

# **Cookbook for Prairie Heights High School**

**Created by HPS Menu Planner**

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# PBJ (brkfast)

NO IMAGE

<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>	Breakfast	<b>Recipe ID:</b>	R-52149
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2"	2 Slice		231053
PEANUT BUTTER CRMY	2 Tablespoon		241851
JELLY APPLE-GRAPE	2 Teaspoon		100927

## Preparation Instructions

2 slices bread, 2 tablespoon peanut butter, 2 teaspoons jelly

## 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>	423.33
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	486.67mg
<b>Carbohydrates</b>	56.67g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	14.33g
<b>Added Sugar</b>	13.33g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 139.00mg	<b>Iron</b> 2.50mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Sandwich HS

NO IMAGE

<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-47963
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each		501861

## Preparation Instructions

No Preparation Instructions available.

## 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>	340.00
<b>Fat</b>	11.00g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 70.00mg	<b>Iron</b> 3.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken 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>	Lunch	<b>Recipe ID:</b>	R-47964
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

## 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>	380.00
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 60.00mg	<b>Iron</b> 4.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# PB & J w/Cheese Stick

NO IMAGE

<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-48288
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	1 Each		786801
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CRACKER GLDFSH GRHM VAN	1 Each	READY_TO_EAT Ready to Enjoy	198472

## Preparation Instructions

No Preparation Instructions available.

## 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>	480.00
<b>Fat</b>	22.50g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	565.00mg
<b>Carbohydrates</b>	52.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	22.00g
<b>Added Sugar</b>	12.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 243.00mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken Salad - HS

NO IMAGE

<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-54336
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Cup		15D44
CHIX PCORN LRG WGRAIN CKD	8 Each		536620
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
CUCUMBER SELECT	1/4 Cup		418439
PEPPERS BELL GRN ORGNC	1/4 Cup		254851
CARROT BABY WHL PETITE	1/4 Cup		768146
CROUTON CHS GARL WGRAIN	1 Package		661022
CRACKER GLDFSH WGRAIN COLOR	1 Package		112702

## Preparation Instructions

1. Place 1 cup of romaine lettuce in salad container.
2. Place 7 pieces of popcorn chicken and 1/4 cup (1/2 ounce weight) of cheese on top of lettuce.
3. Arrange portioned carrots, peas, muffin, croutons

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.100
<b>Grain</b>	2.300
<b>Fruit</b>	0.000
<b>DarkGreen</b>	2.000
<b>Red/Orange</b>	0.192
<b>OtherVeg</b>	0.500
<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>	446.43**
<b>Fat</b>	20.45g**
<b>Saturated Fat</b>	5.90g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	71.00mg**
<b>Sodium</b>	826.41mg**
<b>Carbohydrates</b>	42.78g**
<b>Fiber</b>	4.32g**
<b>Total Sugar</b>	3.04g**
<b>Added Sugar</b>	1.00g**
<b>Protein</b>	22.35g**
<b>Vitamin A</b> 187.30mcg RAE**	<b>Vitamin C</b> 0.73mg**
<b>Calcium</b> 139.73mg**	<b>Iron</b> 3.25mg**

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

## Nutrition - Per 100g

<b>Calories</b>	910.34**
<b>Fat</b>	41.70g**
<b>Saturated Fat</b>	12.03g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	144.78mg**
<b>Sodium</b>	1685.17mg**
<b>Carbohydrates</b>	87.22g**
<b>Fiber</b>	8.81g**
<b>Total Sugar</b>	6.19g**
<b>Added Sugar</b>	2.04g**
<b>Protein</b>	45.58g**
<b>Vitamin A</b> 381.93mcg RAE**	<b>Vitamin C</b> 1.49mg**
<b>Calcium</b> 284.93mg**	<b>Iron</b> 6.64mg**

