

Cookbook for Johnston Elementary School

Created by HPS Menu Planner

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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

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

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

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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Sack Lunch

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Lunch	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53031
School:	Johnston Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% All Beef Hot Dog on WG Bun (Secondary)	2 Each	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	R-15153
CHIP POT BBQ BKD	1 Package	N/A	575570
CHIP POT BKD	1 Package	N/A	712560
SLUSHIE BL RASP/LEM	1 Each	N/A	794181
SideKicks 100% Strawberry Kiwi Juice Slushie Cup	1 Each		863880

Preparation Instructions

Each sack lunch consist: 1 hot dog, 1 bag of chips, and 1 sidekick

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: 2.00

Serving Size: 1.00 Lunch

Amount Per Serving			
Calories		530.21	
Fat		21.59g	
Saturated Fat		6.58g	
Trans Fat		0.53g	
Cholesterol		35.00mg	
Sodium		917.34mg	
Carbohydrates		71.35g	
Fiber		3.78g	
Total Sugar		25.59g	
Added Sugar		2.00g	
Protein		13.17g	
Vitamin A	590.07mcg	Vitamin C	60.00mg
Calcium	154.38mg	Iron	3.12mg

Nutrition - Per 100g

No 100g Conversion Available

Johnston Student Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53018
School:	Johnston Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN BLND SEP BAG	1 Cup		414166
CARROT BABY WHL PETITE	1/8 Cup	2 each	768146
CUCUMBER SELECT	1/8 Cup	2 each	418439
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	N/A	150250
Ham, Cubed Frozen	1 Ounce	Weight---USDA Brown Box Commodity	100188-H
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CROUTON CHS GARL WGRAIN	2 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		492.61	
Fat		27.22g	
Saturated Fat		13.33g	
Trans Fat		0.00g	
Cholesterol		74.75mg	
Sodium		1062.35mg	
Carbohydrates		40.68g	
Fiber		1.43g	
Total Sugar		5.87g	
Added Sugar		2.00g	
Protein		23.05g	
Vitamin A	209.12mcg	Vitamin C	3.59mg
Calcium	458.97mg	Iron	2.96mg

Nutrition - Per 100g

No 100g Conversion Available

Sunshine Lunch

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9651

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
BREAD ULTRA LOCO WGRAIN 6.5IN	1 Each	cut into pieces/slices 1/2 = 1 Grain	696831
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 Meat	680130
TURKEY BRST SLCD OVN RSTD	3 Slice	1.5 Meat	689541
TURKEY HAM SLCD .51Z	3 Slice	1 Meat	656891
Tavolini Hard Salami	4 slices	Does not credit as component	501467

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 pita flatbread,
- * 3 slices of deli meat rolled up (GFS#689541 or GFS#656891)
- * 2 slices of Salami

Updated 5.2.25

Meal Components (SLE)

Amount Per Serving

Meat	3.266
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.231
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		614.80	
Fat		26.07g	
Saturated Fat		8.25g	
Trans Fat		0.00g	
Cholesterol		70.31mg	
Sodium		1220.28mg	
Carbohydrates		65.92g	
Fiber		10.64g	
Total Sugar		20.77g	
Added Sugar		1.25g	
Protein		31.48g	
Vitamin A	9891.75mcg	Vitamin C	3.61mg
Calcium	362.04mg	Iron	3.65mg

Nutrition - Per 100g

No 100g Conversion Available

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

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

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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Seasoned Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52229
School:	Johnston Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	18 1/4 Pound	N/A	285620
SEASONING NO SALT ORIG	2 Tablespoon		844071

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		97.33	
Fat		0.97g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		20.44g	
Fiber		0.97g	
Total Sugar		4.87g	
Added Sugar		0.00g	
Protein		2.92g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Chicken Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52233
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX	15 Ounce		242390
Tap Water	1 Gallon	3 Quarts Boiling and 1 Quart Cool	

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
- 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
- 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
- 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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: 0.25 Cup			
Amount Per Serving			
Calories		23.73	
Fat		0.95g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		379.69mg	
Carbohydrates		3.80g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	1.90mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Eggo® Bites Mini Pancakes

Servings:	2.00	Category:	Grain
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

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

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

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53889
School:	Johnston Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT	1/4 Cup		573201
CHEESE MOZZ SHRD	1/4 Cup	N/A	645170
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

Cook Spaghetti Sauce according to directions on package and hold in hot warmer until service.

