

Cookbook for Union Township Middle School/Wheeler High School

Created by HPS Menu Planner

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Assorted Cereal Kit

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38295
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL COCO PUFFS BKFST KIT R/S	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL CINN TST RS BKFST KIT	1 Each	READY_TO_EAT Ready-to-eat	150471

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
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: 3.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	276.67
Fat	5.33g
Saturated Fat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	278.33mg
Carbohydrates	55.67g
Fiber	4.00g
Total Sugar	25.00g
Added Sugar	7.00g
Protein	4.00g
Vitamin A 166.67mcg RAE	Vitamin C 22.00mg
Calcium 136.67mg	Iron 4.60mg

Nutrition - Per 100g

No 100g Conversion Available

Pop-Tarts

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31115
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.00 Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 Grain Equivalents	452082
PASTRY POP-TART BLUEB WGRAIN	1 Package	2.00 Grain Equivalents	865101

Preparation Instructions

Updated 5.1.2026

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.75
Fat	5.63g
Saturated Fat	1.83g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	267.50mg
Carbohydrates	73.75g
Fiber	5.90g
Total Sugar	29.50g
Added Sugar	14.25g
Protein	4.58g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.65mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Donuts

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31114
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW	1 Package		738201
DONUT CHOC MINI IW	1 Package		738181
CCS DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065
DONUT HOLE GLZD PULL APART IW 80-2.5Z	1 Each		371398

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	276.00
Fat	11.80g
Saturated Fat	5.30g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	39.40g
Fiber	2.20g
Total Sugar	17.40g
Added Sugar	16.80g
Protein	4.20g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 32.20mg	Iron 1.16mg

Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30989
School:	Union Center Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100% FZ	1 Each		135460
JUICE CUP ORNG 100%	1 Each		604556
JUICE CUP APPL 100% FZ	1 Each		604559
JUICE BOX FRT PNCH 100%	1 Each		604558

Preparation Instructions

Updated 5.1.2026

Note: All juices listed are Buy American according to GFS Letter from Gregory Packing January 2026 Letter

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	65.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.25mg
Carbohydrates	15.50g
Fiber	0.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 7.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

9-12: French Fries 1 cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40274

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2" C/C OVEN	4 Ounce	<p>BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.</p> <p>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.</p>	200697

Preparation Instructions

No Preparation Instructions available.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	133.33
Fat	4.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.67mg
Carbohydrates	24.00g
Fiber	1.33g
Total Sugar	1.33g
Added Sugar	0.00g
Protein	1.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 13.33mg	Iron 0.40mg

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 RAE	Vitamin C 0.00mg
Calcium 11.76mg	Iron 0.35mg

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34892
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP CHOC FLAV	3/4 Each		359720
ICE CRM CUP STRAWB FLAV	3/4 Each		359730
ICE CRM CUP VAN FLAV	3/4 Each		359700

Preparation Instructions

Updated 5.1.2026

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	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	97.50
Fat	5.25g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	18.75mg
Sodium	32.50mg
Carbohydrates	12.25g
Fiber	0.00g
Total Sugar	8.50g
Added Sugar	6.50g
Protein	1.50g
Vitamin A 200.00mcg RAE	Vitamin C 0.00mg
Calcium 60.00mg	Iron 0.18mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33606
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW	1 Package		269260

Preparation Instructions

Bake according to manufactures directions.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	205.00
Fat	6.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	36.00g
Fiber	2.50g
Total Sugar	11.50g
Added Sugar	10.50g
Protein	3.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 35.00mg	Iron 1.25mg

Nutrition - Per 100g

No 100g Conversion Available

Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34907
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	1/2 Cup	Commodity Brown Box	100350

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	62.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	58.00mg
Carbohydrates	11.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31134
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	1/4 Cup		516371

Preparation Instructions

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

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: 0.50 Cup

Amount Per Serving	
Calories	85.00
Fat	0.75g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	18.00g
Fiber	0.50g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 2.50mg	Iron 0.50mg

Nutrition - Per 100g

No 100g Conversion Available

9-12: Brown Rice 1 cup serving

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40187
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

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 Cup

Amount Per Serving	
Calories	170.00
Fat	1.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	36.00g
Fiber	1.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 5.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

9-12: 4 Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	4 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	4.000
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: 4.00 Each

Amount Per Serving	
Calories	440.00
Fat	24.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	800.00mg
Carbohydrates	24.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	40.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	85.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31129
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH LO SOD	3 9/16 Pound	1 Carton	222585
Tap Water for Recipes	2 Gallon		000001WTR

Preparation Instructions

RECONSTITUTE

1: Pour 2 gallons boiling water in mixing bowl.

