

# **Cookbook for Van Rensselaer Elementary**

**Created by HPS Menu Planner**

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# Assorted Variety of Cereal

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57517

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RICE CHEX BLUEB BOWL	1 Each		261737
Lucky Charms Reduced Sugar	1 Each		549485

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	111.41
<b>Fat</b>	1.83g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	168.68mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.04g
<b>Total Sugar</b>	5.67g
<b>Added Sugar</b>	4.67g
<b>Protein</b>	2.14g
<b>Vitamin A</b> 44.44mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 85.64mg	<b>Iron</b> 4.46mg

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable with Cheese Stick & Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57520

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CHEESE STIX COLBY JK R/F IW	1 Each	N/A	786510
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

## Preparation Instructions

Package all items together.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	490.00
<b>Fat</b>	26.50g
<b>Saturated Fat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	15.00g
<b>Added Sugar</b>	12.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 263.00mg	<b>Iron</b> 1.70mg

### Nutrition - Per 100g

No 100g Conversion Available

# Muffin, Goldfish Crackers, Cheese Stick, and Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57726
<b>School:</b>	Van Rensselaer Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each	Or use GFS#557991	557970
CHEESE STRING MOZZ IW	1 Each	N/A	786580
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
YOGURT RASPB RNBW L/F	1 Each	Or Use GFS#885750	551770

## Preparation Instructions

Package muffin, string cheese, goldfish crackers, and yogurt together.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	450.00
<b>Fat</b>	16.00g
<b>Saturated Fat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	565.00mg
<b>Carbohydrates</b>	61.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	26.00g
<b>Added Sugar</b>	21.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 388.00mg	<b>Iron</b> 1.60mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Sausage Biscuit Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57519

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD	1 Each		184970
Pillsbury Easy-Split Buttermilk Biscuits	1 Each		120851

## Preparation Instructions

Cook and warm sausage patty and biscuit according to directions on package.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	260.00
<b>Fat</b>	12.00g
<b>Saturated Fat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 220.00mg	<b>Iron</b> 2.06mg

### Nutrition - Per 100g

No 100g Conversion Available

# Homemade Beef Taco Meat

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 ounce weight	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57530

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	13 Pound	USDA Brown Box Commodity---Thaw	100158
SPICE ONION MINCED	9 Tablespoon	or 1/2 Cup and 1 Tablespoon	513997
SPICE GARLIC POWDER	3 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND	4 Teaspoon	Or 1 Tablespoon and 1 teaspoon	225037
TOMATO PASTE FCY	1/4 #10 CAN	Or 27.75 ounce weight	221851
Tap Water	2 Quart		
SPICE CHILI POWDER MILD	1/4 Cup		331473
SPICE CUMIN GRND	3 Tablespoon		273945
SPICE PAPRIKA SPANISH	1 Tablespoon		225002
SPICE ONION POWDER	1 Tablespoon		126993

## Preparation Instructions

Thaw ground beef 2 days ahead under refrigeration.

1. Brown ground beef and drain.
2. Add onion, garlic powder, pepper, tomato paste, and water and seasonings.
3. Blend well.
4. Bring to boil, Reduce heat and simmer for 25-30 minutes.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00 ounce weight

Amount Per Serving	
<b>Calories</b>	179.33
<b>Fat</b>	12.42g
<b>Saturated Fat</b>	4.14g
<b>Trans Fat</b>	2.07g
<b>Cholesterol</b>	53.81mg
<b>Sodium</b>	76.86mg
<b>Carbohydrates</b>	3.82g
<b>Fiber</b>	0.74g
<b>Total Sugar</b>	1.48g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	14.49g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.19mg

## Nutrition - Per 100g

<b>Calories</b>	228.10
<b>Fat</b>	15.79g
<b>Saturated Fat</b>	5.26g
<b>Trans Fat</b>	2.63g
<b>Cholesterol</b>	68.44mg
<b>Sodium</b>	97.77mg
<b>Carbohydrates</b>	4.86g
<b>Fiber</b>	0.94g
<b>Total Sugar</b>	1.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.43g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.24mg

# Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57524

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	N/A	276142
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity---Thaw--weight	100187
Turkey Breast Deli	1 3/4 ounces	USDA Brown Box Commodity---Thaw--weight	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036

## Preparation Instructions

Thaw meat ahead of time.

