

Cookbook for Wakarusa Elementary School

Created by HPS Menu Planner

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Chicken Quesadilla-Homemade

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52526
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
Chicken, Diced, Cooked, Frozen	2 Ounce	Weight USDA Brown Box Commodity	100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	USDA Brown Box Commodity	100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		322.00	
Fat		13.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		62.00mg	
Sodium		403.00mg	
Carbohydrates		31.00g	
Fiber		4.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		24.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Black Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28978
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN SEAS BLK DEHY	26 9/10 Ounce		183900
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

- RECONSTITUTE
- 1: Pour 1 gallon 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 40 minutes on steamtable.
 - 4: Season if desired, stir, 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: 20.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		148.53	
Fat		0.99g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		336.66mg	
Carbohydrates		24.75g	
Fiber		8.91g	
Total Sugar		1.98g	
Added Sugar		1.98g	
Protein		8.91g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.71mg	Iron	2.08mg

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22901
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100	1 Each		698251
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BX WHT GRP 100 40CT 125ML	1 Each		733260
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX GRP 100	1 Each		698211
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		67.14	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		8.57mg	
Carbohydrates		16.29g	
Fiber		0.00g	
Total Sugar		14.14g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	285.71mcg	Vitamin C	34.29mg
Calcium	15.71mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Buttered Carrots- Wakarusa

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22237
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	30 Pound		100352
BUTTER PRINT SLTD GRD AA	1 Pound		191205
SEASONING GARDEN NO SALT	1 Tablespoon		565148

Preparation Instructions

Updated 3.5.25

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
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: 148.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		55.63	
Fat		3.64g	
Saturated Fat		1.51g	
Trans Fat		0.00g	
Cholesterol		36.72mg	
Sodium		73.62mg	
Carbohydrates		7.64g	
Fiber		2.52g	
Total Sugar		3.78g	
Added Sugar		0.00g	
Protein		0.00g	
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 Fried Rice

Servings:	240.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28332
School:	Nappanee Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	12 Package	N/A	676463
Chicken, Diced, Cooked, Frozen	25 Pound		100101
SALT IODIZED	12 Tablespoon	12 Tablespoons	350732

Preparation Instructions

Spray 6-4B pans well. DO NOT ADD ANY LIQUID.

In each 6-4B pan put 2 packages of fried rice, 4 pounds of diced chicken (divide last pound between pans--approx. 2 2/3 ounces), and 2 Tablespoons of salt. Bake at 325 degrees for 1 hour and 20 minutes covered till temp reaches 170°. Put in pass through warmer until serving time.

Note: Serve 3/4 cup per serving (6oz spoodle or #5 disher). Approx. 40 servings per pan.

Updated 8.9.23

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 240.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories		248.95	
Fat		3.42g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		708.58mg	
Carbohydrates		37.79g	
Fiber		2.80g	
Total Sugar		2.10g	
Added Sugar		0.00g	
Protein		14.20g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.49mg

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52530
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	USDA Brown Box Commodity Weight 3 slices must =1.22 ounce	100187
CHEESE SLCD BLND 6-5 COMM	2 Slice		150600
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		267.00	
Fat		9.00g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		33.00mg	
Sodium		752.00mg	
Carbohydrates		29.00g	
Fiber		3.00g	
Total Sugar		6.00g	
Added Sugar		3.00g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52674
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CHEERIOS HNY BOWL	1 Each		261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL RICE CHEX BLUEB BOWL	1 Each	READY_TO_EAT Ready to eat	261737
Lucky Charms Reduced Sugar	1 Each		549485

Preparation Instructions

Updated as of December 2024 jh/kj

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: 11.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		109.93	
Fat		1.69g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		149.51mg	
Carbohydrates		23.36g	
Fiber		2.28g	
Total Sugar		5.55g	
Added Sugar		4.64g	
Protein		2.27g	
Vitamin A	63.64mcg	Vitamin C	0.33mg
Calcium	65.67mg	Iron	5.12mg

Nutrition - Per 100g

No 100g Conversion Available

Buttered Green Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22235
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN	5 #10 CAN		328251
BUTTER PRINT SLTD GRD AA	1 Pound		191205
SEASONING GARLIC ROMANO	1 Tablespoon		655279

Preparation Instructions

Updated 3.5.25

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: 120.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		49.22	
Fat		2.98g	
Saturated Fat		1.92g	
Trans Fat		0.00g	
Cholesterol		8.00mg	
Sodium		346.55mg	
Carbohydrates		4.31g	
Fiber		2.16g	
Total Sugar		2.16g	
Added Sugar		0.00g	
Protein		1.08g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg

Nutrition - Per 100g

No 100g Conversion Available	
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Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52531
School:	Wakarusa Elementary School		

Ingredients

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

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.