2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes).

3: Ready to serve .

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: 85.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	68.38
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.40mg
Carbohydrates	15.20g
Fiber	1.52g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.52g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 7.60mg	Iron 0.23mg

Nutrition - Per 100g

Calories	359.89
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	59.98mg
Carbohydrates	79.98g
Fiber	8.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 39.99mg	Iron 1.20mg

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31126
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1/2 Cup		110473

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
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: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31225
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW	1 Package	N/A	498492
FRENCH TST MINI TRIX IW	1 Each		497998
FRENCH TST CINN TST CRNCH IW	1 Each		499873

Preparation Instructions

Preheat Convection oven to 350°F

Single layer on sheet pan lined with parchment paper.

CCP: Heat in convection oven from frozen for 8-10 minutes.

From thawed state 5 - 6 minutes

CCP: Hold in warming unit for no longer than 3 hours

Updated 5.1.2026

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: 3.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	134.22
Fat	4.03g
Saturated Fat	0.84g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	137.43mg
Carbohydrates	23.81g
Fiber	2.34g
Total Sugar	7.04g
Added Sugar	7.04g
Protein	2.68g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 113.61mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31124
School:	Union Township Middle School/Wheeler 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

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 Each

Amount Per Serving	
Calories	380.00
Fat	15.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	18.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 60.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31125
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG	1/2 Cup		285680

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
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	22.39
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.58mg
Carbohydrates	5.22g
Fiber	2.24g
Total Sugar	2.99g
Added Sugar	0.00g
Protein	0.75g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 29.85mg	Iron 0.27mg

Nutrition - Per 100g

No 100g Conversion Available

9-12: Tater Tots 1 cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40275

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	16 Each	5.04 ounce weight	141510

Preparation Instructions

No Preparation Instructions available.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	220.00
Fat	12.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	620.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	1.38g
Added Sugar	0.12g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.40mg

Nutrition - Per 100g

Calories	153.98
Fat	8.40g
Saturated Fat	1.40g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	433.93mg
Carbohydrates	19.60g
Fiber	1.40g
Total Sugar	0.97g
Added Sugar	0.08g
Protein	1.40g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 14.00mg	Iron 0.28mg

Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31169
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/4 Cup		722330
SAUCE CHS ULTIM YEL POU 6-106Z LOL	3 Fluid Ounce		310668
CHIP TORTL TOP N GO WGRAIN	1 Each	N/A	818222

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Cut open chips.
2. Portion #16 scoop of meat, 3 fluid ounce scoop of cheese inside bag.
3. Offer with lettuce, salsa. taco sauce & sour cream

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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 Each

Amount Per Serving	
Calories	416.00
Fat	20.83g
Saturated Fat	8.95g
Trans Fat	0.00g
Cholesterol	52.67mg
Sodium	782.33mg
Carbohydrates	36.83g
Fiber	4.33g
Total Sugar	1.33g
Added Sugar	0.00g
Protein	19.17g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 313.00mg	Iron 1.27mg

Nutrition - Per 100g

Calories	694.37
Fat	34.77g
Saturated Fat	14.94g
Trans Fat	0.00g
Cholesterol	87.91mg
Sodium	1305.84mg
Carbohydrates	61.48g
Fiber	7.23g
Total Sugar	2.23g
Added Sugar	0.00g
Protein	31.99g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 522.45mg	Iron 2.11mg

Cheesy Refried Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31167
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	10 Slice		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.208
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.539
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	135.22
Fat	1.04g
Saturated Fat	0.63g
Trans Fat	0.00g
Cholesterol	3.13mg
Sodium	209.22mg
Carbohydrates	21.97g
Fiber	5.39g
Total Sugar	1.29g
Added Sugar	0.00g
Protein	8.79g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Mexican Corn

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45046
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT	2 Pound		358991
Tajin Seasoning	1 Teaspoon		958969
MAYONNAISE	1/8 Cup		631411

Preparation Instructions

No Preparation Instructions available.

