

# **Cookbook for Griffith Schools**

**Created by HPS Menu Planner**

# **Cookbook for Beiriger and Wadsworth Elementary**

**Created by HPS Menu Planner**

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## **EZ Jammer Pack**

# Assorted Variety of Cereal

<b>Servings:</b>	7.00	<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-43564
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
Lucky Charms Reduced Sugar	1 Each		549485
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280

## Preparation Instructions

Updated 8.13.25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	111.43
<b>Fat</b>	1.79g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	172.14mg
<b>Carbohydrates</b>	23.29g
<b>Fiber</b>	1.86g
<b>Total Sugar</b>	6.71g
<b>Added Sugar</b>	5.43g
<b>Protein</b>	1.71g
<b>Vitamin A</b> 100.00mcg RAE**	<b>Vitamin C</b> 0.51mg**
<b>Calcium</b> 82.86mg	<b>Iron</b> 3.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Pop-Tarts® (2 count)

<b>Servings:</b>	4.00	<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-43589
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.00 oz Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 oz Grain Equivalents	123081
PASTRY POP-TART BLUEB WGRAIN	1 Package	2.25 oz Grain Equivalents	865101
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 oz Grain Equivalents	452082

## Preparation Instructions

Updated 4.2.2026

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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: 4.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Assorted Pop-Tarts® (1 count)

<b>Servings:</b>	3.00	<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-43590
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Piece	1.00 oz Grain Equivalents	695890
PASTRY POP-TART WGRAIN CINN	1 Piece	1.25 oz Grain Equivalents	695880
PASTRY POP-TART WGRAIN FUDG	1 Each	1.25 oz Grain Equivalents	452062

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.167
<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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	170.00
<b>Fat</b>	2.67g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	116.67mg
<b>Carbohydrates</b>	36.33g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	14.33g
<b>Added Sugar</b>	14.33g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 1.80mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Graham Snack

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43565
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GLDFSH GRHM FREN TST	1 Each	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GRHM CHARACT W/G	1 Package		264282

## Preparation Instructions

Updated 4.2.2026

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	121.43
<b>Fat</b>	4.07g
<b>Saturated Fat</b>	0.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	112.14mg
<b>Carbohydrates</b>	20.43g
<b>Fiber</b>	1.14g
<b>Total Sugar</b>	7.57g
<b>Added Sugar</b>	5.71g
<b>Protein</b>	1.86g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.14mg	<b>Iron</b> 0.80mg

## Nutrition - Per 100g

No 100g Conversion Available

# PB&J Pack

<b>Servings:</b>	2.00	<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-43546
<b>School:</b>	Beiriger and Wadsworth Elementary		

## 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	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CHEESE STRING MOZZ LT IW	2 Each		786801

## Preparation Instructions

Package together 1 Uncrustable, 1 String cheese and 1 package of Goldfish OR Cheez-its

Updated 8.13.25

## 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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	460.00
<b>Fat</b>	22.00g
<b>Saturated Fat</b>	5.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	4.50g
<b>Total Sugar</b>	16.00g
<b>Added Sugar</b>	12.50g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 303.50mg	<b>Iron</b> 1.71mg

## Nutrition - Per 100g

<b>Calories</b>	4327.38
<b>Fat</b>	206.96g
<b>Saturated Fat</b>	54.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	94.07mg
<b>Sodium</b>	5926.62mg
<b>Carbohydrates</b>	442.15g
<b>Fiber</b>	42.33g
<b>Total Sugar</b>	150.52g
<b>Added Sugar</b>	117.59g
<b>Protein</b>	169.33g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2855.13mg	<b>Iron</b> 16.09mg

# Assorted BeneFIT Bars

<b>Servings:</b>	5.00	<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-51889
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST CELEB CAKE	1 Each		997068
BAR BKFST FREN TST	1 Each		563413

## Preparation Instructions

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Updated 4.2.2026

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	364.00
<b>Fat</b>	11.50g
<b>Saturated Fat</b>	2.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.50mg
<b>Sodium</b>	273.00mg
<b>Carbohydrates</b>	49.70g
<b>Fiber</b>	3.85g
<b>Total Sugar</b>	27.00g
<b>Added Sugar</b>	11.80g
<b>Protein</b>	6.10g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 39.00mg	<b>Iron</b> 2.45mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Penne Pasta

<b>Servings:</b>	16.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44968
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	16 Ounce	**Non-Whole Grain**	413350
Tap Water for Recipes	16 Gallon		000001WTR

