

Cookbook for Southridge Elementary

Created by HPS Menu Planner

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Fresh Berries Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51937
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1/2 Cup	Updated for 2025-2026 SY	499989
Blueberries, Frozen	1/4 Cup	Thaw and use USDA Brown Box Commodity	110624
Strawberries IQF sliced	1/4 Cup	Thaw and use USDA Brown Box Commodity	110860
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup	Updated for 2025-2026 SY	569744

Preparation Instructions

Layer Yogurt and berries and then top with Granola for service.

Updated 5.12.25

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		222.61	
Fat		2.94g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.75mg	
Sodium		131.52mg	
Carbohydrates		44.28g	
Fiber		5.39g	
Total Sugar		20.73g	
Added Sugar		9.39g	
Protein		7.04g	
Vitamin A	119.99mcg	Vitamin C	0.00mg
Calcium	164.99mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal (2 Ounce)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51936
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB CUP	1 Each	N/A	806114
CEREAL RICE CHEX CINN CUP	1 Each	N/A	105357
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	N/A	105931
CEREAL FRSTD MINI WHE 60CT KELL	1 Each		394244
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	N/A	261799
CEREAL TRIX R/S CUP 2Z 60CT	1 Each		383189
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	N/A	105850
Lucky Charms Reduced Sugar Cup	1 Each		549484

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		133.97	
Fat		1.82g**	
Saturated Fat		0.19g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		197.70mg	
Carbohydrates		26.94g	
Fiber		2.65g	
Total Sugar		5.78g**	
Added Sugar		6.08g	
Protein		2.40g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	108.15mg	Iron	4.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Blast Waffle (Choco O'Crisp or Fun N' Fruitti)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51912
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cereal Blast Choco O' Crisp Belgian Waffles, Individually-Wrapped, Frozen	1 Package	N/A	358019
WAFFLE FUN N FRUITTI IW 72-2.4Z	1 Each		353236

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		250.00	
Fat		9.00g	
Saturated Fat		2.50g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		190.00mg	
Carbohydrates		38.00g	
Fiber		0.00g	
Total Sugar		17.00g	
Added Sugar		8.00g	
Protein		5.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	9.00mg	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® (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52252
School:	Merkley Elementary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.75	
Fat		5.63g	
Saturated Fat		1.83g	
Trans Fat		0.03g	
Cholesterol		0.00mg	
Sodium		267.50mg	
Carbohydrates		73.75g	
Fiber		5.90g	
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

Mini Donuts (Powdered or Chocolate)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		295.00	
Fat		13.00g	
Saturated Fat		5.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		280.00mg	
Carbohydrates		41.00g	
Fiber		2.00g	
Total Sugar		19.00g	
Added Sugar		9.50g	
Protein		4.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	33.50mg	Iron	1.40mg

Nutrition - Per 100g

No 100g Conversion Available			
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Assorted Mini Donut Holes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52265
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE CHOC WGRAIN	1 Each		462415
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058

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		11.33g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		236.67mg	
Carbohydrates		40.33g	
Fiber		2.67g	
Total Sugar		17.33g	
Added Sugar		17.33g	
Protein		4.33g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	34.00mg	Iron	1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

100% All Beef Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15153
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hot Dog bun	1 Each	Thaw if frozen, or serve fresh	53071
FRANKS BEEF 8/	1 Each		417350

Preparation Instructions

WASH HANDS.