Weigh portions of meat on scales. Place meat (ham and turkey) with 1 slice of cheese on sub bun. Wrap and hold in cooler for service.

### Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	299.55		
<b>Fat</b>	9.25g		
<b>Saturated Fat</b>	4.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	56.76mg		
<b>Sodium</b>	863.77mg		
<b>Carbohydrates</b>	33.15g		
<b>Fiber</b>	2.00g		
<b>Total Sugar</b>	5.52g		
<b>Added Sugar</b>	4.00g		
<b>Protein</b>	23.03g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	2.00mg

## Nutrition - Per 100g

<b>Calories</b>	845.22		
<b>Fat</b>	26.10g		
<b>Saturated Fat</b>	11.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	160.16mg		
<b>Sodium</b>	2437.29mg		
<b>Carbohydrates</b>	93.54g		
<b>Fiber</b>	5.64g		
<b>Total Sugar</b>	15.59g		
<b>Added Sugar</b>	11.29g		
<b>Protein</b>	64.98g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	158.01mg	<b>Iron</b>	5.64mg

# Chef Salad with Muffin & Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57523

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
EGG HARD CKD PLD DRY PK	1 Each	Cut into half	730851
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	USDA Brown Box---If Brown Box isn't available use GFS#861950	100012
MUFFIN BLUEB WGRAIN IW	1 Each	Or use GFS#557991	557970
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

## Preparation Instructions

Place lettuce in container and layer other ingredients (cucumbers, tomato, cheese, and egg) on top. Place muffin and package of Goldfish in contain.

Offer dressing on side

Keep refrigerated

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.750
<b>Red/Orange</b>	0.250
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	475.65
<b>Fat</b>	20.63g
<b>Saturated Fat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	235.00mg
<b>Sodium</b>	562.25mg
<b>Carbohydrates</b>	51.50g
<b>Fiber</b>	4.15g
<b>Total Sugar</b>	20.00g
<b>Added Sugar</b>	16.00g
<b>Protein</b>	19.90g
<b>Vitamin A</b> 27.30mcg	<b>Vitamin C</b> 0.73mg
<b>Calcium</b> 106.91mg	<b>Iron</b> 2.78mg

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57551

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each	N/A	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook beef patty according to directions on package. Place in warmer to keep warm until ready for service.  
Service: Place 1 beef patty, 1 slice of cheese between hamburger bun.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	338.00		
<b>Fat</b>	14.50g		
<b>Saturated Fat</b>	5.60g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	46.50mg		
<b>Sodium</b>	649.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Total Sugar</b>	4.50g		
<b>Added Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.00mg	<b>Iron</b>	4.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Tortilla Chips with Cheese & Salsa

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57727
<b>School:</b>	Van Rensselaer Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND WGRAIN	2 Ounce	Weight	739741
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
SALSA CUP	1 Each	N/A	677802

## Preparation Instructions

Package chips, cheese and salsa cup together.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	419.30		
<b>Fat</b>	21.00g		
<b>Saturated Fat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	610.50mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	4.00g		
<b>Total Sugar</b>	3.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	259.00mg	<b>Iron</b>	1.00mg

## Nutrition - Per 100g

<b>Calories</b>	739.51		
<b>Fat</b>	37.04g		
<b>Saturated Fat</b>	14.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.91mg		
<b>Sodium</b>	1076.72mg		
<b>Carbohydrates</b>	72.31g		
<b>Fiber</b>	7.05g		
<b>Total Sugar</b>	5.29g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	17.64g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	456.79mg	<b>Iron</b>	1.76mg

# Cereal, Goldfish Crackers, Cheese Stick, and Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57728
<b>School:</b>	Van Rensselaer Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	N/A	786580
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
YOGURT RASPB RNBW L/F	1 Each	Or Use GFS#885750	551770
Assorted Variety of Cereal	1 Each		R-57517