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

# Ranch Dressing

NO IMAGE

<b>Servings:</b>	256.00	<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-9543
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT	1 Gallon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999
DRESSING RNCH	1 Gallon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430

## Preparation Instructions

1. Mix the ingredients 1/2 and 1/2 in a gallon jug.
2. Cover and store in the refrigerator until use.

## 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: 256.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	104.90
<b>Fat</b>	8.74g
<b>Saturated Fat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.99mg
<b>Sodium</b>	174.83mg
<b>Carbohydrates</b>	5.99g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.50g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Salad, Popcorn Chicken



<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-39906
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

## Preparation Instructions

WASH HANDS

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Place 1 cup of romaine lettuce in salad container.
2. Place 10 pieces of popcorn chicken and 1/4 cup (1 ounce weight) of cheese on top of lettuce and package with 2 packages of croutons

## 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>	0.500
<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>	455.00
<b>Fat</b>	21.50g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	875.00mg
<b>Carbohydrates</b>	39.50g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 200.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 153.50mg	<b>Iron</b> 3.44mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Taco HS

NO IMAGE

<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-56367
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	3 1/2 Ounce		860390
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
TORTILLA FLOUR 6IN	2 Each		713320

## Preparation Instructions

Assembly: Serve 2 - 6" tortilla, 3.5 oz chicken, .5oz cheese.

## 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>	350.83
<b>Fat</b>	14.42g
<b>Saturated Fat</b>	5.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.83mg
<b>Sodium</b>	834.17mg
<b>Carbohydrates</b>	30.58g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	25.33g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.08mg	<b>Iron</b> 3.17mg

## Nutrition - Per 100g

<b>Calories</b>	309.38
<b>Fat</b>	12.71g
<b>Saturated Fat</b>	5.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	88.92mg
<b>Sodium</b>	735.60mg
<b>Carbohydrates</b>	26.97g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.76g
<b>Added Sugar</b>	1.76g
<b>Protein</b>	22.34g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 97.08mg	<b>Iron</b> 2.79mg

# Club sub

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50126
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	2 Ounce		556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce		244190
BACON CKD THN SLCD	1 Slice		874124
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN SUB SLCD WGRAIN 5"	1 Each		276142

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<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 Wrap

Amount Per Serving	
<b>Calories</b>	373.69
<b>Fat</b>	9.92g**
<b>Saturated Fat</b>	5.18g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	80.05mg
<b>Sodium</b>	1192.26mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	29.08g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 216.00mg	<b>Iron</b> 2.83mg

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

## Nutrition - Per 100g

<b>Calories</b>	376.59
<b>Fat</b>	9.99g**
<b>Saturated Fat</b>	5.22g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	80.67mg
<b>Sodium</b>	1201.51mg
<b>Carbohydrates</b>	33.26g
<b>Fiber</b>	2.02g
<b>Total Sugar</b>	6.05g
<b>Added Sugar</b>	4.03g
<b>Protein</b>	29.31g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 217.68mg	<b>Iron</b> 2.85mg

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

# Hot Honey Chicken Sandwich

NO IMAGE

<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-48327
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142
Hot honey	1 Serving	Melt butter, whisk all together.	R-49835
CHIX BRST STRP BRD WGRAIN	3 Each		740820

## Preparation Instructions

Chicken strips: BAKE Convection Oven

6-8 minutes at 375°F from frozen

Place 3 strips in sub bun. Squeeze 1 Tablespoon hot honey sauce on to strips.