Convection oven: 350°F

Conventional oven: 400°F

Steam (preferred method)

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

1. Place 1 hot dog in each bun.
2. Serve within 3 hours.
3. Serve with ketchup, mustard, pickle relish

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		315.21	
Fat		18.09g	
Saturated Fat		6.33g	
Trans Fat		0.53g	
Cholesterol		35.00mg	
Sodium		754.84mg	
Carbohydrates		27.35g	
Fiber		2.28g	
Total Sugar		3.59g	
Added Sugar		0.00g	
Protein		11.17g	
Vitamin A	0.07mcg	Vitamin C	0.00mg
Calcium	59.38mg	Iron	2.17mg

Nutrition - Per 100g

No 100g Conversion Available

Southridge Student Salad

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

Ingredients

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

Preparation Instructions

WASH HANDS---WEAR GLOVES

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		218.28	
Fat		10.05g	
Saturated Fat		4.01g	
Trans Fat		0.00g	
Cholesterol		33.00mg	
Sodium		911.21mg	
Carbohydrates		22.50g	
Fiber		2.64g	
Total Sugar		4.45g	
Added Sugar		0.00g	
Protein		15.30g	
Vitamin A	2119.66mcg	Vitamin C	4.21mg
Calcium	238.69mg	Iron	1.20mg

Nutrition - Per 100g

No 100g Conversion Available

Southridge Sunshine Lunch

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53350
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1 Cup	Grapes, apples, or other fresh fruit options 1/2 cup per serving= 1/2 cup Fruit	
CARROT STIX STRAIGHT CUT	1 Cup	1/2 cup per serving= 1/2 cup Red/Orange vegetable	576646
HUMMUS CUP RSTD RED PEPPER	1 Each	1.50 Meat	601133
HUMMUS CLSC GRAB N GO	1 Each	1 Meat	139603
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Thaw---cut into pieces/slices--- 1/2 = 1 Grain	644182
CRACKER CHEEZ-IT WGRAIN IW	1 Each	1 Grain	282422
CRACKER GLDFSH CHED WGRAIN	1 Package	1 Grain Or GFS#112702	736280
CHEESE COLBY JK CUBE IW 200-1Z LOL	2 Each	1 Package = 1 Meat	680130
TURKEY BRST SLCD OVN RSTD	6 Slice	3 slices =1.5 Meat	689541
Tavolini Genoa Salami, Sliced	3 slices	Does not count as a component	501466

Preparation Instructions

This recipe makes two Sunshine Lunch Kits

Use container-GFS#772001- to package the following items-

*1/2 cup of fresh fruit

*1/2 cup of carrots

*1 package of cheese cubes

*1 hummus cup (either GFS#601133 or GFS#139603)

*1 package of Goldfish or Cheez-its

*1/2 of flatbread,

* 3 slices of deli meat rolled up (GFS#689541)

* 3 slice of Salami

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		604.17	
Fat		24.02g	
Saturated Fat		7.70g	
Trans Fat		0.00g	
Cholesterol		59.06mg	
Sodium		1223.77mg	
Carbohydrates		66.42g	
Fiber		10.64g	
Total Sugar		21.15g	
Added Sugar		1.38g	
Protein		33.12g	
Vitamin A	9891.75mcg	Vitamin C	3.61mg
Calcium	333.29mg	Iron	3.53mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Turkey Lunchable (Southridge)

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Kit

Amount Per Serving			
Calories		250.15	
Fat		7.25g**	
Saturated Fat		1.43g	
Trans Fat		0.00g	
Cholesterol		26.15mg	
Sodium		595.74mg	
Carbohydrates		32.29g	
Fiber		3.50g	
Total Sugar		2.50g**	
Added Sugar		2.50g	
Protein		14.39g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	26.43mg	Iron	1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Pepperoni Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52108

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart.	959048
CHEESE MOZZ SHRD	1/2 Cup	N/A	645170
SAUCE MARINARA DIPN CUP	1 Each	N/A	677721
Sliced Pepperoni	6 slices	THAW	394037

Preparation Instructions

Place flatbread and other ingredients into container together. Serve Cold.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		1170.00	
Fat		17.00g**	
Saturated Fat		31.00g	
Trans Fat		0.00g	
Cholesterol		180.00mg	
Sodium		4020.00mg	
Carbohydrates		44.00g	
Fiber		2.00g	
Total Sugar		10.00g**	
Added Sugar		3.00g	
Protein		58.00g	
Vitamin A	0.20mcg**	Vitamin C	0.06mg**
Calcium	492.18mg	Iron	4.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sauce