## Preparation Instructions

Package cereal, string cheese, goldfish crackers, and yogurt together.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	371.41
<b>Fat</b>	11.83g
<b>Saturated Fat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	603.68mg
<b>Carbohydrates</b>	54.00g
<b>Fiber</b>	2.04g
<b>Total Sugar</b>	15.67g
<b>Added Sugar</b>	9.67g
<b>Protein</b>	14.14g
<b>Vitamin A</b> 44.44mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 443.64mg	<b>Iron</b> 5.16mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Chicken Biscuit Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57544

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	N/A	645080
Pillsbury Easy-Split Buttermilk Biscuits	1 Each		120851

## Preparation Instructions

Cook and warm chicken patty and biscuit according to directions on package.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	295.00
<b>Fat</b>	12.50g
<b>Saturated Fat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	625.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	1.50g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.00mg	<b>Iron</b> 2.70mg

### Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	39.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57525

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mashed Potato	28 Ounce	1 Package	613738
Tap Water	1 Gallon		

## Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190°F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.500

### Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	76.33
<b>Fat</b>	0.85g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	313.82mg
<b>Carbohydrates</b>	14.42g
<b>Fiber</b>	0.85g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.70g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 8.48mg	<b>Iron</b> 0.25mg

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

## Nutrition - Per 100g

<b>Calories</b>	375.11		
<b>Fat</b>	4.17g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1542.11mg		
<b>Carbohydrates</b>	70.85g		
<b>Fiber</b>	4.17g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	8.34g		
<b>Vitamin A</b>	0.00mcg**	<b>Vitamin C</b>	0.00mg**
<b>Calcium</b>	41.68mg	<b>Iron</b>	1.25mg

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

# Poultry Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57526

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX TKY	15 Ounce	1 Package	242440
Tap Water	1 Gallon		

## 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.

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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	2.93
<b>Fat</b>	0.06g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	44.53mg
<b>Carbohydrates</b>	0.47g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.12g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.12g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.82mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	88.24
<b>Fat</b>	1.76g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1341.30mg
<b>Carbohydrates</b>	14.12g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	3.53g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.53g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 24.71mg	<b>Iron</b> 0.00mg

# Grilled Cheese Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57527

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	1 Cup	Melted	733061
BREAD WGRAIN WHT 16-22Z GCHC	48 Each		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	96 Slice	USDA Brown Box Commodity---Use GFS#499789 if brown box not available	100036

## Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 4 slices of cheese. Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:  
Conventional oven: 400 ° F for 15 - 20 minutes.  
Convection oven: 350 ° F for 10 - 15 minutes.  
DO NOT OVER BAKE  
Serve immediately.  
CCP: Hot foods should held at 140° or higher.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	231.52
<b>Fat</b>	17.39g
<b>Saturated Fat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	641.52mg
<b>Carbohydrates</b>	4.97g
<b>Fiber</b>	0.12g
<b>Total Sugar</b>	2.12g
<b>Added Sugar</b>	0.12g
<b>Protein</b>	12.18g
<b>Vitamin A</b> 500.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1.82mg	<b>Iron</b> 0.06mg

## Nutrition - Per 100g

No 100g Conversion Available

# Tomato Soup

<b>Servings:</b>	14.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57528

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN		488232
Tap Water	1 #5 CAN		

## Preparation Instructions

STOVE:

STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.625
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	91.30
<b>Fat</b>	1.01g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	395.64mg
<b>Carbohydrates</b>	18.26g
<b>Fiber</b>	1.01g
<b>Total Sugar</b>	10.14g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.03g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.14mg	<b>Iron</b> 0.41mg

### Nutrition - Per 100g

No 100g Conversion Available

# Brown Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57529

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	8 1/3 Cup	N/A	516371
Tap Water	17 Cup		

## Preparation Instructions

Stovetop:

Bring water to a boil. Add rice and stir. Cover tightly and simmer over a low heat until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with fork before serving.

Oven:

Combine rice and hot water pan, and stir. Cover and bake in a 350°F oven, until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving.