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: 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

Chicken Drumstick

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55736
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	25 Piece	N/A	603391

Preparation Instructions

Conventional Oven:

1. Preheat oven to 350° F.
2. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes.

Note: For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
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: 25.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		210.00	
Fat		11.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		80.00mg	
Sodium		530.00mg	
Carbohydrates		10.00g	
Fiber		1.00g	
Total Sugar		1.00g	
Added Sugar		1.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Nacho Bean Dip

Servings:	360.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22068
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD	40 Pound	N/A	674312
Beans, Refried, Low sodium, canned	4 #10 CAN	N/A	100362
Salsa, Low-Sodium, Canned	4 #10 CAN		100330
SEASONING TACO MIX	18 Ounce		159204
Cheese, Cheddar Reduced fat, Shredded	16 Pound		100012

Preparation Instructions

Spray 4-10B pans well.

Put 10# of beef crumbles, 1 can of refried beans, 1 can of salsa, 4 lbs of shredded cheese, and 4.5 ounce (1/2 bag) of taco seasoning in each pan.

Mix each pan of all ingredients together well.

Bake covered in 325 degree oven for 30 minutes or Steam 20 to 25 minutes uncovered top shelf. Stir and steam another 10-15 min.

Temp at 165 degrees and place in hot hold for service.

Use #8 Disher (1/2 cup) for service.

Note: 90 servings per pan

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
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: 360.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		201.32	
Fat		10.49g	
Saturated Fat		5.51g	
Trans Fat		0.00g	
Cholesterol		36.44mg	
Sodium		410.87mg	
Carbohydrates		9.47g	
Fiber		2.94g	
Total Sugar		1.44g	
Added Sugar		0.00g	
Protein		15.88g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.09mg

Nutrition - Per 100g

No 100g Conversion Available	
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Seasoned Zucchini

Servings:	153.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52675
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI SLCD 1/4IN	30 Pound	Creation Garden #15S58	485705
BUTTER PRINT SLTD GRD AA	1 Pound		191205
SEASONING GARDEN NO SALT	1 Tablespoon		565148

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: 153.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		32.68	
Fat		2.30g	
Saturated Fat		1.46g	
Trans Fat		0.00g	
Cholesterol		6.27mg	
Sodium		25.10mg	
Carbohydrates		2.43g	
Fiber		0.78g	
Total Sugar		1.57g	
Added Sugar		0.00g	
Protein		0.78g	
Vitamin A	0.00mcg	Vitamin C	12.55mg
Calcium	12.55mg	Iron	0.29mg

Nutrition - Per 100g

No 100g Conversion Available

White Rice

Servings:	80.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52533
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BASMATI	4 Pound	***Non-Whole Grain***	352033
BUTTER PRINT SLTD GRD AA	1/4 Pound		191205
Tap Water	1 Gallon		

Preparation Instructions

Combine everything together. Steam for 25 minutes at 350 degrees with lid.

Updated 10.1.25

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	1.000

Nutrition Facts

Servings Per Recipe: 80.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		251.87	
Fat		1.10g	
Saturated Fat		0.70g	
Trans Fat		0.00g	
Cholesterol		3.00mg	
Sodium		9.00mg	
Carbohydrates		54.42g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		4.54g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.54mg

Nutrition - Per 100g

No 100g Conversion Available

Buttered Broccoli- Wakarusa

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22236
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
BUTTER PRINT SLTD GRD AA	1 Pound		191205
SEASONING GARLIC ROMANO	1 Tablespoon		655279