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	110.22
Fat	3.18g
Saturated Fat	0.42g
Trans Fat	0.00g
Cholesterol	2.08mg
Sodium	86.40mg
Carbohydrates	19.03g
Fiber	0.89g
Total Sugar	4.44g
Added Sugar	4.44g
Protein	2.69g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.31mg	Iron 0.00mg

Nutrition - Per 100g

Calories	121.50
Fat	3.51g
Saturated Fat	0.46g
Trans Fat	0.00g
Cholesterol	2.29mg
Sodium	95.24mg
Carbohydrates	20.98g
Fiber	0.99g
Total Sugar	4.89g
Added Sugar	4.89g
Protein	2.96g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.35mg	Iron 0.00mg

Chicken Alfredo

Servings:	28.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31143
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	9 Cup		000001WTR
SAUCE ALFREDO FZ	5 Pound		155661
Chicken, Fajita Strips, Cooked, Frozen	3 1/2 Pound	USDA Brown Box Commodity---Thaw	100117
PASTA PENNE RIGATE 51 WGRAIN	3 Pound		221482
CHEESE MOZZ SHRD	10 Ounce	Use Brown Box first when available	645170

Preparation Instructions

Preheat convection oven to 300°F.

Lightly spray bottom and sides of SS 4 inch deep hotel pan with oil or non-stick cooking spray.

To assemble dish:

Cut open bag of thawed JTM Alfredo Sauce and place in the center of pan.

Add hot water to pan and blend using wire whisk.

Add dry pasta to mixture and blend using a rubber spatula.

Cover pan with foil and transfer to preheated oven.

Remove from oven after 30 minutes and blend in chicken fajita and mozzarella cheese.

Cover and place back into oven for an additional 10 to 15 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	1.500
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: 28.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	410.40
Fat	14.10g
Saturated Fat	7.42g
Trans Fat	0.05g
Cholesterol	76.99mg
Sodium	1014.36mg
Carbohydrates	42.92g
Fiber	3.43g
Total Sugar	8.79g
Added Sugar	0.00g
Protein	27.99g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 378.43mg	Iron 1.71mg

Nutrition - Per 100g

Calories	208.94
Fat	7.18g
Saturated Fat	3.78g
Trans Fat	0.02g
Cholesterol	39.20mg
Sodium	516.42mg
Carbohydrates	21.85g
Fiber	1.75g
Total Sugar	4.47g
Added Sugar	0.00g
Protein	14.25g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 192.66mg	Iron 0.87mg

Apple Crisp

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58574
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR H&R A/P	3 Cup	***Non-Whole Grain***	227528
OATS OLD FASHIONED	3 1/2 Cup		304096
Brown Sugar	2 Cup		860311
SPICE CINNAMON GRND	6 Teaspoon		224731
SPICE NUTMEG GRND	4 1/2 Teaspoon		224944
SALT IODIZED	1/2 Teaspoon		125557
BUTTER PRINT UNSLTD GRD AA	1 Pound	Or 2 cups	299405
APPLE SLCD W/P	1 #10 CAN	Drained, but reserve liquid	117773
Tap Water for Recipes	0 Cup	As Needed	000001WTR
SUGAR BEET GRANUL	1 1/2 Cup		108588
LEMON JUICE PKT	1/4 Cup		213371

Preparation Instructions

Topping:

1. Combine flour, rolled oats, brown sugar, 4 1/2 teaspoon cinnamon, nutmeg, salt, and butter. Mix until crumbly. Set aside for step 6

Filling:

2. Drain apples, reserving juice. Add enough water to juice to make 1 1/2 cups for 50 servings. Reserve for step 5.

3. Into each pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray, place apples. For 50 servings use 1 pan.

4. Over apples, sprinkle 3/4 cup sugar, 3/4 tsp cinnamon, and 2 Tbsp lemon juice. Stir to combine

5. Pour 1 1/2 cup liquid (reserved from Step 2) over apples in pan.

6. Take topping from step 1sprinkle evenly over apples in pan.

7. Bake until topping is browned and crisp:

Conventional oven: 425° F for 35-45 minutes

Convection oven: 350° F for 25-35 minutes

8. Cool. Cut each pan 5 x 10 (50 pieces). Portion is 1 piece.

Note: Apple Crisp counts as Dessert Grain and is Non-Whole Grain

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.750
Fruit	0.125
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Piece

Amount Per Serving	
Calories	207.75
Fat	7.55g
Saturated Fat	4.55g
Trans Fat	0.00g
Cholesterol	19.20mg
Sodium	28.51mg
Carbohydrates	33.27g
Fiber	1.91g
Total Sugar	18.00g
Added Sugar	13.44g
Protein	2.32g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 6.80mg	Iron 0.82mg

Nutrition - Per 100g

Calories	1161.25
Fat	42.22g
Saturated Fat	25.43g
Trans Fat	0.00g
Cholesterol	107.32mg
Sodium	159.39mg
Carbohydrates	185.99g
Fiber	10.69g
Total Sugar	100.64g
Added Sugar	75.14g
Protein	12.94g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 37.99mg	Iron 4.58mg

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31128
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1/2 Cup		118737

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	20.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	4.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 3.00mg
Calcium 30.00mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Yogurt Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40186
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wild Blueberries fzn	1/2 Cup	USDA Brown Box Commodity	100243
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	2 Tablespoon		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	2 Tablespoon		569744

Preparation Instructions

Layer ingredients.

