

Cookbook for John Simatovich Elementary

Created by HPS Menu Planner

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Eggo Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31117
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Each	N/A	284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	N/A	395303

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	6.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	35.50g
Fiber	5.00g
Total Sugar	10.50g
Added Sugar	10.50g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal

Servings:	14.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31226
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	N/A	261737
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CHEERIOS HNY BOWL	1 Each		261557
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL TRIX R/S WGRAIN BWL	1 Package		265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each		270401
Lucky Charms Reduced Sugar	1 Each		549485
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	110.19
Fat	1.57g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	152.72mg
Carbohydrates	23.43g
Fiber	2.10g
Total Sugar	6.21g
Added Sugar	4.86g
Protein	2.09g
Vitamin A 71.43mcg RAE	Vitamin C 0.51mg
Calcium 70.77mg	Iron 4.72mg

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Grape or Strawberry Uncrustable Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30996
School:	Union Center Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CRACKER GLDFSH CHED WGRAIN	2 Package		736280
CHEESE STRING MOZZ IW	2 Each	N/A	786580

Preparation Instructions

Package Uncrustable, string cheese, and goldfish cracker together.

Updated 5.20.26

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	48.00g
Fiber	4.00g
Total Sugar	16.00g
Added Sugar	12.50g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31247
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	4 #10 CAN		118966
SEASONING SALT NO MSG	2 Tablespoon		514039

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	86.22
Fat	1.08g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.89mg
Carbohydrates	18.32g
Fiber	2.16g
Total Sugar	5.39g
Added Sugar	3.23g
Protein	2.16g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.43mg

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27268
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD	3 Ounce		236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity--If not available use GFS#499789	100036
BUN SUB SLCD WGRAIN 5"	1 Each		276142

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

Updated 5.20.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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 Each

Amount Per Serving	
Calories	380.00
Fat	20.00g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1290.00mg
Carbohydrates	31.50g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	4.00g
Protein	18.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 109.57mg	Iron 2.00mg

Nutrition - Per 100g

Calories	446.80
Fat	23.52g
Saturated Fat	7.64g
Trans Fat	0.00g
Cholesterol	97.00mg
Sodium	1516.75mg
Carbohydrates	37.04g
Fiber	2.35g
Total Sugar	5.29g
Added Sugar	4.70g
Protein	21.75g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 128.82mg	Iron 2.35mg

Seasoned Cooked Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31251
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	4 #10 CAN		118915
SEASONING SALT NO MSG	2 Tablespoon		514039

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	32.33
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	359.44mg
Carbohydrates	6.47g
Fiber	1.08g
Total Sugar	2.16g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 39.88mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Nacho Meal Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34875
School:	Union Center Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Each		662512
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
SALSA CUP	1 Each		677802

Preparation Instructions

Package all items together.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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: 1.00 Each

Amount Per Serving	
Calories	449.30
Fat	25.00g
Saturated Fat	13.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	730.50mg
Carbohydrates	31.00g
Fiber	3.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 438.00mg	Iron 0.60mg

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	206.67
Fat	6.33g
Saturated Fat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	35.67g
Fiber	3.00g
Total Sugar	10.67g
Added Sugar	10.33g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 136.67mg	Iron 2.20mg

Nutrition - Per 100g

No 100g Conversion Available

Steamed Seasoned Broccoli

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31248
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	14 Pound		110473
SEASONING SALT NO MSG	2 Tablespoon		514039

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	20.73
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	107.54mg
Carbohydrates	3.99g
Fiber	2.39g
Total Sugar	0.80g
Added Sugar	0.00g
Protein	2.39g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	27.96
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.07mg
Carbohydrates	5.38g
Fiber	3.23g
Total Sugar	1.08g
Added Sugar	0.00g
Protein	3.23g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Ham Chef Salad w/ Goldfish & Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40137
School:	Union Center Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	USDA Brown Box Commodity--If commodity not available use GFS#150250	100012
Ham, Cubed Frozen	1 1/2 Ounce	Weight--USDA Brown Box Commodity--Thaw	100188-H
Assorted Muffin	1 Each		R-31227
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

Updated 5.20.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	1.000
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	430.49
Fat	18.46g
Saturated Fat	6.98g
Trans Fat	0.05g
Cholesterol	54.63mg
Sodium	766.50mg
Carbohydrates	50.71g
Fiber	3.25g
Total Sugar	18.23g
Added Sugar	14.25g
Protein	19.65g
Vitamin A 3.60mcg RAE	Vitamin C 0.01mg
Calcium 61.01mg	Iron 1.67mg