Steamer:

Combine rice and hot water in a steam table pan, and stir. Cover and steam according to manufacturer's directions, or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	113.29		
<b>Fat</b>	1.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	23.99g		
<b>Fiber</b>	0.67g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	2.67g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.33mg	<b>Iron</b>	0.67mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Breaded Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57552

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook chicken patty according to directions on package. Place in warmer to keep warm until ready for service.

Service: Place 1 chicken patty between hamburger bun.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 65.00mg	<b>Iron</b> 4.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Hot Ham and Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57738
<b>School:</b>	Van Rensselaer Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	3 1/16 Ounce	Thaw---6 slices = 3.06 ounce ---If using USDA Brown Box Commodity Ham can use 2.50 ounce weight of meat.	556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity--if commodity not available use GFS#499789	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Assemble sandwiches with meat and cheese on hamburger bun. Heat for 5-7 minutes in a 350°F oven as needed for line service. Cover with tented foil and place in warmer.

CCP: Cover and hold for service at 135°F or higher.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	290.00		
<b>Fat</b>	9.50g		
<b>Saturated Fat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	860.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Total Sugar</b>	4.50g		
<b>Added Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.72mg

## Nutrition - Per 100g

<b>Calories</b>	334.29		
<b>Fat</b>	10.95g		
<b>Saturated Fat</b>	4.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	77.81mg		
<b>Sodium</b>	991.35mg		
<b>Carbohydrates</b>	29.97g		
<b>Fiber</b>	3.46g		
<b>Total Sugar</b>	5.19g		
<b>Added Sugar</b>	3.46g		
<b>Protein</b>	25.36g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.58mg	<b>Iron</b>	3.14mg

# Spaghetti and Meat Sauce

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57550

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	8 1/2 Pound	USDA Brown Box Commodity----Thaw	100158
SPICE ONION MINCED	3/4 Cup		513997
SPICE GARLIC POWDER	4 1/2 Teaspoon	Or 1 Tablespoon and 1 1/2 teaspoon	224839
SPICE PEPR BLK REG FINE GRIND	1 1/2 Teaspoon		225037
TOMATO PUREE 1.06	9 Cup	Or 2 quarts and 1 cup	270091
Tap Water	6 1/2 Gallon		
SALT KOSHER COARSE	3 Tablespoon		153550
SPICE PARSLEY FLAKES	1/4 Cup		259195
SPICE BASIL LEAF	2 Tablespoon		518341
SPICE OREGANO GRND	2 Tablespoon		513725
SPICE MARJORAM LEAF	1 Tablespoon		513709
SPICE THYME LEAF	1 1/2 Teaspoon		513814
PASTA SPAG 51 WGRAIN	76 Ounce	Or 4 pounds and 12 ounce---Broken into thirds	221460

## Preparation Instructions

1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
2. Add granulated garlic, pepper, tomato puree, 2 quart water, 1 Tablespoon salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.  
CCP: Heat to 155° F or higher for at least 15 seconds
3. Heat 6 gallon water to rolling boil. Add 2 Tablespoon salt.
4. Slowly add spaghetti noodles. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir cooked spaghetti noodles into meat sauce.
6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans.
7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup) per serving.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	332.45		
<b>Fat</b>	12.94g		
<b>Saturated Fat</b>	4.06g		
<b>Trans Fat</b>	2.03g		
<b>Cholesterol</b>	52.78mg		
<b>Sodium</b>	410.75mg		
<b>Carbohydrates</b>	39.08g		
<b>Fiber</b>	3.76g		
<b>Total Sugar</b>	4.44g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	20.25g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.40mg	<b>Iron</b>	2.24mg

## Nutrition - Per 100g

<b>Calories</b>	276.58		
<b>Fat</b>	10.76g		
<b>Saturated Fat</b>	3.38g		
<b>Trans Fat</b>	1.69g		
<b>Cholesterol</b>	43.91mg		
<b>Sodium</b>	341.72mg		
<b>Carbohydrates</b>	32.51g		
<b>Fiber</b>	3.13g		
<b>Total Sugar</b>	3.69g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	16.85g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.31mg	<b>Iron</b>	1.86mg