26.61g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	298.08mg	Iron	1.01mg

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42231
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	200 Each		135071
SAUCE SPAGHETTI FCY	1 #10 CAN		852759
CHEESE MOZZ SHRD	5 Cup		645170
BUN SUB SLCD WGRAIN 5IN	40 Each		276142

Preparation Instructions

- Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.
-
- SPRAY PAN WELL! Mix Spaghetti sauce and meatballs together. Prepare meatballs as stated on package.
CCP: Heat to 165 degrees F or higher.
-
- Fill each Sub Bun with...
5 meatballs and 2 Tablespoons of cheese.
-
- Wrap tray of subs and place in warmer until ready to serve.
CCP: Hold for hot service at 135 degrees F or higher.

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: 40.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		397.93	
Fat		15.50g	
Saturated Fat		6.05g	
Trans Fat		0.60g	
Cholesterol		45.50mg	
Sodium		796.79mg	
Carbohydrates		41.13g	
Fiber		5.21g	
Total Sugar		9.92g	
Added Sugar		6.21g	
Protein		23.71g	
Vitamin A	7.00mcg	Vitamin C	1.00mg
Calcium	211.96mg	Iron	4.00mg

Nutrition - Per 100g

No 100g Conversion Available

SideKicks Frozen Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43238
School:	East Porter County School Corporation- Middle/High School		

Ingredients

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

Preparation Instructions

Note: These count as juice and students should only be allowed one.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 4.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		90.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		32.50mg	
Carbohydrates		22.00g	
Fiber		0.00g	
Total Sugar		18.75g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	1187.50mcg	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	56.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43692

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
Tap Water for Recipes	2 Gallon	N/A	000001WTR
BASE CHIX LO SOD	1/2 Cup		130869
SALT IODIZED	1 1/2 Tablespoon	N/A	108286
SPICE PEPR BLK REG FINE GRIND	2 1/2 Teaspoon		225037
SPICE GARLIC POWDER	2 1/2 Teaspoon		513857
SPICE PARSLEY FLAKES	1 1/2 Tablespoon		259195
PASTA NOODL KLUSKI AMISH	5 Pound	**Non-Whole Grain**	456632

Preparation Instructions

Put chicken, water, chicken base and spices in a 6" steamtable pan. Place in steamer for 30 minutes (no lid). Remove and add noodles. Cook another 20 minutes. Serve with 6oz spoodle. 56 serving per pan

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 56.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories		242.72	
Fat		5.07g	
Saturated Fat		1.07g	
Trans Fat		0.00g	
Cholesterol		137.00mg	
Sodium		307.80mg	
Carbohydrates		28.71g	
Fiber		0.71g	
Total Sugar		0.43g	
Added Sugar		0.00g	
Protein		18.86g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.57mg

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32981
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	N/A	613738
Tap Water for Recipes	4 Liter	1 gallon plus 1 cup	000001WTR

Preparation Instructions

- RECONSTITUTE
- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.
- Updated 8.15.23

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: 38.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		78.34	
Fat		0.87g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		356.89mg	
Carbohydrates		14.80g	
Fiber		0.87g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		1.74g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53865
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	N/A	588510
CROISSANT MARG SLCD WGRAIN	1 Each		169268

Preparation Instructions

Cook items according to directions on case and then serve sausage patty, egg patty, and cheese slice between croissant.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		127.50**	
Fat		9.50g**	
Saturated Fat		2.59g**	
Trans Fat		0.00g**	
Cholesterol		115.54mg**	
Sodium		375.00mg**	
Carbohydrates		1.14g**	
Fiber		0.00g**	
Total Sugar		0.00g**	
Added Sugar		0.00g**	
Protein		9.18g**	
Vitamin A	32.73mcg**	Vitamin C	1.21mg**
Calcium	20.71mg**	Iron	0.36mg**

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

Nutrition - Per 100g

No 100g Conversion Available



Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43227
School:	East Porter County School Corporation-Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP SPCY SWT REDC	1 Package	N/A	788670
CHIP COOL RNCH REDC FAT	1 Package	N/A	541502
CHIP NACHO REDC FAT	1 Package	N/A	456090
CHIP FLAMAS SPCY LIM R/F	1 Package	N/A	737611

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	1.500
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		130.00	
Fat		5.00g	
Saturated Fat		0.63g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		195.00mg	
Carbohydrates		20.00g	
Fiber		2.00g	
Total Sugar		0.75g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	32.50mg	Iron	0.30mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32972
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	200 Slice	USDA Brown Box or Use GFS#722360	100036
BREAD WGRAIN WHT 16-22Z GCHC	100 Each		266547
BUTTER PRINT UNSLTD GRD AA	12 Tablespoon	Melted	299405

Preparation Instructions

1. Brush approximately 1 Tablespoon butter on each sheet pan. Will use 3 sheet pans.
 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. (1 pan will only have 10 slices)
 3. Top each slice of bread with 4 slices of cheese.
 4. Cover with remaining bread slices.
 5. Brush tops of sandwiches with remaining butter, approximately 3 Tablespoon per pan.
 6. Bake until lightly browned. Conventional oven: 400 degrees for 15-20 minutes Convection oven: 350 degrees for 10-15 minutes
- DO NOT OVERBAKE
7. If desired, cut each sandwich diagonally in half
- Updated 9.21.23

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		188.85	
Fat		12.70g	
Saturated Fat		7.68g	
Trans Fat		0.00g	
Cholesterol		37.20mg	
Sodium		568.18mg	
Carbohydrates		4.97g	
Fiber		0.12g	
Total Sugar		2.12g	
Added Sugar		0.12g	
Protein		12.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	2.54mg	Iron	0.06mg

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

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-43250
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN		101427
1% Low Fat White Milk*	7 Carton	7 Cups	13871

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
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		1.25g	
Saturated Fat		0.75g	
Trans Fat		0.00g	
Cholesterol		7.50mg	
Sodium		546.94mg	
Carbohydrates		25.79g	
Fiber		1.01g	
Total Sugar		17.67g	
Added Sugar		7.10g	
Protein		6.03g	
Vitamin A	70.00mcg	Vitamin C	0.00mg
Calcium	165.29mg	Iron	0.66mg

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49459
School:	Washington Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1 1/2 Quart		231059
Tap Water for Recipes	2 1/2 Quart	N/A	000001WTR
SALT KOSHER COARSE	1 Tablespoon		153550
BUTTER PRINT UNSLTD GRD AA	1/3 Cup		299405

Preparation Instructions

STOVE TOP METHOD

Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 25 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.

STEAMER METHOD

Combine rice, HOT water, salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160 °F). Fluff with fork before serving.

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: 25.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		174.72	
Fat		3.76g	
Saturated Fat		1.48g	
Trans Fat		0.00g	
Cholesterol		6.34mg	
Sodium		230.40mg	
Carbohydrates		32.64g	
Fiber		0.96g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		3.84g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.63mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pulled Pork

Servings:	40.00	Category:	Condiments or Other
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43636
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	5 Pound	Thaw	110730*
SAUCE BBQ SWEET	1/2 Cup		435170

Preparation Instructions

Thaw pork ahead of time.

Add 1/2 cup of BBQ sauce to 5 lbs. of pork and heat according to instructions on package.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 40.00			
Serving Size: 2.00 ounce weight			
Amount Per Serving			
Calories		100.00	
Fat		5.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		36.00mg	
Sodium		233.00mg	
Carbohydrates		2.00g	
Fiber		0.00g	
Total Sugar		1.80g	
Added Sugar		0.00g	
Protein		11.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available