## 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>	557.26
<b>Fat</b>	19.52g
<b>Saturated Fat</b>	4.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	69.60mg
<b>Sodium</b>	918.85mg
<b>Carbohydrates</b>	67.26g
<b>Fiber</b>	3.88g
<b>Total Sugar</b>	25.76g
<b>Added Sugar</b>	25.76g
<b>Protein</b>	29.00g
<b>Vitamin A</b> 75.35mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 75.84mg	<b>Iron</b> 3.58mg

## Nutrition - Per 100g

<b>Calories</b>	3932.65
<b>Fat</b>	137.76g
<b>Saturated Fat</b>	35.22g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	491.18mg
<b>Sodium</b>	6484.48mg
<b>Carbohydrates</b>	474.66g
<b>Fiber</b>	27.41g
<b>Total Sugar</b>	181.79g
<b>Added Sugar</b>	181.79g
<b>Protein</b>	204.66g
<b>Vitamin A</b> 531.78mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 535.24mg	<b>Iron</b> 25.24mg

# Turkey pack E/M

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49486
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR	1 Package		112702
CHEESE STRING MOZZ LT IW	1 Each		786801
Jennie-O Smokehouse Turkey Breast Snack Sticks, Frozen Individually Wrapped, 1.2 Ounce, 200 Ct Package, 1/Case	1 Each		508078

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<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: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving	
<b>Calories</b>	258.00
<b>Fat</b>	8.42g
<b>Saturated Fat</b>	3.42g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	59.17mg
<b>Sodium</b>	835.67mg
<b>Carbohydrates</b>	16.67g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	2.67g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	28.58g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 1.23mg
<b>Calcium</b> 225.96mg	<b>Iron</b> 2.10mg

## Nutrition - Per 100g

<b>Calories</b>	910.05
<b>Fat</b>	29.69g
<b>Saturated Fat</b>	12.05g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	208.70mg
<b>Sodium</b>	2947.68mg
<b>Carbohydrates</b>	58.79g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	9.41g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	100.82g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 4.32mg
<b>Calcium</b> 797.03mg	<b>Iron</b> 7.42mg

# Hot honey



<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49835
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY	2 Cup		225614
SAUCE HOT	2 Cup		263030
BUTTER PRINT UNSLTD GRD AA	1/2 Cup		299405

## Preparation Instructions

Melt butter, whisk all together.

## 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: 50.00

Serving Size: 0.50 Ounce

Amount Per Serving	
<b>Calories</b>	56.13
<b>Fat</b>	1.76g
<b>Saturated Fat</b>	1.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.80mg
<b>Sodium</b>	131.93mg
<b>Carbohydrates</b>	10.88g
<b>Fiber</b>	0.19g
<b>Total Sugar</b>	10.88g
<b>Added Sugar</b>	10.88g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 37.68mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.92mg	<b>Iron</b> 0.04mg

## Nutrition - Per 100g

<b>Calories</b>	396.11
<b>Fat</b>	12.42g
<b>Saturated Fat</b>	7.90g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.87mg
<b>Sodium</b>	931.02mg
<b>Carbohydrates</b>	76.78g
<b>Fiber</b>	1.36g
<b>Total Sugar</b>	76.78g
<b>Added Sugar</b>	76.78g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 265.89mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 6.50mg	<b>Iron</b> 0.27mg

# Breakfast Croissant

NO IMAGE

<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-49836
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5"	1 Each		741320
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
CROISSANT MARG SLCD WGRAIN	1 Each		169268
SAUSAGE PTY CKD CN 1.5Z	1 Each		466891

## Preparation Instructions

Place 4 slices of ham, 1 egg, and 1 cheese in bagel.

## Meal Components

Amount Per Serving

<hr/>	
<b>Meat/Meat Alternate</b>	2.250
<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: 1.00

Serving Size: 1.00 Each

<hr/>	
<b>Amount Per Serving</b>	
<b>Calories</b>	387.27
<b>Fat</b>	23.27g**
<b>Saturated Fat</b>	10.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	140.00mg
<b>Sodium</b>	946.36mg
<b>Carbohydrates</b>	19.18g
<b>Fiber</b>	0.91g
<b>Total Sugar</b>	3.36g
<b>Added Sugar</b>	1.36g
<b>Protein</b>	16.27g
<hr/>	
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 214.82mg	<b>Iron</b> 0.91mg