To assemble sandwich: Place 1/4 cup (2 oz spoodle) of beef spaghetti sauce, 1/4 cup (2 oz spoodle) of mozzarella cheese between hamburger bun.

Meal Components (SLE)

Amount Per Serving	
Meat	1.500
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		297.02	
Fat		11.19g	
Saturated Fat		5.02g	
Trans Fat		0.00g	
Cholesterol		35.62mg	
Sodium		563.75mg	
Carbohydrates		30.03g	
Fiber		3.02g	
Total Sugar		6.94g	
Added Sugar		0.00g	
Protein		18.14g	
Vitamin A	242.62mcg	Vitamin C	7.12mg
Calcium	221.50mg	Iron	2.09mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53408
School:	Johnston Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	2 #10 CAN		273856
SEASONING NO SALT ORIG	2 Tablespoon		844071

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: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		21.56	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		237.11mg	
Carbohydrates		3.23g	
Fiber		2.16g	
Total Sugar		1.08g	
Added Sugar		0.00g	
Protein		1.08g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	24.79mg	Iron	0.41mg

Nutrition - Per 100g

No 100g Conversion Available			
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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

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

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

Seasoned Steamed Broccoli

Servings:	63.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53409
School:	Johnston Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	31 1/2 Cup	Approximately 9 pounds	610902
SEASONING NO SALT ORIG	2 Tablespoon		844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 63.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		26.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		22.00mg	
Carbohydrates		5.00g	
Fiber		3.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		3.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	23.33mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Breaded Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9515
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	N/A	327080
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

Wash wands and put on gloves. Cook from frozen. Line chicken patties on tray/rack that is lined with parchment paper. Bake at 350°F for 8-10 minutes or until internal temp reads 165°F. Put one chicken patty on WG bun and serve.

Offer condiments.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		374.40	
Fat		15.57g	
Saturated Fat		2.97g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		625.00mg	
Carbohydrates		40.66g	
Fiber		4.27g	
Total Sugar		4.32g	
Added Sugar		1.00g	
Protein		18.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.34mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52235
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		384.40	
Fat		15.57g	
Saturated Fat		2.97g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		735.00mg	
Carbohydrates		40.66g	
Fiber		5.27g	
Total Sugar		4.32g	
Added Sugar		1.00g	
Protein		19.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	35.00mg	Iron	3.34mg

Nutrition - Per 100g

No 100g Conversion Available			
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Assorted Sunchips®

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52725
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP MULTIGR ORIG	1 Package	N/A	864640
CHIP GARDEN SALSA	1 Package	N/A	696900
CHIP HARV CHED	1 Package	N/A	105260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		140.00	
Fat		6.00g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		140.00mg	
Carbohydrates		19.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available	
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Sidekick Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53062
School:	Southridge Elementary		

Ingredients

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

Preparation Instructions

Remove from freezer and let sit out a short time before eating

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

Mexican Brown Rice

Servings:	24.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53021
School:	Johnston Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN	26 Ounce	1 Box	576280
Tap Water	7 Cup		
BUTTER PRINT UNSLTD GRD AA	1/4 Cup		299405

Preparation Instructions

Conventional Oven:

Preheat oven to 350°F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160° F).

Stove Top:

Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160° F). Fluff with a fork before serving.

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		125.00	
Fat		2.92g	
Saturated Fat		1.17g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		162.50mg	
Carbohydrates		22.75g	
Fiber		1.08g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		4.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	22.17mg	Iron	0.39mg

Nutrition - Per 100g

No 100g Conversion Available