Updated 11.25.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.250
Grain	0.500
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	110.13
Fat	1.05g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.93mg
Sodium	48.87mg
Carbohydrates	23.22g
Fiber	4.74g
Total Sugar	9.78g
Added Sugar	3.23g
Protein	3.42g
Vitamin A 29.85mcg RAE	Vitamin C 0.00mg
Calcium 41.04mg	Iron 0.00mg

Nutrition - Per 100g

Calories	895.35
Fat	8.57g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	7.58mg
Sodium	397.29mg
Carbohydrates	188.77g
Fiber	38.50g
Total Sugar	79.53g
Added Sugar	26.25g
Protein	27.82g
Vitamin A 242.69mcg RAE	Vitamin C 0.00mg
Calcium 333.70mg	Iron 0.00mg

Mixed Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34893
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	1/2 Cup	Commodity Brown Box	111230

Preparation Instructions

Note: Only commodity brown box mixed vegetables counts towards red/orange, starchy, and other. All other mixed vegetables count only as Other vegetable subgroup.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	59.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.00mg
Carbohydrates	12.00g
Fiber	4.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.13 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31132
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX	22 3/5 Ounce	1 Bag	290025
Tap Water for Recipes	1 Gallon	Boiling	000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN.

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	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.13 Cup

Amount Per Serving	
Calories	8.24
Fat	0.12g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	56.50mg
Carbohydrates	1.65g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	164.46
Fat	2.35g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1127.74mg
Carbohydrates	32.89g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38296
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN SLCD	1 Each		733411
FRANKS TURKEY CN 8/ 2Z	1 Each		681894

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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 Each

Amount Per Serving	
Calories	300.00
Fat	11.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	960.00mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	5.00g
Added Sugar	5.00g
Protein	12.00g
Vitamin A 11.07mcg RAE	Vitamin C 0.01mg
Calcium 111.08mg	Iron 2.38mg

Nutrition - Per 100g

No 100g Conversion Available

9-12: Potato Wedges 1 cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40273

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD	1 Cup	5.78 ounce weight	174251

Preparation Instructions

No Preparation Instructions available.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	269.73
Fat	11.56g
Saturated Fat	1.93g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	404.60mg
Carbohydrates	38.53g
Fiber	1.93g
Total Sugar	1.93g
Added Sugar	0.00g
Protein	1.93g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 19.27mg	Iron 0.58mg

Nutrition - Per 100g

Calories	164.61
Fat	7.05g
Saturated Fat	1.18g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	246.92mg
Carbohydrates	23.52g
Fiber	1.18g
Total Sugar	1.18g
Added Sugar	0.00g
Protein	1.18g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 11.76mg	Iron 0.35mg

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20421
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/4 Cup		722330
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHIP NACHO CHS R/F TOP N GO	1 Package		815803

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Cut open "taco in a bag" chips.
2. Portion #16 scoop of meat, #16 scoop of cheese inside bag.
3. Offer with lettuce, salsa. taco sauce & sour cream

Updated 5.11.2026

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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 Each

Amount Per Serving	
Calories	376.00
Fat	19.33g
Saturated Fat	8.20g
Trans Fat	0.00g
Cholesterol	52.67mg
Sodium	587.33mg
Carbohydrates	31.33g
Fiber	4.33g
Total Sugar	1.33g
Added Sugar	0.00g
Protein	17.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 299.00mg	Iron 1.07mg

Nutrition - Per 100g

Calories	627.60
Fat	32.27g
Saturated Fat	13.69g
Trans Fat	0.00g
Cholesterol	87.91mg
Sodium	980.35mg
Carbohydrates	52.30g
Fiber	7.23g
Total Sugar	2.23g
Added Sugar	0.00g
Protein	29.49g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 499.08mg	Iron 1.78mg

9-12: Vegetable Fried Rice 1 cup serving

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58582
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	5 9/10 Ounce	Weight or 1 cup	676463

Preparation Instructions

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil.

FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above.

THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above.

Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	270.00
Fat	2.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	440.00mg
Carbohydrates	54.00g
Fiber	4.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	6.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.70mg

Nutrition - Per 100g

Calories	161.42
Fat	1.49g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	263.05mg
Carbohydrates	32.28g
Fiber	2.39g
Total Sugar	1.79g
Added Sugar	0.00g
Protein	3.59g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 5.98mg	Iron 0.42mg

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20747
School:	Union Township Middle School/Wheeler High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

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 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Soft Tacos

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58625
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/4 Cup		722330
TORTILLA FLOUR ULTRGR 6"	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Place tortilla in warmer to warm.
3. Portion #30 scoop of meat, #30 scoop of cheese inside each tortilla.
4. Students should be given 2 tacos and offer with lettuce, salsa, taco sauce & sour cream

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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: 2.00 Each

Amount Per Serving	
Calories	366.00
Fat	18.33g
Saturated Fat	11.20g
Trans Fat	0.00g
Cholesterol	52.67mg
Sodium	537.33mg
Carbohydrates	34.33g
Fiber	5.33g
Total Sugar	3.33g
Added Sugar	0.00g
Protein	18.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 277.00mg	Iron 2.67mg

Nutrition - Per 100g

Calories	610.91
Fat	30.60g
Saturated Fat	18.69g
Trans Fat	0.00g
Cholesterol	87.91mg
Sodium	896.89mg
Carbohydrates	57.31g
Fiber	8.90g
Total Sugar	5.56g
Added Sugar	0.00g
Protein	31.16g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 462.36mg	Iron 4.45mg

Spanish Rice

Servings:	25.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58624
School:	Union Township Middle School/Wheeler High School		

Ingredients

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

Preparation Instructions

Conventional Oven:

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

Stove Top:

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

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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	117.96
Fat	2.78g
Saturated Fat	1.12g
Trans Fat	0.00g
Cholesterol	4.80mg
Sodium	152.94mg
Carbohydrates	21.41g
Fiber	1.02g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	4.08g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 20.87mg	Iron 0.37mg

Nutrition - Per 100g

Calories	371.53
Fat	8.75g
Saturated Fat	3.53g
Trans Fat	0.00g
Cholesterol	15.12mg
Sodium	481.70mg
Carbohydrates	67.44g
Fiber	3.21g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	12.85g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 65.74mg	Iron 1.16mg

Mini Cheese Ravioli

Servings:	18.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58583
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI	5 Pound		323457
SAUCE MARINARA A/P	8 Cup	N/A	592714

Preparation Instructions

1. Preheat convection oven to 375°; fan speed on high.
2. Use a full size 2-in oven pan. Spray bottom and sides of full steam table pan with non-stick cooking spray.
3. Pour 3 cups of room temperature, canned sauce into the bottom of a stainless steel pan and spread to cover the bottom.
4. Empty the total contents of 1 bag (5 pounds) of frozen (-10°F to 10°F) ravioli and cover with 5 cups of room temperature, canned sauce.
5. Toss ravioli and sauce together so ravioli are sufficiently covered.
6. Lightly apply non-stick cooking spray to bottom of aluminum foil; cover pan tightly with the foil.
7. Bake for 50 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 10.00 Each

Amount Per Serving	
Calories	249.45
Fat	4.41g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	61.50mg
Sodium	623.42mg
Carbohydrates	39.91g
Fiber	3.83g
Total Sugar	8.54g
Added Sugar	0.00g
Protein	16.13g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 121.17mg	Iron 2.94mg

Nutrition - Per 100g

Calories	197.97
Fat	3.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	48.81mg
Sodium	494.78mg
Carbohydrates	31.68g
Fiber	3.04g
Total Sugar	6.78g
Added Sugar	0.00g
Protein	12.80g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 96.16mg	Iron 2.33mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20402
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL	1 Each	N/A	451400
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Updated 5.1.2026

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 Sandwich

Amount Per Serving	
Calories	380.00
Fat	19.00g
Saturated Fat	7.50g
Trans Fat	1.00g
Cholesterol	70.00mg
Sodium	610.00mg
Carbohydrates	25.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	21.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31121
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL	1 Each	N/A	451400
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
Land O'Lakes Yellow American Cheese Slice	1 Slice		499786

Preparation Instructions

Updated 5.1.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.500
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 Sandwich

Amount Per Serving	
Calories	430.00
Fat	19.00g**
Saturated Fat	10.00g
Trans Fat	1.00g
Cholesterol	82.50mg
Sodium	835.00mg
Carbohydrates	26.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	23.50g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 105.00mg	Iron 2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available