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

## Nutrition - Per 100g

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**No 100g Conversion Available**

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# Turkey pack HS

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55949
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Jennie-O Smokehouse Turkey Breast Snack Sticks, Frozen Individually Wrapped, 1.2 Ounce, 200 Ct Package, 1/Case	1 Each		508078
CHEESE STRING MOZZ LT IW	1 Each		786801
CHIP HARV CHED	1 Package		105260
COOKIE OATML CRM IW	1 Each		837092

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.250
<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 Ounce

Amount Per Serving	
<b>Calories</b>	468.00
<b>Fat</b>	17.92g
<b>Saturated Fat</b>	6.42g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	59.17mg
<b>Sodium</b>	985.67mg
<b>Carbohydrates</b>	47.67g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	16.67g
<b>Added Sugar</b>	14.00g
<b>Protein</b>	29.58g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 1.23mg
<b>Calcium</b> 235.96mg	<b>Iron</b> 2.70mg

## Nutrition - Per 100g

<b>Calories</b>	1650.79
<b>Fat</b>	63.20g
<b>Saturated Fat</b>	22.63g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	208.70mg
<b>Sodium</b>	3476.78mg
<b>Carbohydrates</b>	168.14g
<b>Fiber</b>	7.05g
<b>Total Sugar</b>	58.79g
<b>Added Sugar</b>	49.38g
<b>Protein</b>	104.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 4.32mg
<b>Calcium</b> 832.30mg	<b>Iron</b> 9.54mg

# Western Cheeseburger on Bun\*

NO IMAGE

<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-50510
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20	5 Ounce		158704
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BACON CKD THN SLCD	1 Slice		874124

## Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty with slice of cheese on each bun.

Updated 3.17.23

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.104
<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>	570.83
<b>Fat</b>	33.40g
<b>Saturated Fat</b>	13.70g
<b>Trans Fat</b>	1.89g
<b>Cholesterol</b>	104.58mg
<b>Sodium</b>	614.78mg
<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>	36.18g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 126.00mg	<b>Iron</b> 4.31mg

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

## Nutrition - Per 100g

<b>Calories</b>	402.70
<b>Fat</b>	23.56g
<b>Saturated Fat</b>	9.66g
<b>Trans Fat</b>	1.33g
<b>Cholesterol</b>	73.78mg
<b>Sodium</b>	433.71mg
<b>Carbohydrates</b>	18.34g
<b>Fiber</b>	2.12g
<b>Total Sugar</b>	3.17g
<b>Added Sugar</b>	2.12g
<b>Protein</b>	25.53g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 88.89mg	<b>Iron</b> 3.04mg

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

# Chef Salad - HS

NO IMAGE

<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-54258
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Cup		15D44
TURKEY BRST DCD	1 1/2 Ounce		451300
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO GRAPE	1/4 Cup		802040
CARROT BABY WHL PETITE	1/4 Cup		768146
CUCUMBER SELECT	1/4 Cup		418439
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
CRACKER GLDFSH WGRAIN COLOR	1 Package	READY_TO_EAT Ready to Enjoy	112702

## Preparation Instructions

No Preparation Instructions available.

## 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>	2.000
<b>Red/Orange</b>	0.176
<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>	371.63
<b>Fat</b>	14.92g
<b>Saturated Fat</b>	4.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.44mg
<b>Sodium</b>	1101.87mg
<b>Carbohydrates</b>	40.42g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	5.39g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	21.93g
<b>Vitamin A</b> 27.30mcg RAE**	<b>Vitamin C</b> 0.73mg**
<b>Calcium</b> 133.04mg	<b>Iron</b> 3.25mg