## Preparation Instructions

Use 1 gallon of Boiling water per pound of pasta. When water has reached a boil, add 1 Tablespoon of salt and pasta. Stir occasionally to prevent sticking and keep water at rolling boil. Cook for 7-8 minutes or until al dente.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	0.50g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 5.00mg	<b>Iron</b> 0.90mg

## Nutrition - Per 100g

<b>Calories</b>	352.73
<b>Fat</b>	1.76g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	74.07g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	3.53g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.64mg	<b>Iron</b> 3.17mg

# Ham and Cheese Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43547
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box Ham available use GFS#556121 but must use a 3.06 weight then	100187
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN SUB SLCD WGRAIN 5"	1 Each	N/A	276142

## Preparation Instructions

Updated 10.8.24

## 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 Sandwich

Amount Per Serving	
<b>Calories</b>	270.82
<b>Fat</b>	6.60g**
<b>Saturated Fat</b>	3.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.39mg
<b>Sodium</b>	875.41mg
<b>Carbohydrates</b>	35.10g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	7.05g
<b>Added Sugar</b>	4.00g**
<b>Protein</b>	17.75g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 136.00mg	<b>Iron</b> 2.05mg

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

## Nutrition - Per 100g

<b>Calories</b>	382.14
<b>Fat</b>	9.31g**
<b>Saturated Fat</b>	5.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.63mg
<b>Sodium</b>	1235.23mg
<b>Carbohydrates</b>	49.52g
<b>Fiber</b>	2.82g
<b>Total Sugar</b>	9.95g
<b>Added Sugar</b>	5.64g**
<b>Protein</b>	25.04g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 191.90mg	<b>Iron</b> 2.89mg

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

# Mini Pancakes

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38566
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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: 2.00

Serving Size: 1.00 Package

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	6.00g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	11.50g
<b>Added Sugar</b>	5.50g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 3.60mg

### Nutrition - Per 100g

No 100g Conversion Available

# B.L.T Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43552
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD	6 Slice		834770
LETTUCE GREEN LEAF	2 Ounce	Weight	284998
TOMATO 6X6 LRG	1/8 Cup	2 slices	199036
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	309.09
<b>Fat</b>	13.02g
<b>Saturated Fat</b>	4.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.04mg
<b>Sodium</b>	823.13mg
<b>Carbohydrates</b>	31.48g
<b>Fiber</b>	3.29g
<b>Total Sugar</b>	2.65g
<b>Added Sugar</b>	1.06g
<b>Protein</b>	14.79g
<b>Vitamin A</b> 194.92mcg RAE	<b>Vitamin C</b> 3.21mg
<b>Calcium</b> 62.81mg	<b>Iron</b> 2.45mg

## Nutrition - Per 100g

<b>Calories</b>	356.55
<b>Fat</b>	15.02g
<b>Saturated Fat</b>	5.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.73mg
<b>Sodium</b>	949.51mg
<b>Carbohydrates</b>	36.32g
<b>Fiber</b>	3.79g
<b>Total Sugar</b>	3.06g
<b>Added Sugar</b>	1.22g
<b>Protein</b>	17.06g
<b>Vitamin A</b> 224.85mcg RAE	<b>Vitamin C</b> 3.70mg
<b>Calcium</b> 72.46mg	<b>Iron</b> 2.83mg

# Chef Salad

<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-43554
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CUCUMBER MINI SDLSS	1/8 Cup		361231
TURKEY HAM DCD	2 Ounce	N/A	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422

## Preparation Instructions

No Preparation Instructions available.

## 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>	0.125
<b>OtherVeg</b>	0.625
<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>	298.02
<b>Fat</b>	15.82g
<b>Saturated Fat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.54mg
<b>Sodium</b>	669.59mg
<b>Carbohydrates</b>	18.12g
<b>Fiber</b>	2.09g
<b>Total Sugar</b>	1.85g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.27g
<b>Vitamin A</b> 389.84mcg RAE	<b>Vitamin C</b> 7.42mg
<b>Calcium</b> 321.04mg	<b>Iron</b> 1.39mg

## Nutrition - Per 100g

<b>Calories</b>	165.67
<b>Fat</b>	8.80g
<b>Saturated Fat</b>	4.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.99mg
<b>Sodium</b>	372.22mg
<b>Carbohydrates</b>	10.07g
<b>Fiber</b>	1.16g
<b>Total Sugar</b>	1.03g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.15g
<b>Vitamin A</b> 216.71mcg RAE	<b>Vitamin C</b> 4.12mg
<b>Calcium</b> 178.46mg	<b>Iron</b> 0.77mg