Servings:	64.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53032
School:	Johnston Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX CHS INST	16 Ounce	1 Package	578061
Tap Water	2 Quart		

Preparation Instructions

1. SLOWLY ADD 16 OZ. DRY MIX TO 2 QUARTS HOT WATER WHILE MIXING WITH A WIRE WHIP.
2. MIX WELL UNTIL SMOOTH
3. COVER AND LET STAND 10 MINUTES
4. REMOVE COVER, MIX WELL AND SERVE

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 64.00			
Serving Size: 1.00 Fluid Ounce			
Amount Per Serving			
Calories		29.13	
Fat		0.97g	
Saturated Fat		0.49g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		208.75mg	
Carbohydrates		4.37g	
Fiber		0.00g	
Total Sugar		0.97g	
Added Sugar		0.00g	
Protein		0.49g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	21.36mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Eggo® Bites Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52727
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGO Whole Grain Mini Confetti Pancakes	1 Each		395303
PANCAKE MINI MAPL IW	1 Package		284831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	200.00		
Fat	6.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	210.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Total Sugar	11.50g		
Added Sugar	0.00g**		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo Pasta

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

Ingredients

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

Preparation Instructions

Note: Yield would need to be double checked 4.23.25

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

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

Nutrition - Per 100g

No 100g Conversion Available	
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Baked Rotini and Meat Sauce

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	18 Each		234041
Cheese, Mozzarella light, Shred FRZ	1 Cup	USDA Brown Box Commodity	100034
SAUCE MARINARA A/P	8 Cup	N/A	592714

Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

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: 18.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		297.78	
Fat		8.00g	
Saturated Fat		3.94g	
Trans Fat		0.00g	
Cholesterol		22.22mg	
Sodium		774.44mg	
Carbohydrates		36.33g	
Fiber		3.78g	
Total Sugar		9.44g	
Added Sugar		0.00g	
Protein		18.33g	
Vitamin A	400.00mcg	Vitamin C	6.00mg
Calcium	318.67mg	Iron	1.97mg

Nutrition - Per 100g

No 100g Conversion Available			
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Romaine Line Salad

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

Ingredients

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

Preparation Instructions

WASH HANDS-WEAR GLOVES

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Cooked Rotini Noodles

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52726
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI	1/2 Cup	***Non-Whole Grain***	413360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		50.00	
Fat		0.25g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		10.50g	
Fiber		0.50g	
Total Sugar		0.50g	
Added Sugar		0.00g	
Protein		1.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

Nutrition - Per 100g

No 100g Conversion Available	
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Warm Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22134

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN	1 Each	***Non-Wole Grain***	135181
ICING VAN RTU HEAT NICE	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

Preparation Instructions

Bake/prepare cinnamon rolls according to directions on case.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		385.00	
Fat		7.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		340.00mg	
Carbohydrates		74.00g	
Fiber		2.00g	
Total Sugar		28.50g	
Added Sugar		12.00g	
Protein		8.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51916
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	N/A	661851
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		309.40	
Fat		14.57g	
Saturated Fat		5.27g	
Trans Fat		0.80g	
Cholesterol		49.00mg	
Sodium		461.00mg	
Carbohydrates		26.66g	
Fiber		3.27g	
Total Sugar		3.32g	
Added Sugar		0.00g	
Protein		17.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	21.00mg	Iron	2.34mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10329
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	N/A	661851
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Add cheese slice and allow to melt. Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		344.40	
Fat		14.57g**	
Saturated Fat		6.52g	
Trans Fat		0.80g	
Cholesterol		56.50mg	
Sodium		671.00mg	
Carbohydrates		28.66g	
Fiber		3.27g	
Total Sugar		3.32g**	
Added Sugar		0.00g	
Protein		20.02g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	101.00mg	Iron	2.39mg

**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 Cereal Kits

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52251
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX RS BKFST KIT	1 Each	N/A	525340
CEREAL LUCKY CHARMS BKFST KIT	1 Each	N/A	525290
CEREAL CINN TST RS BKFST KIT	1 Each	N/A	150471
CEREAL COCO PUFFS BKFST KIT R/S	1 Package	N/A	533130

Preparation Instructions

Note: Kits count as a reimbursable meal but students should be allowed to take milk and additional 1/2 cup of fruit (NOT additional juice though).