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

## Nutrition - Per 100g

<b>Calories</b>	283.45
<b>Fat</b>	11.38g
<b>Saturated Fat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	39.99mg
<b>Sodium</b>	840.42mg
<b>Carbohydrates</b>	30.83g
<b>Fiber</b>	1.53g
<b>Total Sugar</b>	4.11g
<b>Added Sugar</b>	1.53g
<b>Protein</b>	16.72g
<b>Vitamin A</b> 20.82mcg RAE**	<b>Vitamin C</b> 0.56mg**
<b>Calcium</b> 101.47mg	<b>Iron</b> 2.48mg

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

# Hot dog

NO IMAGE

<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-48294
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536
FRANKS BEEF PORK RLLR 8/	1 Each		154792

## Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Heat in steamer 10-12 minutes, until internal temp reaches 155F.

Assembly: Place 1 frank in hot dog bun.

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	182.56
<b>Fat</b>	17.03g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	583.95mg
<b>Carbohydrates</b>	2.44g
<b>Fiber</b>	0.05g
<b>Total Sugar</b>	1.07g
<b>Added Sugar</b>	1.07g
<b>Protein</b>	6.09g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 8.94mg	<b>Iron</b> 0.61mg

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Sandwich

NO IMAGE

<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-47981
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5"	1 Each		741320
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
CROISSANT MARG SLCD WGRAIN	1 Each		169268

## Preparation Instructions

Assembly:

Place cheese & egg on bottom of croissant. Place top on sandwich.

Serve:

Wrap in foil sheet, heat @ 300 until 160.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<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>	207.27
<b>Fat</b>	6.27g**
<b>Saturated Fat</b>	4.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	110.00mg
<b>Sodium</b>	666.36mg
<b>Carbohydrates</b>	18.18g
<b>Fiber</b>	0.91g
<b>Total Sugar</b>	3.36g
<b>Added Sugar</b>	1.36g
<b>Protein</b>	10.27g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 214.82mg	<b>Iron</b> 0.55mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Dill Chicken Sandwich

NO IMAGE

<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-50286
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX BRST FLLT BRD DILL CKD	1 Each		627323

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	3.250
<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>	369.90
<b>Fat</b>	9.80g
<b>Saturated Fat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.00mg
<b>Sodium</b>	698.80mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.20g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	26.30g
<b>Vitamin A</b> 59.54mcg RAE**	<b>Vitamin C</b> 0.01mg**
<b>Calcium</b> 60.77mg	<b>Iron</b> 3.93mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Green Beans

NO IMAGE

<b>Servings:</b>	432.00	<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-9560
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	18 #10 CAN		100307
Tap Water for Recipes	1 Quart		000001WTR
BASE BEEF RSTD NO ADDED MSG	1 Pound	Prepare as directed.	110611

## Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

## 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>	0.539
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	29.56
<b>Fat</b>	0.17g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	288.90mg
<b>Carbohydrates</b>	4.49g
<b>Fiber</b>	2.16g
<b>Total Sugar</b>	2.16g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.25g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1.22mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	2815.70
<b>Fat</b>	16.64g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	27514.62mg
<b>Carbohydrates</b>	427.22g
<b>Fiber</b>	205.29g
<b>Total Sugar</b>	205.29g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	119.28g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 116.47mg	<b>Iron</b> 0.00mg

# Chicken Philly



<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-48298
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS STRIPS BLND	2 Ounce		261548
BUN SUB SLCD WGRAIN 5"	1 Each		276142
CHIX STRP FAJT SEAS FC 6-5# TYS	2 1/2 Ounce		349047
CHEESE MOZZ SHRD	1 Ounce		645170

## Preparation Instructions

Assembly: Place sub bun on deli paper. Add 2.5oz fajita chicken and 1oz mozzarella cheese. Add peppers on request. Wrap in paper.

Can be assembled bulk on service line.