# Yogurt Pack

<b>Servings:</b>	2.00	<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-43555
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	2 Each		786801
SNACK MIX STRAWB YOG WGRAIN	2 Package	N/A	266020
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
YOGURT DANIMAL STRAWB BAN N/F	1 Each	N/A	869921
YOGURT RASPB RNBW L/F	1 Each	N/A	551770

## Preparation Instructions

Package together 1Yogurt, 1 String cheese and 1 package of Goldfish OR Cheez-its, and 1 package of Strawberry Yogurt Chex

Updated 8.13.25

## 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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	365.00
<b>Fat</b>	9.25g
<b>Saturated Fat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	475.00mg
<b>Carbohydrates</b>	52.50g
<b>Fiber</b>	2.50g
<b>Total Sugar</b>	16.50g
<b>Added Sugar</b>	10.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 380.00mg	<b>Iron</b> 1.41mg

## Nutrition - Per 100g

<b>Calories</b>	3433.68
<b>Fat</b>	87.02g
<b>Saturated Fat</b>	30.57g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	117.59mg
<b>Sodium</b>	4468.49mg
<b>Carbohydrates</b>	493.89g
<b>Fiber</b>	23.52g
<b>Total Sugar</b>	155.22g
<b>Added Sugar</b>	94.07g
<b>Protein</b>	141.11g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 3574.79mg	<b>Iron</b> 13.26mg

# Turkey and Cheese Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43551
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 2/11 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box available use GFS#689541 and 3 ounce weight instead	100121
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN SUB SLCD WGRAIN 5"	1 Each	N/A	276142

## Preparation Instructions

Updated 10.8.24

## 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 Sandwich

Amount Per Serving	
<b>Calories</b>	307.00
<b>Fat</b>	6.50g**
<b>Saturated Fat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.50mg
<b>Sodium</b>	938.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g**
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 136.00mg	<b>Iron</b> 2.05mg

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

## Nutrition - Per 100g

<b>Calories</b>	340.54
<b>Fat</b>	7.21g**
<b>Saturated Fat</b>	4.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.44mg
<b>Sodium</b>	1040.49mg
<b>Carbohydrates</b>	36.61g
<b>Fiber</b>	2.22g
<b>Total Sugar</b>	5.55g
<b>Added Sugar</b>	4.44g**
<b>Protein</b>	28.29g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 150.86mg	<b>Iron</b> 2.27mg

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

# Vegetable Juice Box

<b>Servings:</b>	3.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43563
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO	1 Each		510571
JUICE WANGO MANGO ECO	1 Each		510562
JUICE BOX PARADS PNCH	1 Each		698261

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	53.33
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	23.33mg
<b>Carbohydrates</b>	13.33g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	12.33g
<b>Added Sugar</b>	0.00g
<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**

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No 100g Conversion Available

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# Taco Salad

<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-50553
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3/8 Cup	#10 Disher	722330
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	N/A	150250
CHIP NACHO REDC FAT	1 Each	N/A	456090

## Preparation Instructions

Taco Meat: KEEP FROZEN-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.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<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>	315.97
<b>Fat</b>	14.75g
<b>Saturated Fat</b>	5.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.05mg
<b>Sodium</b>	569.39mg
<b>Carbohydrates</b>	27.37g
<b>Fiber</b>	5.95g
<b>Total Sugar</b>	3.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.09g
<b>Vitamin A</b> 389.84mcg RAE	<b>Vitamin C</b> 6.41mg
<b>Calcium</b> 217.76mg	<b>Iron</b> 1.44mg

## Nutrition - Per 100g

<b>Calories</b>	180.44
<b>Fat</b>	8.42g
<b>Saturated Fat</b>	3.39g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	28.58mg
<b>Sodium</b>	325.16mg
<b>Carbohydrates</b>	15.63g
<b>Fiber</b>	3.40g
<b>Total Sugar</b>	2.22g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.90g
<b>Vitamin A</b> 222.63mcg RAE	<b>Vitamin C</b> 3.66mg
<b>Calcium</b> 124.36mg	<b>Iron</b> 0.82mg

# Refried Beans

<b>Servings:</b>	17.00	<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-43592
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	26 1/4 Ounce		668341
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR

## Preparation Instructions

### RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	161.32
<b>Fat</b>	0.58g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	161.32mg
<b>Carbohydrates</b>	27.65g
<b>Fiber</b>	10.37g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.37g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 57.61mg	<b>Iron</b> 2.42mg

## Nutrition - Per 100g

<b>Calories</b>	368.48
<b>Fat</b>	1.32g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	368.48mg
<b>Carbohydrates</b>	63.17g
<b>Fiber</b>	23.69g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	23.69g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.60mg	<b>Iron</b> 5.53mg

# Spanish Rice

<b>Servings:</b>	36.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56903
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH	36 ounces	1 Box ***Non-Whole Grain***	253208
Tap Water for Recipes	11 Cup	N/A	000001WTR

## Preparation Instructions

**Stovetop:** In a large stock pot add 2.75 quarts of water and bring to a boil. Stir in rice and contents of seasoning packet. Reduce heat, cover tightly and simmer for 20 minutes, or until most of the water is absorbed. Stir occasionally. Transfer to serving pan and keep warm. Fluff with fork before serving.

**Oven:** In a full-size steamtable tray, combine 2.75 quarts of boiling water, rice, and seasoning packet. Stir well and cover. Bake in a 350°F oven for 35 minutes or until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with fork before serving.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	0.50g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	195.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	0.50g
<b>Protein</b>	2.50g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 35.00mg	<b>Iron</b> 1.15mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage Patty & Biscuit

<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-44967
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	N/A	138941
BISCUIT WGRAIN EZ SPLIT	1 Each	N/A	631902

## Preparation Instructions

Updated 10.8.24

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<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>	320.00
<b>Fat</b>	16.00g
<b>Saturated Fat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 180.00mg	<b>Iron</b> 2.50mg

### Nutrition - Per 100g

No 100g Conversion Available

# Fresh Baked Blueberry Muffin

<b>Servings:</b>	45.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44966
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX MUFF BLUEB IMIT	5 Pound		280859

## Preparation Instructions

Prepare according to directions on package.

Note: Muffin prepared weighs 2.3 ounce.

Updated 1.14.25

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 muffin

Amount Per Serving	
<b>Calories</b>	216.65
<b>Fat</b>	5.42g
<b>Saturated Fat</b>	2.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.25mg
<b>Sodium</b>	389.96mg
<b>Carbohydrates</b>	36.83g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	19.50g
<b>Added Sugar</b>	18.41g
<b>Protein</b>	2.17g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 21.66mg	<b>Iron</b> 0.97mg

## Nutrition - Per 100g

<b>Calories</b>	429.85
<b>Fat</b>	10.75g
<b>Saturated Fat</b>	4.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.24mg
<b>Sodium</b>	773.74mg
<b>Carbohydrates</b>	73.08g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	38.69g
<b>Added Sugar</b>	36.54g
<b>Protein</b>	4.30g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.99mg	<b>Iron</b> 1.93mg

# Steamed Broccoli

<b>Servings:</b>	2.00	<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-43594
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1 Cup	USDA Brown Box	110473

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.500
<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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	26.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	22.00mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.00g
<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

# Green Beans

<b>Servings:</b>	1.00	<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-43593
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	1/2 Cup		100307

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	25.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	4.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.00g
<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

# Seasoned Corn

<b>Servings:</b>	110.00	<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-38570
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	20 Pound	USDA Brown Box	100348
BUTTER SUB	1 1/4 Cup	1 Package	209810
Tap Water for Recipes	1 Quart	Tap Water	000001WTR
SPICE PEPR BLK CRACKED	1/4 Cup		516856

## Preparation Instructions

Cook frozen corn using preferred method and drain off any liquid.

Pour into two full pans that have been sprayed.

Add dry Butter Buds to hot tap water; whisk to reconstitute. Pour over cooked/drained corn and heat to temperature.

Hold for serving.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	68.27
<b>Fat</b>	1.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.91mg
<b>Carbohydrates</b>	16.36g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.00g
<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

<b>Calories</b>	82.78
<b>Fat</b>	1.21g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.44mg
<b>Carbohydrates</b>	19.84g
<b>Fiber</b>	2.43g
<b>Total Sugar</b>	3.64g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.43g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Steamed Carrots

<b>Servings:</b>	2.00	<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-50557
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1 Cup	USDA Brown Box	100352

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	27.00
<b>Fat</b>	1.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.00mg
<b>Sodium</b>	43.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<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