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 4.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		180.00	
Fat		3.38g	
Saturated Fat		0.13g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		170.00mg	
Carbohydrates		35.75g	
Fiber		1.50g	
Total Sugar		17.00g	
Added Sugar		6.75g	
Protein		2.00g	
Vitamin A	300.00mcg	Vitamin C	48.60mg
Calcium	60.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51911
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CINN STRUSL WGRAIN IW	1 Each	N/A	279991
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories		190.00	
Fat		7.25g	
Saturated Fat		1.88g	
Trans Fat		0.03g	
Cholesterol		22.50mg	
Sodium		147.50mg	
Carbohydrates		28.50g	
Fiber		1.25g	
Total Sugar		14.50g	
Added Sugar		13.75g	
Protein		2.75g	
Vitamin A	3.60mcg	Vitamin C	0.01mg
Calcium	12.94mg	Iron	0.94mg

Nutrition - Per 100g

No 100g Conversion Available

Mexican Street Corn

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

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

Nutrition - Per 100g

No 100g Conversion Available	
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Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9322
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1 3/4 Pound	1 Package	183910
Tap Water	1/2 Gallon		

Preparation Instructions

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Stir and serve.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		188.62	
Fat		1.57g	
Saturated Fat		0.52g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		681.14mg	
Carbohydrates		32.49g	
Fiber		10.48g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		10.48g	
Vitamin A	0.73mcg	Vitamin C	1.04mg
Calcium	58.63mg	Iron	2.53mg

Nutrition - Per 100g

No 100g Conversion Available

Variety of Vegetable Juice

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9325
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 Package	613738
Tap Water	17 Cup		

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.212

Nutrition Facts

Servings Per Recipe: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		76.33	
Fat		0.85g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		347.72mg	
Carbohydrates		14.42g	
Fiber		0.85g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		1.70g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

Nutrition - Per 100g

No 100g Conversion Available	
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Buttered Corn

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

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

Nutrition - Per 100g

No 100g Conversion Available

General Tso Beef

Servings:	29.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-53884
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE GEN TSO PREM	4 Cup		384527
Seasoned Sliced Philly Beef Steak, Cooked, Frozen	5 Pound		516133

Preparation Instructions

General Tso Sauce

1. Heat sauce and check for an internal temperature of 135°F
2. Place in a hot holding cabinet covered until ready to assemble recipe or service. (Hold at 145F or higher - HACCP Critical Control Point).

Seasoned Beef Philly Steak Heating Instructions:

From Frozen: Steamer or Boiling Water Method:

1. Place sealed bag in a steamer or in boiling water and heat approximately 60 minutes or until product reaches serving temperature. (to an internal temperature of 165° F for 15 seconds--HACCP Critical Control Point).
2. Remove from steamer or boiling water.
3. Open bag carefully to avoid being burned and empty heated product into a steamtable pan.
4. Place in a hot holding cabinet covered until ready to assemble recipe or service. (Hold at 145F or higher - HACCP Critical Control Point).

From Thawed: Steamer or Boiling Water Method:

1. For best results, thaw product in cooler (less than 40°F) for 48 -72 hrs.
2. Place sealed bag in a steamer or in boiling water and heat approximately 40 minutes or until product reaches serving temperature. (to an internal temperature of 165° F for 15 seconds--HACCP Critical Control Point).
3. Place in a hot holding cabinet covered until ready to assemble recipe or service. (Hold at 145F or higher - HACCP Critical Control Point).