## 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>	0.130
<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>	398.33
<b>Fat</b>	14.33g
<b>Saturated Fat</b>	5.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	81.67mg
<b>Sodium</b>	671.67mg
<b>Carbohydrates</b>	42.33g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	10.33g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	25.33g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.83mg	<b>Iron</b> 3.67mg

## Nutrition - Per 100g

<b>Calories</b>	255.47
<b>Fat</b>	9.19g
<b>Saturated Fat</b>	3.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.38mg
<b>Sodium</b>	430.78mg
<b>Carbohydrates</b>	27.15g
<b>Fiber</b>	1.28g
<b>Total Sugar</b>	6.63g
<b>Added Sugar</b>	2.57g
<b>Protein</b>	16.25g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 167.93mg	<b>Iron</b> 2.35mg

# Biscuit & Gravy

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39958
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK	1 Each	**Non-Whole Grain**	451740
GRAVY SAUS CNTRY	3 Ounce		846891

## Preparation Instructions

1 biscuit with 3 oz of gravy

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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 Serving

Amount Per Serving	
<b>Calories</b>	265.00
<b>Fat</b>	12.25g
<b>Saturated Fat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	920.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	5.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 65.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

<b>Calories</b>	311.58
<b>Fat</b>	14.40g
<b>Saturated Fat</b>	6.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.82mg
<b>Sodium</b>	1081.72mg
<b>Carbohydrates</b>	39.98g
<b>Fiber</b>	1.18g
<b>Total Sugar</b>	3.53g
<b>Added Sugar</b>	2.35g
<b>Protein</b>	6.47g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 76.43mg	<b>Iron</b> 2.35mg

# Bosco and marinara



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47971
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each		677721
BREADSTICK CHS STFD WGRAIN 6IN	2 Each		235411

## Preparation Instructions

Convection Oven

Preheat oven to 400° F.

Place Bosco Stick breadsticks on a baking sheet.

THAWED: 6-8 minutes.

Serve 2 sticks with 1 marinara cup.

## 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>	0.500
<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

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	11.00g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	610.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 463.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Southwest Chicken Salad HS

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57088
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Cup		15D44
TOMATO GRAPE	1/4 Cup		802040
CUCUMBER SELECT	1/4 Cup		418439
PEPPERS BELL GRN ORGNC	1/4 Cup		254851
CORN & BLK BEAN FLME RSTD	1/4 Cup		163760
Cheddar Cheese shredded	1/16 Cup		150250
CHIX STRP FAJT DK MT FC	3 Ounce		860390
SALSA CUP	1 Each		677802
CHIP CORN FUN SZ	1 Package		158763
CRACKER GLDFSH WGRAIN COLOR	1 Package		112702

## Preparation Instructions

No Preparation Instructions available.

## 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>	2.000
<b>Red/Orange</b>	0.750
<b>OtherVeg</b>	0.350
<b>Beans, Peas, and Lentils</b>	0.050
<b>Starchy</b>	0.050

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	433.56**
<b>Fat</b>	19.52g**
<b>Saturated Fat</b>	3.70g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	80.06mg**
<b>Sodium</b>	935.19mg**
<b>Carbohydrates</b>	35.56g**
<b>Fiber</b>	3.82g**
<b>Total Sugar</b>	5.64g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	21.80g**
<b>Vitamin A</b> 27.30mcg RAE**	<b>Vitamin C</b> 0.73mg**
<b>Calcium</b> 39.84mg**	<b>Iron</b> 2.21mg**

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

## Nutrition - Per 100g

<b>Calories</b>	509.78**
<b>Fat</b>	22.95g**
<b>Saturated Fat</b>	4.35g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	94.14mg**
<b>Sodium</b>	1099.57mg**
<b>Carbohydrates</b>	41.81g**
<b>Fiber</b>	4.49g**
<b>Total Sugar</b>	6.64g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	25.64g**
<b>Vitamin A</b> 32.10mcg RAE**	<b>Vitamin C</b> 0.86mg**
<b>Calcium</b> 46.84mg**	<b>Iron</b> 2.60mg**