# Deli Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38487
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
CCS WHITE Land O'Lakes American Cheese, Sliced	1 slices		499787
BUN SUB SLCD WGRAIN 5"	1 Each		276142

## Preparation Instructions

Updated 8.13.25

### 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 Sandwich

Amount Per Serving	
<b>Calories</b>	291.66
<b>Fat</b>	3.52g**
<b>Saturated Fat</b>	3.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.33mg
<b>Sodium</b>	869.31mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	25.87g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 131.00mg	<b>Iron</b> 2.05mg

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

## Nutrition - Per 100g

<b>Calories</b>	347.58
<b>Fat</b>	4.20g**
<b>Saturated Fat</b>	4.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.55mg
<b>Sodium</b>	1036.00mg
<b>Carbohydrates</b>	35.75g
<b>Fiber</b>	2.38g
<b>Total Sugar</b>	5.36g
<b>Added Sugar</b>	4.77g
<b>Protein</b>	30.83g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 156.12mg	<b>Iron</b> 2.44mg

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

# Goldfish or Cheez-it Crackers

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54907
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	3.50g
<b>Saturated Fat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	160.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 0.71mg

## Nutrition - Per 100g

<b>Calories</b>	940.73
<b>Fat</b>	32.93g
<b>Saturated Fat</b>	7.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1505.18mg
<b>Carbohydrates</b>	131.70g
<b>Fiber</b>	4.70g
<b>Total Sugar</b>	0.00g
<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> 564.44mg	<b>Iron</b> 6.68mg

# Mashed Potatoes

<b>Servings:</b>	39.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43561
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 package	613738
Tap Water for Recipes	17 Cup	Boiling Water	000001WTR

## Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	76.33
<b>Fat</b>	0.85g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	347.72mg
<b>Carbohydrates</b>	14.42g
<b>Fiber</b>	0.85g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.70g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 8.48mg	<b>Iron</b> 0.25mg

## Nutrition - Per 100g

<b>Calories</b>	375.08
<b>Fat</b>	4.17g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1708.68mg
<b>Carbohydrates</b>	70.85g
<b>Fiber</b>	4.17g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	8.34g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 41.68mg	<b>Iron</b> 1.25mg

# Brown Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51792
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD	16 Ounce	N/A	552050
Tap Water	1 Gallon		

## Preparation Instructions

POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	7.59
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.91mg
<b>Carbohydrates</b>	1.52g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.25g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.23g
<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

<b>Calories</b>	52.92
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	229.32mg
<b>Carbohydrates</b>	10.58g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.76g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.59g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# 100% Fruit Juice Boxes

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-58562
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100%	1 Each		581193
JUICE BOX FRT PNCH 100%	1 Each		604558
JUICE BOX GRP 100%	1 Each		604557
JUICE BOX VERY BERRY 100%	1 Each		581195

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	65.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	7.50mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	15.25g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 12.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham and Cheese on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58564
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box Ham available use GFS#556121 but must use a 3.06 weight then	100187
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<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 Sandwich

Amount Per Serving	
<b>Calories</b>	220.82
<b>Fat</b>	5.60g**
<b>Saturated Fat</b>	3.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.39mg
<b>Sodium</b>	865.41mg
<b>Carbohydrates</b>	25.10g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.05g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	16.75g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 105.00mg	<b>Iron</b> 1.05mg

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

## Nutrition - Per 100g

<b>Calories</b>	311.58
<b>Fat</b>	7.90g**
<b>Saturated Fat</b>	4.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.63mg
<b>Sodium</b>	1221.12mg
<b>Carbohydrates</b>	35.41g
<b>Fiber</b>	2.82g
<b>Total Sugar</b>	8.54g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	23.63g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 148.16mg	<b>Iron</b> 1.48mg

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

# Grilled Cheese Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50558
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ NT	1 Cup		614640
BREAD WGRAIN WHT 16-22Z GCHC	48 Each		266547
CCS WHITE Land O'Lakes American Cheese, Sliced	48 Slice		499787
Land O Lakes® 50% Reduced Fat American Cheese Slices	48 Slice		499789

## Preparation Instructions

1. Brush melted butter on a large bun pan.
2. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).
3. Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	410.00
<b>Fat</b>	11.33g**
<b>Saturated Fat</b>	9.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	1183.33mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	7.00g
<b>Added Sugar</b>	4.00g**
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 370.67mg	<b>Iron</b> 2.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# EZ Jammer Pack

<b>Servings:</b>	2.00	<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-58578
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW	2 Each		630302
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CHEESE STRING MOZZ LT IW	2 Each		786801

