

Cookbook for Walton-Verona Early Childhood Center

Created by HPS Menu Planner

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Unrustable Small

Juice Box 100%

NO IMAGE

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 5.00 | Category: | Fruit |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-45322 |
| School: | Walton-Verona Early Childhood Center | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| JUICE BOX GRP 100 | 1 Each | | 698211 |
| JUICE BOX VERY BRY | 1 Each | | 698391 |
| JUICE BOX APPL 100 40-4.23FLZ | 1 Each | | 698744 |
| JUICE BOX ORNG TANGR 100 | 1 Each | | 698251 |
| JUICE BOX FRT PNCH 100 | 1 Each | | 698240 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 64.00 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 8.00mg |
| Carbohydrates | 16.20g |
| Fiber | 0.00g |
| Total Sugar | 14.80g |
| Added Sugar | 0.00g |
| Protein | 0.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 0.00mg |

Nutrition - Per 100g

No 100g Conversion Available

Veggie Cup-Color your Tray

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 8.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46847 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| Baby Carrots | 1/2 Cup | | 812540 |
| 6-2 LETTUCE ROMAINE COMM 15D44 | 1 Cup | | 381403 |
| TOMATO GRAPE | 3 Ounce | | 749041 |
| Cucumber | 1/2 Cup | BAKE | 16P98 |
| SQUASH ZUCCHINI 50-2Z COMM | 1/2 Cup | | 701500 |
| Sweet Potatoes, Fresh, Whole | 1/2 Cup | | 100343 |
| BROCCOLI CAULIF COMBO | 1/2 Cup | | 283339 |
| CAULIFLOWER CALIF | 1/2 Cup | | 198528 |
| CELERY | 1/2 Cup | | 762640 |
| PEPPERS RED | 1/2 0 | | 188583 |
| RADISH | 1/4 Cup | | 198854 |

Preparation Instructions

Place in 4oz boat

CCP Cold service 41F or below

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.352 |
| OtherVeg | 0.125 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|------------------------------|---------------------------|
| Calories | 17.85** |
| Fat | 0.04g** |
| Saturated Fat | 0.01g** |
| Trans Fat | 0.00g** |
| Cholesterol | 0.00mg** |
| Sodium | 17.79mg** |
| Carbohydrates | 4.05g** |
| Fiber | 0.97g** |
| Total Sugar | 1.39g** |
| Added Sugar | 0.00g** |
| Protein | 0.66g** |
| Vitamin A 581.56mcg** | Vitamin C 3.83mg** |
| Calcium 10.05mg** | Iron 0.19mg** |

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

Nutrition - Per 100g

No 100g Conversion Available

Fries-Crinkle Cut



| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 160.00 | Category: | Vegetable |
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44496 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|--|------------|
| FRIES 1/2IN C/C OVEN | 30 Pound | BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. | 200697 |

Preparation Instructions

1 case yields 120 servings

1 bag yields 20 portions- 2.5oz portion

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.500 |

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 3.00 Ounce

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 100.00 |
| Fat | 3.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 20.00mg |
| Carbohydrates | 18.00g |
| Fiber | 1.00g |
| Total Sugar | 1.00g |
| Added Sugar | 0.00g |
| Protein | 1.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 10.00mg | Iron 0.30mg |

Nutrition - Per 100g

| | |
|--------------------------|-------------------------|
| Calories | 117.58 |
| Fat | 3.53g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 23.52mg |
| Carbohydrates | 21.16g |
| Fiber | 1.18g |
| Total Sugar | 1.18g |
| Added Sugar | 0.00g |
| Protein | 1.18g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 11.76mg | Iron 0.35mg |

Orange Wedges



| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-45110 |
| School: | Walton-Verona Early Childhood Center | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|--|------------|
| ORANGES NAVEL/VALENCIA CHC | 1 Each | Wash outside of orange and Wedge into 4-5 pieces | 322326 |