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

# Buffalo Chicken Dip

NO IMAGE

<b>Servings:</b>	44.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47980
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	3 Pound		100101
CHEESE NEUFCHATEL BULK	3 Pound		585432
SAUCE HOT	3 Cup		263030
CHEESE MOZZ SHRD	6 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
CHEESE CHED MLD SHRD 4-5 LOL	3 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
lite & regular ranch dressing mixture	2 Serving	1. Mix the ingredients 1/2 and 1/2 in a gallon jug. 2. Cover and store in the refrigerator until use.	R-9543
CHIP TORTL RND YEL	88 Fluid Ounce		163020

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<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: 44.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	401.33
<b>Fat</b>	19.94g
<b>Saturated Fat</b>	7.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.18mg
<b>Sodium</b>	587.54mg
<b>Carbohydrates</b>	41.71g
<b>Fiber</b>	4.33g
<b>Total Sugar</b>	1.23g
<b>Added Sugar</b>	0.05g
<b>Protein</b>	16.23g
<b>Vitamin A</b> 270.15mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 169.57mg	<b>Iron</b> 2.07mg

## Nutrition - Per 100g

<b>Calories</b>	327.83
<b>Fat</b>	16.29g
<b>Saturated Fat</b>	5.95g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.26mg
<b>Sodium</b>	479.94mg
<b>Carbohydrates</b>	34.07g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	1.01g
<b>Added Sugar</b>	0.04g
<b>Protein</b>	13.25g
<b>Vitamin A</b> 220.67mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 138.52mg	<b>Iron</b> 1.69mg

# Nacho Bar Beef

NO IMAGE

<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-48332
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Ounce	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION: Open bag carefully to avoid being burned.</b>	722330
CHIP TORTL RND YEL	1 3/5 Ounce		163020
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/2 Ounce		310668

## Preparation Instructions

Taco filling:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. **CAUTION: Open bag carefully to avoid being burned**

Cheese sauce:

Heat in steamer (covered).

Assembly: Place 2oz chips in 2# food boat. Top with 3.5oz taco filling and 2oz cheese.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.100
<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>	517.87
<b>Fat</b>	26.72g
<b>Saturated Fat</b>	11.79g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.54mg
<b>Sodium</b>	1026.81mg
<b>Carbohydrates</b>	43.52g
<b>Fiber</b>	5.41g
<b>Total Sugar</b>	2.21g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	27.55g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 426.48mg	<b>Iron</b> 2.70mg

## Nutrition - Per 100g

<b>Calories</b>	326.20
<b>Fat</b>	16.83g
<b>Saturated Fat</b>	7.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.84mg
<b>Sodium</b>	646.77mg
<b>Carbohydrates</b>	27.41g
<b>Fiber</b>	3.41g
<b>Total Sugar</b>	1.39g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	17.36g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.63mg	<b>Iron</b> 1.70mg

# Breakfast Taco

NO IMAGE

<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-48321
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
TORTILLA FLOUR 6IN	1 Each		713320
BACON CKD THN SLCD	2 Slice		874124

## Preparation Instructions

Omelet:

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN

Assembly:

Place 6" tortilla on foil sheet. place omelet patty on tortilla, fold tortilla in half. Wrap in foil sheet.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	246.67
<b>Fat</b>	15.80g
<b>Saturated Fat</b>	5.90g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	171.67mg
<b>Sodium</b>	627.07mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	11.87g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 2.12mg

## Nutrition - Per 100g

No 100g Conversion Available

# Cubano Panini

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54154
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	50 Each		276142
CHEESE SWS 160CT SLCD PROC	50 Slice		164348
PORK PULLED BBQ LO SOD	5 Pound		498702
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	100 Slice		100187

## Preparation Instructions

### Instructions

Spray parchment lined sheet pan generously with non-stick spray.

In each sandwich, place 2 slices of ham on the bottom bun.