Preparation Instructions

Updated 3.5.25

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: 164.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		43.70	
Fat		2.18g	
Saturated Fat		1.40g	
Trans Fat		0.00g	
Cholesterol		5.85mg	
Sodium		44.72mg	
Carbohydrates		4.51g	
Fiber		2.71g	
Total Sugar		0.90g	
Added Sugar		0.00g	
Protein		2.71g	
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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Taco Salad

Servings:	168.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-52632
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD	10 Pound	N/A	674312
ONION YELLOW JMBO BAG 2	1/3 Cup		570109
SEASONING TACO	1 1/8 Cup		413429
LETTUCE ROMAINE RIBBONS	16 Pound		451730
Cheese, Cheddar Reduced fat, Shredded	8 Pound		100012
BEAN KIDNEY RED DARK	1 #10 CAN	Drain and rinse in colander.	118761

Preparation Instructions

Day before service prepare meat

Place Beef crumbles, onion, and taco seasoning in 4B pan and place in steamer 20-30 min with lid off. Once cooked cool down and place in cooler for service for the next day.

For production purposes only put 1/2 the recipe in the 4-B pan for heating. Hold meat in hot cart.

Half of recipe at a a time-mix all ingredients together (meat, 8 lbs of lettuce, 4 lbs of cheese, and 1/2 can of kidney beans) by hand in large pan just before serving.

Serve with 8 oz spoodle (1 cup).

Meal Components (SLE)

Amount Per Serving	
Meat	1.750
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 168.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		139.84	
Fat		7.90g	
Saturated Fat		4.48g	
Trans Fat		0.00g	
Cholesterol		27.14mg	
Sodium		305.36mg	
Carbohydrates		5.94g	
Fiber		2.09g	
Total Sugar		1.18g	
Added Sugar		0.29g	
Protein		12.05g	
Vitamin A	0.01mcg	Vitamin C	0.02mg
Calcium	19.06mg	Iron	1.02mg

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-52534
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	28 Ounce	1 Package	183910
Tap Water for Recipes	1/2 Gallon		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: Season if desired, stir, 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

Butternut Squash

Servings:	45.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SQUASH BTRNUT DCD 1IN	12 Pound		696134
BUTTER PRINT SLTD GRD AA	1/4 Cup	Melted	191205
SEASONING GARDEN NO SALT	1 Tablespoon		565148
SALT SEA	2 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037

Preparation Instructions

1. Preheat conventional oven to 400 °F or convection oven to 375 °F.
 2. Place squash evenly on lined sheet pans. Drizzle each pan with ¼ cup melted butter and toss to coat.
 3. Sprinkle each pan with 1 TBSP garden seasoning, 2 tsp, salt, and 1 tsp black pepper.
 - 4.. Bake:
Conventional oven at 400 °F for 20 minutes.
Convection oven at 375 °F on low fan for 20 minutes.
 5. Remove pans from oven. Turn and toss the squash, redistributing into an even layer on each sheet pan.
 6. Roast squash another 20 minutes until tender and slightly brown on the edges. Remove squash from pan immediately.
- Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.
7. Portion ½ cup with No. 8 scoop or 4 fl oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		56.89	
Fat		0.98g	
Saturated Fat		0.62g	
Trans Fat		0.00g	
Cholesterol		2.67mg	
Sodium		105.78mg	
Carbohydrates		13.07g	
Fiber		2.13g	
Total Sugar		2.13g	
Added Sugar		0.00g	
Protein		1.07g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	51.20mg	Iron	0.75mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Penne Alfredo

Servings:	48.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52548
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE	10 Pound		491074
Chicken, Diced, Cooked, Frozen	2 Pound	USDA Brown Box Commodity	100101

Preparation Instructions

Place 2 bags of JTM Penne Alfredo in 4B pan with 2 lbs of diced chicken. Steam 15 minutes with no lid. Add lid and steam additional 30 minutes.