Preparation Instructions

Place in bag or bowl for service
CCP Cold service 41F or below

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|----------------------------|--------------------------|
| Calories | 80.00 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 0.00mg |
| Carbohydrates | 21.00g |
| Fiber | 4.00g |
| Total Sugar | 17.00g |
| Added Sugar | 0.00g |
| Protein | 2.00g |
| Vitamin A 350.83mcg | Vitamin C 82.95mg |
| Calcium 62.37mg | Iron 0.16mg |

Nutrition - Per 100g

No 100g Conversion Available

Cereal Assorted

NO IMAGE

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 5.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-54670 |
| School: | Walton-Verona Early Childhood Center | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|------------------------------|------------|
| CEREAL CINN TOAST CRNCH BWL | 1 Each | READY_TO_EAT Ready to eat | 595934 |
| CEREAL LUCKY CHARMS WGRAIN BWL | 1 Package | READY_TO_EAT Ready to Eat | 265811 |
| CEREAL CHEERIOS WGRAIN BWL | 1 Each | READY_TO_EAT Ready to eat | 264702 |
| CEREAL COCOA PUFFS WGRAIN R/S | 1 Each | READY_TO_EAT Ready to eat | 270401 |
| CEREAL TRIX R/S WGRAIN BWL | 1 Package | READY_TO_EAT Ready to Eat | 265782 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|----------------------------|-------------------------|
| Calories | 112.00 |
| Fat | 2.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 151.00mg |
| Carbohydrates | 22.80g |
| Fiber | 2.00g |
| Total Sugar | 6.00g |
| Added Sugar | 6.00g |
| Protein | 2.20g |
| Vitamin A 140.00mcg | Vitamin C 0.72mg |
| Calcium 82.00mg | Iron 3.70mg |

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nugget



| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 5.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45227 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| CHIX NUG BRD WGRAIN 8-4# GLDCRK | 5 Each | | 993713 |

Preparation Instructions

167 servings per case = 5 each

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

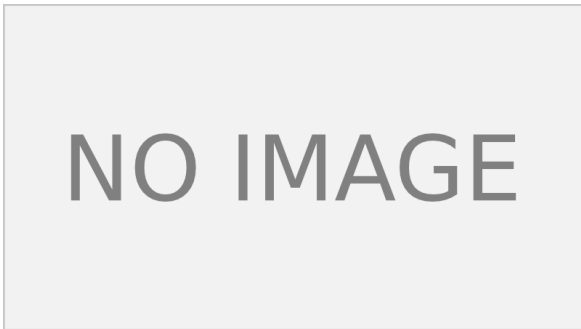
| Amount Per Serving | |
|----------------------------|---------------------------|
| Calories | 170.00 |
| Fat | 9.00g |
| Saturated Fat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 420.00mg |
| Carbohydrates | 11.00g |
| Fiber | 1.00g |
| Total Sugar | 0.00g |
| Added Sugar | 0.00g |
| Protein | 15.00g |
| Vitamin A 0.00mcg** | Vitamin C 0.00mg** |
| Calcium 18.00mg | 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

Eggo Mini Maple Pancakes



| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Package | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-51985 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|--|------------|
| PANCAKE MINI MAPL IW | 1 Package | Basic Preparation HEAT IN OVENABLE POUCH. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 7-9 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 11-13 MINUTES. MICROWAVE: HEAT FOR 30 SECONDS ON HIGH. DO NOT PLACE POUCHES DIRECTLY ON OVEN RACK OR LET POUCHES TOUCH OVEN SIDES. APPLIANCES MAY VARY, ADJUST ACCORDINGLY. | 284831 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

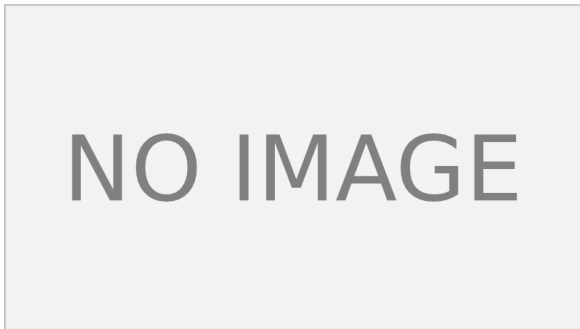
Serving Size: 1.00 Package

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 200.00 |
| Fat | 6.00g |
| Saturated Fat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 5.00mg |
| Sodium | 210.00mg |
| Carbohydrates | 36.00g |
| Fiber | 4.00g |
| Total Sugar | 12.00g |
| Added Sugar | 0.00g |
| Protein | 4.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 40.00mg | Iron 3.60mg |