Place 1 ½ ounces of pulled pork on top of ham

Place ½ ounce sliced Swiss cheese on top of pulled pork( 1 slice of cheese)

Place top bun on sandwich and spray the top surface of the bun generously with non-stick spray.

Place another sheet of parchment on top of sandwiches and place 2-3 sheet pans on top of parchment paper to press down and compress sandwiches

Bake until lightly browned and filling reaches safe internal temperature (approximately 10-12 minutes).

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.800
<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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	403.60
<b>Fat</b>	17.80g
<b>Saturated Fat</b>	7.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	76.90mg
<b>Sodium</b>	927.20mg
<b>Carbohydrates</b>	40.80g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	12.90g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	24.70g
<b>Vitamin A</b> 660.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.50mg	<b>Iron</b> 3.22mg

## Nutrition - Per 100g

<b>Calories</b>	892.92
<b>Fat</b>	39.38g
<b>Saturated Fat</b>	16.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	170.13mg
<b>Sodium</b>	2051.33mg
<b>Carbohydrates</b>	90.27g
<b>Fiber</b>	4.42g
<b>Total Sugar</b>	28.54g
<b>Added Sugar</b>	8.85g
<b>Protein</b>	54.65g
<b>Vitamin A</b> 1460.18mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 377.21mg	<b>Iron</b> 7.13mg

# Meatball Sandwich

NO IMAGE

<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-49841
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each		276142
MEATBALL CKD .65Z	4 Each		785860
SAUCE SPAGHETTI BF REDC FAT	2 Ounce		573201
CHEESE MOZZ SHRD	1/2 Ounce		645170

## Preparation Instructions

Heat meatballs in sauce to 155 at 350.

Serve 4 meatballs in sauce on bun, top with .5oz mozz cheese.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<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>	414.26
<b>Fat</b>	17.57g
<b>Saturated Fat</b>	6.53g
<b>Trans Fat</b>	0.95g
<b>Cholesterol</b>	57.02mg
<b>Sodium</b>	577.58mg
<b>Carbohydrates</b>	39.38g
<b>Fiber</b>	3.71g
<b>Total Sugar</b>	8.96g
<b>Added Sugar</b>	5.71g
<b>Protein</b>	23.19g
<b>Vitamin A</b> 229.43mcg RAE	<b>Vitamin C</b> 6.74mg
<b>Calcium</b> 153.39mg	<b>Iron</b> 3.71mg

## Nutrition - Per 100g

<b>Calories</b>	687.68
<b>Fat</b>	29.17g
<b>Saturated Fat</b>	10.84g
<b>Trans Fat</b>	1.58g
<b>Cholesterol</b>	94.66mg
<b>Sodium</b>	958.79mg
<b>Carbohydrates</b>	65.37g
<b>Fiber</b>	6.16g
<b>Total Sugar</b>	14.88g
<b>Added Sugar</b>	9.48g
<b>Protein</b>	38.50g
<b>Vitamin A</b> 380.86mcg RAE	<b>Vitamin C</b> 11.18mg
<b>Calcium</b> 254.63mg	<b>Iron</b> 6.16mg

# Breakfast Burrito

NO IMAGE

<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>	Breakfast	<b>Recipe ID:</b>	R-28292
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	3 Ounce	Use 1/2 cup (4 fl. oz. scoop)	533034
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

## Preparation Instructions

Take a # 8 scoop of eggs, placing them in the center of a tortilla . Fold and place into a foil wrapper . Then hold in warmer and serve .

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<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>	350.00
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	255.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	30.50g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	3.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 2.52mg

## Nutrition - Per 100g

<b>Calories</b>	411.52
<b>Fat</b>	21.16g
<b>Saturated Fat</b>	8.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	299.82mg
<b>Sodium</b>	670.19mg
<b>Carbohydrates</b>	35.86g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	4.12g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.81g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 152.85mg	<b>Iron</b> 2.96mg