Note: Use a #8 dipper

Meal Components (SLE)

Amount Per Serving	
Meat	1.750
Grain	0.500
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: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		193.17	
Fat		7.61g	
Saturated Fat		4.06g	
Trans Fat		0.03g	
Cholesterol		34.56mg	
Sodium		410.89mg	
Carbohydrates		17.22g	
Fiber		0.06g	
Total Sugar		4.44g	
Added Sugar		0.00g	
Protein		13.28g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	222.22mg	Iron	0.70mg

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	300.00	Category:	Entree
Serving Size:	0.67 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22312
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT	10 Package	N/A	573201
BEEF CRUMBLES	25 Pound	5 Packages	581950
SALT SEA	5 Teaspoon		748590
SPICE GARLIC POWDER	7 1/2 Teaspoon		224839
SPICE PEPR BLK REG FINE GRIND	5 Teaspoon		225037
SEASONING SPAGHETTI ITAL	20 Tablespoon		413453
PASTA SPAGHETTI CKD	20 Pound	***Non-Whole Grain***	835910

Preparation Instructions

1. In 4B pan mix together-2 packages spaghetti sauce, 1 package of beef crumbles, 1 tsp salt, 1 1/2 tsp garlic powder, 1 tsp. black pepper, and 4 TBSP. Italian seasoning and heat in steamer for 10-15 minutes. (Will have 5 pans in total).
 2. Add 4 lbs of spaghetti noodles on top of meat sauce. Put back in steamer uncovered for 10 minutes.
 3. Must temp at 160°F.
 4. Serve with 2/3 Cup #6 scoop.
- Note: 60 servings per pan

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
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: 300.00

Serving Size: 0.67 Cup

Amount Per Serving			
Calories		249.00	
Fat		13.24g	
Saturated Fat		4.75g	
Trans Fat		0.47g	
Cholesterol		41.53mg	
Sodium		512.41mg	
Carbohydrates		15.60g	
Fiber		1.53g	
Total Sugar		4.12g	
Added Sugar		0.95g	
Protein		15.72g	
Vitamin A	305.91mcg	Vitamin C	8.98mg
Calcium	30.11mg	Iron	2.39mg

Nutrition - Per 100g

No 100g Conversion Available

Chili Beans

Servings:	81.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52657
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	3 #10 CAN	BAKE	100364
SPICE GARLIC POWDER	2 Tablespoon		224839
SPICE CHILI POWDER MILD	2 Tablespoon		331473
SPICE MUSTARD GRND	1 Tablespoon		224928
SALT SEA	1 Teaspoon		748590

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 81.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		105.38	
Fat		0.96g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		161.98mg	
Carbohydrates		19.16g	
Fiber		4.79g	
Total Sugar		4.79g	
Added Sugar		0.00g	
Protein		6.71g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52643
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI SLCD CKD	2 Ounce	Weight	680613
BUN SUB SLCD WGRAIN 5IN	1 Each	or use hamburger bun GFS#266546	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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		220.00	
Fat		3.50g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		590.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Total Sugar		5.00g	
Added Sugar		5.00g	
Protein		14.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.50mg

Nutrition - Per 100g

No 100g Conversion Available			
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Creamy Coleslaw

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52629
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM	5 Cup	N/A	285218
MAYONNAISE XHVV DUTY	1 1/2 Cup	N/A	106968
HONEY SQZ BTL 16Z	2 Cup		217523
VINEGAR APPLE CIDER 5	3/4 Cup		430795
SALT SEA	1 1/2 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037
COLE SLAW SHRED SEP BAG 1/8IN	5 Pound	Creation Garden #15N53	361300

Preparation Instructions

1. Dressing: Combine sour cream, mayonnaise, honey, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside for step 3.
 2. Combine green cabbage, purple cabbage, and carrots in a large bowl. Toss lightly.
 3. Pour dressing over vegetable mixture. Stir well.
 4. Transfer coleslaw to steam table pan. For 50 servings, use 2 pans.
- CCP: Cool to 41°F or lower within 4 hours
5. Portion with #8 Disher or 4 oz spoodle (1/2 cup)
- CCP: Hold at 41°F or or below.

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		148.67	
Fat		9.28g	
Saturated Fat		3.76g	
Trans Fat		0.00g	
Cholesterol		23.20mg	
Sodium		153.62mg	
Carbohydrates		15.22g	
Fiber		0.91g	
Total Sugar		14.31g	
Added Sugar		10.88g	
Protein		1.26g	
Vitamin A	0.02mcg	Vitamin C	0.02mg
Calcium	58.47mg	Iron	0.18mg

Nutrition - Per 100g

No 100g Conversion Available	
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