Nutrition - Per 100g

No 100g Conversion Available

Pears



| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 96.00 | Category: | Fruit |
| Serving Size: | 3.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44821 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| PEAR DCD CUP IN JCE | 4 #10 CAN | | 758180 |

Preparation Instructions

41F or below
serve in 4oz container

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 3.00 Ounce

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 2.50 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.67g | | |
| Fiber | 0.08g | | |
| Total Sugar | 0.46g | | |
| Added Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 0.46mg | Iron | 0.00mg |

Nutrition - Per 100g

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 2.94 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.78g | | |
| Fiber | 0.10g | | |
| Total Sugar | 0.54g | | |
| Added Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 0.54mg | Iron | 0.00mg |

Spaghetti Noodles K-8



| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-47833 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|---|------------|
| PASTA SPAGHETTI 10IN | 1/2 Cup | Cook Pasta accordingly in boiling water 8-10minutes. Drain, lightly toss in oil | 654560 |
| MEATBALL CKD .65Z | 3 Each | BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F. | 785860 |
| Spaghetti Sauce | 2 Ounce | Heat sauce to 135F or above | 852759 |

Preparation Instructions

CCP Hold hot foods at 135 °F or above

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.063 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|----------------------------|---------------------------|
| Calories | 228.00 |
| Fat | 7.50g |
| Saturated Fat | 2.63g |
| Trans Fat | 0.45g |
| Cholesterol | 27.00mg |
| Sodium | 294.50mg |
| Carbohydrates | 28.00g |
| Fiber | 1.75g |
| Total Sugar | 4.00g |
| Added Sugar | 1.00g |
| Protein | 13.00g |
| Vitamin A 0.00mcg** | Vitamin C 0.00mg** |
| Calcium 50.50mg | Iron 1.90mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Pineapple Cups



| | | | |
|----------------------|--------------------------|-----------------------|---------|
| Servings: | 24.00 | Category: | Fruit |
| Serving Size: | 3.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-46629 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| PINEAPPLE SLCD IN JCE | 1 #10 CAN | | 189944 |

Preparation Instructions

Place in 4 oz bowl
CCP Cold service 41F or below

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 3.00 Ounce

| Amount Per Serving | | | |
|---------------------------|---------|------------------|--------|
| Calories | 64.34 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 16.09g | | |
| Fiber | 0.80g | | |
| Total Sugar | 13.67g | | |
| Added Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 5.63mg | Iron | 0.32mg |

Nutrition - Per 100g

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 75.66 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 18.91g | | |
| Fiber | 0.95g | | |
| Total Sugar | 16.08g | | |
| Added Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 6.62mg | Iron | 0.38mg |

Danimal with Cinnamon Goldfish Graham Bar

NO IMAGE

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Grain |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-45318 |
| School: | Walton-Verona Early Childhood Center | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|--------------------------------|------------|
| YOGURT DANIMAL STRAWB BAN N/F | 1 Each | READY_TO_EAT Ready to Enjoy | 869921 |
| YOGURT DANIMAL VAN N/F | 1 Each | | 200612 |
| CRACKER GLDFSH CINN | 2 Package | READY_TO_EAT Ready to Enjoy | 194510 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 1.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 190.00 |
| Fat | 4.00g |
| Saturated Fat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 195.00mg |
| Carbohydrates | 33.00g |
| Fiber | 1.00g |
| Total Sugar | 17.00g |
| Added Sugar | 5.00g |
| Protein | 5.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 200.00mg | Iron 2.00mg |

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44181 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|---|------------|
| wg 4 inch Hamburger Bun x | 1 bun | BAKE Toast if desired | 3474 |
| CHIX PTY BRD WGRAIN 170-3Z GLDCRK | 1 Each | Bake 375 for 17-19 minutes or until internal temperature 165 | 259967 |

Preparation Instructions

Each case yeilds approximately 170 count

Directions:

HACCP STEP: WASH HANDS.