## Preparation Instructions

Package together 1 EZ Jammer, 1 String cheese and 1 package of Goldfish OR Cheez-its

### 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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	440.00
<b>Fat</b>	20.00g
<b>Saturated Fat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	4.50g
<b>Total Sugar</b>	13.00g
<b>Added Sugar</b>	10.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 381.00mg	<b>Iron</b> 2.71mg

## Nutrition - Per 100g

<b>Calories</b>	4139.23
<b>Fat</b>	188.15g
<b>Saturated Fat</b>	49.39g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	94.07mg
<b>Sodium</b>	5268.11mg
<b>Carbohydrates</b>	404.52g
<b>Fiber</b>	42.33g
<b>Total Sugar</b>	122.30g
<b>Added Sugar</b>	94.07g
<b>Protein</b>	169.33g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 3584.20mg	<b>Iron</b> 25.49mg

# **Cookbook for Beiriger Elementary**

**Created by HPS Menu Planner**

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# **Cookbook for Griffith Middle/High School**

**Created by HPS Menu Planner**

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# Assorted Variety of Cereal

<b>Servings:</b>	7.00	<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-43564
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
Lucky Charms Reduced Sugar	1 Each		549485
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280

## Preparation Instructions

Updated 8.13.25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	111.43
<b>Fat</b>	1.79g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	172.14mg
<b>Carbohydrates</b>	23.29g
<b>Fiber</b>	1.86g
<b>Total Sugar</b>	6.71g
<b>Added Sugar</b>	5.43g
<b>Protein</b>	1.71g
<b>Vitamin A</b> 100.00mcg RAE**	<b>Vitamin C</b> 0.51mg**
<b>Calcium</b> 82.86mg	<b>Iron</b> 3.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted BeneFIT Bars

<b>Servings:</b>	5.00	<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-51889
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST CELEB CAKE	1 Each		997068
BAR BKFST FREN TST	1 Each		563413

## Preparation Instructions

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Updated 4.2.2026

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	364.00
<b>Fat</b>	11.50g
<b>Saturated Fat</b>	2.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.50mg
<b>Sodium</b>	273.00mg
<b>Carbohydrates</b>	49.70g
<b>Fiber</b>	3.85g
<b>Total Sugar</b>	27.00g
<b>Added Sugar</b>	11.80g
<b>Protein</b>	6.10g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 39.00mg	<b>Iron</b> 2.45mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Pop-Tarts® (2 count)

<b>Servings:</b>	4.00	<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-43589
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.00 oz Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 oz Grain Equivalents	123081
PASTRY POP-TART BLUEB WGRAIN	1 Package	2.25 oz Grain Equivalents	865101
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 oz Grain Equivalents	452082

## Preparation Instructions

Updated 4.2.2026

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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: 4.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Graham Snack

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43565
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GLDFSH GRHM FREN TST	1 Each	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GRHM CHARACT W/G	1 Package		264282

## Preparation Instructions

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Updated 4.2.2026

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	121.43
<b>Fat</b>	4.07g
<b>Saturated Fat</b>	0.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	112.14mg
<b>Carbohydrates</b>	20.43g
<b>Fiber</b>	1.14g
<b>Total Sugar</b>	7.57g
<b>Added Sugar</b>	5.71g
<b>Protein</b>	1.86g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.14mg	<b>Iron</b> 0.80mg

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable with Cheez-it Crackers (Middle)

<b>Servings:</b>	4.00	<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-58248
<b>School:</b>	Griffith Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
Smucker's Wheat Peanut Butter & Raspberry Jelly Sandwiches 2.6 oz	1 Each		543455
Smucker's Wheat Peanut Butter & Honey Uncrustable Sandwiches 2.6 oz	1 Each		543449
CRACKER CHEEZ-IT WGRAIN IW	4 Each		282422

## Preparation Instructions

Package Uncrustable together with Cheez-it and offer string cheese on side.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	19.50g
<b>Saturated Fat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	15.00g
<b>Added Sugar</b>	12.75g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 142.50mg	<b>Iron</b> 1.75mg

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

## Nutrition - Per 100g

<b>Calories</b>	1881.47
<b>Fat</b>	91.72g
<b>Saturated Fat</b>	21.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1975.54mg
<b>Carbohydrates</b>	216.37g
<b>Fiber</b>	23.52g
<b>Total Sugar</b>	70.56g
<b>Added Sugar</b>	59.97g
<b>Protein</b>	51.74g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 670.27mg	<b>Iron</b> 8.21mg

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

# Yogurt Parfait

<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-58257
<b>School:</b>	Griffith Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1 Cup	Use to meet 2025-2026 Added Sugar requirement.	499989
Variety of Fruit	1/2 Cup	May use any kind of fruit(s) available like GFS#244630, GFS#166720	
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup		569744
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370

## Preparation Instructions

Layer ingredients in the following order: fruit\* on bottom, yogurt, then granola on top or placed in a separate baggie/container. Pair parfait with 1 muffin.