Nutrition - Per 100g

Calories	607.44
Fat	26.05g
Saturated Fat	9.85g
Trans Fat	0.07g
Cholesterol	77.09mg
Sodium	1081.55mg
Carbohydrates	71.55g
Fiber	4.59g
Total Sugar	25.72g
Added Sugar	20.11g
Protein	27.72g
Vitamin A 5.08mcg RAE	Vitamin C 0.02mg
Calcium 86.08mg	Iron 2.35mg

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51713
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4"	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart.	959048
CHEESE MOZZ SHRD	1/2 Cup	N/A	645170
SAUCE MARINARA DIPN CUP	1 Each	N/A	677721

Preparation Instructions

Package all items together.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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: 1.00 Each

Amount Per Serving	
Calories	370.00
Fat	16.50g
Saturated Fat	7.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	830.00mg
Carbohydrates	34.00g
Fiber	2.00g
Total Sugar	8.00g
Added Sugar	2.00g
Protein	20.00g
Vitamin A 0.10mcg RAE	Vitamin C 0.03mg
Calcium 449.00mg	Iron 1.40mg

Nutrition - Per 100g

Calories	652.56
Fat	29.10g
Saturated Fat	13.23g
Trans Fat	0.00g
Cholesterol	52.91mg
Sodium	1463.84mg
Carbohydrates	59.96g
Fiber	3.53g
Total Sugar	14.11g
Added Sugar	3.53g
Protein	35.27g
Vitamin A 0.18mcg RAE	Vitamin C 0.05mg
Calcium 791.89mg	Iron 2.47mg

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

Baked Cinnamon Apple Slices

Servings:	77.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31244
School:	Union Center Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P	3 #10 CAN		117773
SPICE CINNAMON GRND	1/2 Cup		224723

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 77.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	50.39
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.08mg
Carbohydrates	12.09g
Fiber	2.02g
Total Sugar	9.07g
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

No 100g Conversion Available

BBQ Baked Beans

Servings:	77.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31243
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED ORIG	3 #10 CAN	N/A	520098
SAUCE BBQ SWEET	1/2 Cup		435170

Preparation Instructions

Heat and serve. Warm in 350 degree oven for approx 30 minutes.

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	0.504
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 77.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	155.32
Fat	1.01g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	590.54mg
Carbohydrates	31.27g
Fiber	5.04g
Total Sugar	13.03g
Added Sugar	11.09g
Protein	7.05g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 50.39mg	Iron 1.89mg

Nutrition - Per 100g

No 100g Conversion Available

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	1 Each		359720
ICE CRM CUP STRAWB FLAV	1 Each		359730
ICE CRM CUP VAN FLAV	1 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	130.00
Fat	7.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	43.33mg
Carbohydrates	16.33g
Fiber	0.00g
Total Sugar	11.33g
Added Sugar	8.67g
Protein	2.00g
Vitamin A 266.67mcg RAE	Vitamin C 0.00mg
Calcium 80.00mg	Iron 0.24mg

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54661
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound	USDA Brown Box Commodity	110473
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	106 ounces	1 Package/Bag	310668

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Updated 5.20.26

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: 274.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	45.46
Fat	1.24g
Saturated Fat	0.80g
Trans Fat	0.00g
Cholesterol	3.54mg
Sodium	74.80mg
Carbohydrates	5.87g
Fiber	3.20g
Total Sugar	1.07g
Added Sugar	0.00g
Protein	4.09g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 28.66mg	Iron 0.00mg

Nutrition - Per 100g

Calories	45.77
Fat	1.25g
Saturated Fat	0.80g
Trans Fat	0.00g
Cholesterol	3.56mg
Sodium	75.30mg
Carbohydrates	5.91g
Fiber	3.23g
Total Sugar	1.08g
Added Sugar	0.00g
Protein	4.12g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 28.85mg	Iron 0.00mg

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

Calories	27.96
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	23.66mg
Carbohydrates	5.38g
Fiber	3.23g
Total Sugar	1.08g
Added Sugar	0.00g
Protein	3.23g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Seasoned Green Beans

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31249
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	4 #10 CAN	USDA Brown Box Commodity	100307
SEASONING SALT NO MSG	2 Tablespoon		514039

Preparation Instructions

Updated 5.20.2026

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	26.94
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.89mg
Carbohydrates	4.31g
Fiber	2.16g
Total Sugar	2.16g
Added Sugar	0.00g
Protein	1.08g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31130
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT	1/2 Cup		358991

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	66.50
Fat	0.67g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	14.00g
Fiber	0.67g
Total Sugar	3.30g
Added Sugar	3.30g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available