1. Cook chicken patty as directed on package.
 2. Place cooked chicken patty on bottom of roll. Top with remaining half of roll.
 3. Serve.
 4. Allow student to select condiment of choice.
- Hold hot foods at 135 °F or above

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 3.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|----------------------------|---------------------------|
| Calories | 210.00 |
| Fat | 4.67g |
| Saturated Fat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 11.67mg |
| Sodium | 350.00mg |
| Carbohydrates | 30.67g |
| Fiber | 2.33g |
| Total Sugar | 4.33g |
| Added Sugar | 0.00g |
| Protein | 11.00g |
| Vitamin A 0.00mcg** | Vitamin C 0.00mg** |
| Calcium 76.67mg | Iron 2.33mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Tator Tots



| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 160.00 | Category: | Entree |
| Serving Size: | 3.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-44494 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|---|------------|
| POTATO TATER TOTS | 30 Pound | Basic Preparation CONVECTION OVEN: BAKE AT 425°F FOR 8-12 MINUTES. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. TURN ONCE FOR UNIFORM COOKING. | 141510 |

Preparation Instructions

- 1 box yields 150
- 1 bag yields 25
- 2 bag yields 50
- 3 bag yields 75
- 4 bag yields 100
- 5 bag yields 125

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.521 |

Nutrition Facts

Servings Per Recipe: 160.00

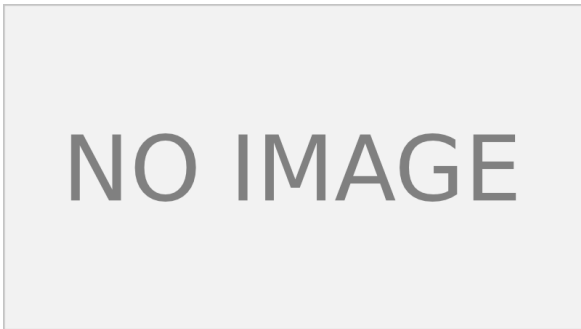
Serving Size: 3.00 Ounce

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 128.91 |
| Fat | 7.03g |
| Saturated Fat | 1.17g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 363.28mg |
| Carbohydrates | 16.41g |
| Fiber | 1.17g |
| Total Sugar | 0.81g |
| Added Sugar | 0.07g |
| Protein | 1.17g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 11.72mg | Iron 0.23mg |

Nutrition - Per 100g

| | |
|--------------------------|-------------------------|
| Calories | 151.57 |
| Fat | 8.27g |
| Saturated Fat | 1.38g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 427.15mg |
| Carbohydrates | 19.29g |
| Fiber | 1.38g |
| Total Sugar | 0.95g |
| Added Sugar | 0.08g |
| Protein | 1.38g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 13.78mg | Iron 0.28mg |

Cheeseburger



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44177 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|---|------------|
| CHEESE AMER 160CT SLCD | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 150260 |
| wg 4 inch Hamburger Bun x | 1 bun | | 3474 |
| Don Lee Charbroiled Beef Patty | 1 Each | CONVECTION 3. Bake a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top) i. MAXIMUM TEMPERATURE 145 DEGREES | 93003 |

Preparation Instructions

Don Lee Farms

Backyard Griller Handling and Preparation Instructions

1. Pan burgers from frozen state on a standard baking pan (pan liners are optional)
2. Bake in preheated oven (convection or Combi at 350 Degrees)
3. Bake
 - a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top)
 - i. MAXIMUM TEMPERATURE 145 DEGREES
 - b. 2.25 oz Backyard Griller 10-12 minutes (until grease is bubbling on top)
 - i. MAXIMUM TEMPERATURE 145 DEGREES
4. Remove from oven
 - a. DO NOT PLACE IN STEAM TABLE PAN
 - b. DO NOT COVER

c. DO NOT ADD ANY LIQUID OF ANY KIND

5. Immediately begin to bun and wrap sandwiches in foils wrap and place in warmer

6. Best to make burger sandwiches immediately from the oven.

a. Place on bun wrap in foil wrap the place in steam table pan and into warmer

7. Cook and wrap as many sandwiches as you as possible without letting them cool or lose the grease on the burgers.

The foil wrapped burger will hold in the warmer up to 4 -5 hours if the warmer is set at 160 degrees.