Cover parfait cup with lid.

\*May use any kind of fruit(s) available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<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>	525.04
<b>Fat</b>	10.19g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	17.46mg
<b>Sodium</b>	345.57mg
<b>Carbohydrates</b>	96.04g
<b>Fiber</b>	5.60g
<b>Total Sugar</b>	52.65g
<b>Added Sugar</b>	29.33g
<b>Protein</b>	13.49g
<b>Vitamin A</b> 238.81mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.36mg	<b>Iron</b> 0.72mg

## Nutrition - Per 100g

<b>Calories</b>	2187.68
<b>Fat</b>	42.44g
<b>Saturated Fat</b>	4.17g
<b>Trans Fat</b>	0.42g
<b>Cholesterol</b>	72.76mg
<b>Sodium</b>	1439.87mg
<b>Carbohydrates</b>	400.18g
<b>Fiber</b>	23.32g
<b>Total Sugar</b>	219.37g
<b>Added Sugar</b>	122.19g
<b>Protein</b>	56.23g
<b>Vitamin A</b> 995.02mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1368.16mg	<b>Iron</b> 3.00mg

# Avocado Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-58358
<b>School:</b>	Griffith Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Buttered Toast	2 Each		R-51790
GUACAMOLE WSTRN STYL	4 Tablespoon		414931

## Preparation Instructions

2 Tablespoon of Guacamole per piece of toast.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Piece

Amount Per Serving	
<b>Calories</b>	380.00
<b>Fat</b>	26.00g
<b>Saturated Fat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	610.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	8.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.00mg	<b>Iron</b> 2.60mg

### Nutrition - Per 100g

No 100g Conversion Available

# Sausage and Cheese English Muffin Breakfast Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-58357
<b>School:</b>	Griffith Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	Thaw	687131
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	N/A	138941
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036

## Preparation Instructions

1. Thaw english muffin in refrigeration overnight or pull from freezer 3-4 hours to sit at room temperature.
2. Cook sausage according to package.

To assemble sandwich place 1 sausage patty and 1 slice of cheese between two english muffin halves and hold in hot hold until service.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.500
<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>	260.00
<b>Fat</b>	10.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 2.60mg

## Nutrition - Per 100g

No 100g Conversion Available

# Banana Split Parfait

<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-58359
<b>School:</b>	Griffith Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1 Cup		499989
BANANA TURNING SNGL 150CT	1 Each		197769
Blueberries, Frozen	1/4 Cup	USDA Brown Box Commodity	110624
Strawberries IQF sliced	1/4 Cup	USDA Brown Box Commodity	110860
PINEAPPLE TIDBITS IN WTR	1/4 Cup		612464
TOPPING WHIP CHOC 10-16Z ONTOP - Richs On Top - M	1 Tablespoon		588679

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<hr/>	
<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.250
<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>	
<hr/>	
<b>Calories</b>	345.99**
<b>Fat</b>	1.99g**
<b>Saturated Fat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	7.46mg**
<b>Sodium</b>	150.75mg**
<b>Carbohydrates</b>	75.43g**
<b>Fiber</b>	5.37g**
<b>Total Sugar</b>	46.12g**
<b>Added Sugar</b>	11.94g**
<b>Protein</b>	9.96g**
<hr/>	
<b>Vitamin A</b> 314.33mcg RAE**	<b>Vitamin C</b> 10.27mg**
<b>Calcium</b> 336.87mg**	<b>Iron</b> 0.46mg**

\*\*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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# Chef Salad

<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-43554
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CUCUMBER MINI SDLSS	1/8 Cup		361231
TURKEY HAM DCD	2 Ounce	N/A	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422

## Preparation Instructions

No Preparation Instructions available.