From Thawed: Oven Method:

1. For best results, thaw product in cooler (less than 40°F) for 48 -72 hrs.
2. Remove contents of bag and place in a full sized stainless steel pan insert, spread out evenly across the pan.
3. Heat in a pre-heated oven of 350°F for 8-10 minutes (to an internal temperature of 165F for 15 seconds - HACCP Critical Control Point).
4. Remove from oven. Place in a hot holding cabinet covered until ready to assemble recipe or service. (Hold at 145F or higher - HACCP Critical Control Point).

Assemble General Tso's Beef:

- 1. Add 2.5 lbs. of General Tso's Sauce to 5 lbs. of heated Seasoned Beef Philly Steak and stir GENTLY to combine.
- 2. Place in a hot holding cabinet covered until ready to assemble recipe or service. (Hold at 145°F or higher - HACCP Critical Control Point).

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: 29.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		246.76	
Fat		12.06g	
Saturated Fat		4.62g	
Trans Fat		0.71g	
Cholesterol		54.26mg	
Sodium		482.76mg	
Carbohydrates		21.67g	
Fiber		0.10g	
Total Sugar		15.45g**	
Added Sugar		17.46g	
Protein		13.46g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.00mg**	Iron	0.00mg**

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

Nutrition - Per 100g

No 100g Conversion Available	
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Fresh Baked Cookie

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53426

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHP WGRAIN	1 Each		169992
DOUGH CKY DBL CHOC WGRAIN	1 Each		170071

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		190.00	
Fat		6.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		22.50mg	
Sodium		180.00mg	
Carbohydrates		33.00g	
Fiber		3.00g	
Total Sugar		17.00g	
Added Sugar		16.50g	
Protein		3.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.65mg

Nutrition - Per 100g

No 100g Conversion Available			
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Marinated Black Bean Salsa

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53880
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE LIME	1/2 Cup		199028
SPICE PARSLEY FLAKES	2 Tablespoon		259195
SPICE CUMIN GRND	1 Tablespoon		273945
Spice World Minced Garlic	7 Tablespoon		463998
SPICE CHILI POWDER MILD	2 Tablespoon		331473
CILANTRO CLEANED	5 1/4 Cup	Minced	219550
OIL OLIVE PURE	1/4 Cup		432061
HONEY SQZ BTL 16Z	1 Cup		217523
VINEGAR APPLE CIDER 5	1/2 Cup		430795
BEANS BLACK LO SOD	1 #10 CAN	Drained---Rinsed	231981
CORN CUT IQF	3 1/2 Pound	Thawed	285620
PEPPERS GREEN LRG	2 1/4 Cup	Diced	592315
PEPPERS RED	3 Cup		597082
SALSA 103Z	3 1/4 Cup		452841
ONION RED JUMBO	37 1/2 Teaspoon	1/2 cup 4 Tablespoons and 1 1/2 teaspoons---Diced	596973
PEPPERS JALAP SLCD	1/2 Cup	Diced	499943

Preparation Instructions

1. For Dressing: Combine lime juice, parsley, cumin, garlic, chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

2. Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapeños in a large bowl. Stir well. Set aside for step 3.
3. Pour dressing over vegetables. Stir well.
4. Transfer to a steam table pan (12" x 20" x 2½").
- For 50 servings, use 2 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (½ cup).

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		149.02	
Fat		1.60g	
Saturated Fat		0.16g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		133.09mg	
Carbohydrates		28.37g	
Fiber		3.85g	
Total Sugar		8.97g	
Added Sugar		5.79g	
Protein		5.46g	
Vitamin A	264.95mcg	Vitamin C	19.88mg
Calcium	49.58mg	Iron	1.52mg

Nutrition - Per 100g

No 100g Conversion Available			
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