- CCP Hold hot foods at 135 °F or above

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 3.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 412.00 | | |
| Fat | 22.10g | | |
| Saturated Fat | 8.90g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 75.50mg | | |
| Sodium | 686.00mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 2.30g | | |
| Total Sugar | 4.50g | | |
| Added Sugar | 0.00g** | | |
| Protein | 24.60g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 152.50mg | Iron | 3.60mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44268 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------|------------|
| BEAN BAKED VEGTAR R/SOD | 1/2 Cup | | 567091 |

Preparation Instructions

CCP Hot hold 135F or above

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.500 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

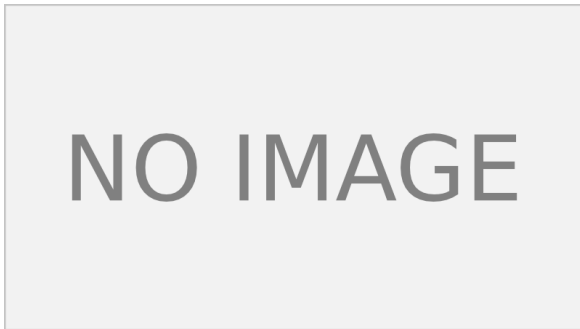
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 11.96 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 31.52mg | | |
| Carbohydrates | 2.50g | | |
| Fiber | 0.43g | | |
| Total Sugar | 0.98g | | |
| Added Sugar | 0.87g | | |
| Protein | 0.54g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 4.37mg | Iron | 0.21mg |

Nutrition - Per 100g

No 100g Conversion Available

Peaches



| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 96.00 | Category: | Fruit |
| Serving Size: | 3.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44820 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|---|------------|
| PEACH SLCD IN JCE | 4 #10 CAN | Dish up in 6oz black inserts. Chill for service | 610267 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 3.00 Ounce

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 53.89 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 12.93g | | |
| Fiber | 1.08g | | |
| Total Sugar | 10.78g | | |
| Added Sugar | 0.00g | | |
| Protein | 1.08g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 9.70mg | Iron | 0.00mg |

Nutrition - Per 100g

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 63.36 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 15.21g | | |
| Fiber | 1.27g | | |
| Total Sugar | 12.67g | | |
| Added Sugar | 0.00g | | |
| Protein | 1.27g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 11.41mg | Iron | 0.00mg |

Mashed Potato

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 78.00 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44214 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|--------------|-------------------|------------|
| BUTTER SUB | 1/2 Cup | | 209810 |
| BASE CHIX LO SOD NO MSG | 2 Tablespoon | | 580589 |
| SEASONING SIX PEPR BLEND | 2 Tablespoon | | 229580 |
| Water | 2 Gallon | | Water |
| POTATO PRLS GLDN X-RICH | 1 Package | | 559911 |

Preparation Instructions

Basic Preparation

STEP 1) POUR BOILING WATER INTO A MIXING BOWL. STEP 2) ADD 1 CARTON POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES WHILE STIRRING CONSTANTLY WITH A WHISK. STEP 3) TRANSFER POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND SERVE. 4) RE-FRESH PRODUCT BY ADDING 1/2 TO 1/2 CUP OF BOILING WATER AS NEEDED.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.500 |

Nutrition Facts

Servings Per Recipe: 78.00

Serving Size: 4.00 Ounce

| Amount Per Serving | | | |
|---------------------------|----------|------------------|--------|
| Calories | 76.59 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 413.13mg | | |
| Carbohydrates | 16.54g | | |
| Fiber | 0.87g | | |
| Total Sugar | 0.00g | | |
| Added Sugar | 0.00g | | |
| Protein | 1.63g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 8.38mg | Iron | 0.25mg |

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 67.54 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 364.32mg | | |
| Carbohydrates | 14.58g | | |
| Fiber | 0.77g | | |
| Total Sugar | 0.00g | | |
| Added Sugar | 0.00g | | |
| Protein | 1.43g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 7.39mg | Iron | 0.22mg |

Green Bean



| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 48.00 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44212 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|--|------------|
| BEAN GREEN CUT XTRA GRN | 2 #10 CAN | | 328251 |
| BASE CHIX LO SOD NO MSG | 1/4 Cup | UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water | 580589 |

Preparation Instructions

Mix items together and steam to 165F and Hold at 135F or higher
CCP Heat to 165 F or higher for at least 15 seconds
CCP Hold at 135 F or higher

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.500 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 4.00 Ounce

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 21.66 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 313.46mg |
| Carbohydrates | 4.32g |
| 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

| | |
|--------------------------|-------------------------|
| Calories | 19.10 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 276.42mg |
| Carbohydrates | 3.81g |
| Fiber | 1.90g |
| Total Sugar | 1.90g |
| Added Sugar | 0.00g |
| Protein | 0.95g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 28.51mg | Iron 0.38mg |

Cheddar Goldfish Cracker

NO IMAGE

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-45510 |
| School: | Walton-Verona Early Childhood Center | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------|-------------|--------------------------------|------------|
| CRACKER GLDFSH CHS | 1 Each | READY_TO_EAT Ready to Enjoy | 110431 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

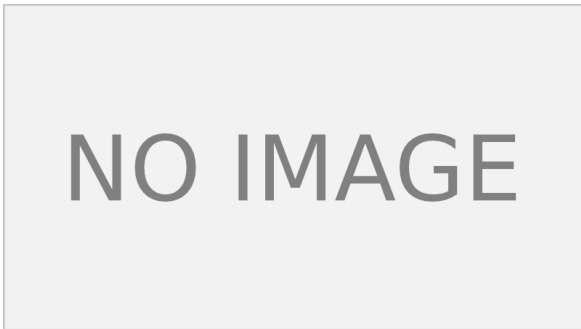
Serving Size: 1.00 Serving

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 100.00 |
| Fat | 3.50g |
| Saturated Fat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 5.00mg |
| Sodium | 180.00mg |
| Carbohydrates | 14.00g |
| Fiber | 1.00g |
| Total Sugar | 0.00g |
| Added Sugar | 0.00g |
| Protein | 2.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 0.90mg |

Nutrition - Per 100g

No 100g Conversion Available

Eggo Maple Syrup Waffles



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-44247 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|---|------------|
| WAFFLE MINI MAPL IW | 1 Package | Preheat oven to 450 degrees F. 2. Place frozen waffles flat on baking sheet and heat in the oven for about 5 minutes or until crispy and hot. | 284811 |

Preparation Instructions

CCP Hot hold 135 or below

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

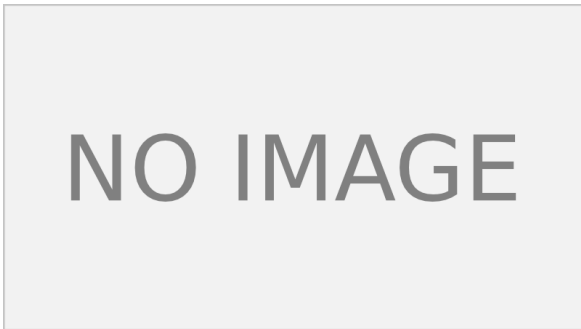
Serving Size: 1.00 Serving

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 190.00 |
| Fat | 5.00g |
| Saturated Fat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 210.00mg |
| Carbohydrates | 36.00g |
| Fiber | 4.00g |
| Total Sugar | 11.00g |
| Added Sugar | 0.00g |
| Protein | 4.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 260.00mg | Iron 3.60mg |

Nutrition - Per 100g

No 100g Conversion Available

Muffin -Chocolate or Blueberry



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-44253 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| MUFFIN CHOC/CHOC CHP WGRAIN IW | 1 Each | Thaw and Serve | 557991 |
| MUFFIN BLUEB WGRAIN IW | 1 Each | Thaw and Serve | 557970 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 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 | 32.50mg |
| Sodium | 130.00mg |
| Carbohydrates | 31.50g |
| Fiber | 2.00g |
| Total Sugar | 16.50g |
| Added Sugar | 8.50g |
| Protein | 3.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 35.00mg | Iron 1.20mg |

Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44276 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|---|------------|
| PIZZA CHS 4X6 WGRAIN 50/50 | 1 Slice | BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pan. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. Note: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion. | 585921 |

Preparation Instructions

Section pizza into 4 slices so easily picked up

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.130 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 238.00 |
| Fat | 8.50g |
| Saturated Fat | 3.10g |
| Trans Fat | 0.00g |
| Cholesterol | 12.00mg |
| Sodium | 369.20mg |
| Carbohydrates | 27.00g |
| Fiber | 3.10g |
| Total Sugar | 6.00g |
| Added Sugar | 3.00g |
| Protein | 12.30g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 236.20mg | Iron 2.00mg |

Nutrition - Per 100g

No 100g Conversion Available

Corn- Steamed

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 96.00 | Category: | Vegetable |
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44213 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| CORN CUT SUPER SWT | 4 #10 CAN | | 851329 |
| SPICE PEPR BLK REG FINE GRIND | 3 Teaspoon | | 225037 |

Preparation Instructions

CCP Heat to 165 F or higher for at least 15 seconds

CCP Hold at 135 F or higher

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.500 |

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 3.00 Ounce

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 64.34 | | |
| Fat | 0.80g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 12.87g | | |
| Fiber | 1.61g | | |
| Total Sugar | 4.83g | | |
| Added Sugar | 0.00g | | |
| Protein | 1.61g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Nutrition - Per 100g

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 75.66 | | |
| Fat | 0.95g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 15.13g | | |
| Fiber | 1.89g | | |
| Total Sugar | 5.67g | | |
| Added Sugar | 0.00g | | |
| Protein | 1.89g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Baby Carrots

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-45080 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|--|------------|
| CARROT BABY WHL MED | 1/2 Cup | Put in 4oz boats for service. Chill | 273902 |

Preparation Instructions

Cold service 41F or below (Weight of 1/2cup=2.48oz)

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.750 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---------------------------|---------|------------------|--------|
| Calories | 30.00 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 45.00mg | | |
| Carbohydrates | 7.00g | | |
| Fiber | 2.00g | | |
| Total Sugar | 4.00g | | |
| 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

Applesauce Cup



| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 4.50 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44273 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| APPLESAUCE PLAIN 96-4.5Z COMM | 1 Each | | 645050 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.50 Ounce

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 60.00 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 17.00g | | |
| Fiber | 1.00g | | |
| Total Sugar | 15.00g | | |
| Added Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 5.00mg | Iron | 0.00mg |

Nutrition - Per 100g

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 47.03 | | |
| Fat | 0.00g | | |
| Saturated Fat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 13.33g | | |
| Fiber | 0.78g | | |
| Total Sugar | 11.76g | | |
| Added Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 3.92mg | Iron | 0.00mg |

Uncrustable Small



| | | | |
|----------------------|--------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44920 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|------------------------|------------|
| uncrustable grape 2.6 oz. | 1 Each | THAW thaw and serve | 527462 |

Preparation Instructions

Thaw and serve

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 1.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|----------------------------|---------------------------|
| Calories | 300.00 |
| Fat | 16.00g |
| Saturated Fat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 270.00mg |
| Carbohydrates | 33.00g |
| Fiber | 4.00g |
| Total Sugar | 14.00g |
| Added Sugar | 12.00g |
| Protein | 9.00g |
| Vitamin A 0.00mcg** | Vitamin C 0.00mg** |
| Calcium 40.00mg | Iron 1.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available