## 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>	0.125
<b>OtherVeg</b>	0.625
<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>	298.02
<b>Fat</b>	15.82g
<b>Saturated Fat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.54mg
<b>Sodium</b>	669.59mg
<b>Carbohydrates</b>	18.12g
<b>Fiber</b>	2.09g
<b>Total Sugar</b>	1.85g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.27g
<b>Vitamin A</b> 389.84mcg RAE	<b>Vitamin C</b> 7.42mg
<b>Calcium</b> 321.04mg	<b>Iron</b> 1.39mg

## Nutrition - Per 100g

<b>Calories</b>	165.67
<b>Fat</b>	8.80g
<b>Saturated Fat</b>	4.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.99mg
<b>Sodium</b>	372.22mg
<b>Carbohydrates</b>	10.07g
<b>Fiber</b>	1.16g
<b>Total Sugar</b>	1.03g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.15g
<b>Vitamin A</b> 216.71mcg RAE	<b>Vitamin C</b> 4.12mg
<b>Calcium</b> 178.46mg	<b>Iron</b> 0.77mg

# Breaded Chicken Patty Salad

<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-53163

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN BLND SEP BAG	2 Cup		414166
TOMATO GRAPE SWT	3 Each	Wash, cut in half	129631
CUCUMBER SELECT	1/2 Cup	Peel, slice in rounds cut in bite size pieces	418439
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	Menu is build to use leftover spicy chicken from the main serving line. Can also use 1 each of GFS#327080	281622
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	2 ounce weight = 1/4 cup	150250

## Preparation Instructions

Menu is build to use leftover spicy chicken from the main serving line

Updated 4.15.26

## 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>	0.125
<b>OtherVeg</b>	1.500
<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>	348.01
<b>Fat</b>	13.10g**
<b>Saturated Fat</b>	6.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	41.51mg
<b>Sodium</b>	679.61mg
<b>Carbohydrates</b>	31.06g
<b>Fiber</b>	2.34g
<b>Total Sugar</b>	6.42g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	17.08g
<b>Vitamin A</b> 616.88mcg RAE**	<b>Vitamin C</b> 10.71mg**
<b>Calcium</b> 263.98mg	<b>Iron</b> 2.96mg

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

## Nutrition - Per 100g

<b>Calories</b>	143.88
<b>Fat</b>	5.42g**
<b>Saturated Fat</b>	2.89g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	17.16mg
<b>Sodium</b>	280.97mg
<b>Carbohydrates</b>	12.84g
<b>Fiber</b>	0.97g
<b>Total Sugar</b>	2.65g
<b>Added Sugar</b>	0.83g
<b>Protein</b>	7.06g
<b>Vitamin A</b> 255.03mcg RAE**	<b>Vitamin C</b> 4.43mg**
<b>Calcium</b> 109.14mg	<b>Iron</b> 1.22mg

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

# Breaded Chicken Tender Salad

<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-58361
<b>School:</b>	Griffith Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN BLND SEP BAG	2 Cup		414166
TOMATO GRAPE SWT	3 Each	Wash, cut in half	129631
CUCUMBER SELECT	1/2 Cup	Peel, slice in rounds cut in bite size pieces	418439
CHIX TNRD WGRAIN FC	3 Each	Menu is build to use leftover spicy chicken from the main serving line. Can also use 3 each of GFS#281731	283951
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	2 ounce weight = 1/4 cup	150250

## 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>	0.125
<b>OtherVeg</b>	1.500
<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>	522.49
<b>Fat</b>	28.10g
<b>Saturated Fat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	895.27mg
<b>Carbohydrates</b>	42.13g
<b>Fiber</b>	5.01g
<b>Total Sugar</b>	7.42g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	26.82g
<b>Vitamin A</b> 616.88mcg RAE	<b>Vitamin C</b> 10.71mg
<b>Calcium</b> 293.40mg	<b>Iron</b> 4.33mg

## Nutrition - Per 100g

<b>Calories</b>	216.01
<b>Fat</b>	11.62g
<b>Saturated Fat</b>	3.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.74mg
<b>Sodium</b>	370.13mg
<b>Carbohydrates</b>	17.42g
<b>Fiber</b>	2.07g
<b>Total Sugar</b>	3.07g
<b>Added Sugar</b>	1.24g
<b>Protein</b>	11.09g
<b>Vitamin A</b> 255.03mcg RAE	<b>Vitamin C</b> 4.43mg
<b>Calcium</b> 121.30mg	<b>Iron</b> 1.79mg

# **Cookbook for Griffith Pre-K**

**Created by HPS Menu Planner**

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# Variety of Cereal Bowls (Lower Sugar)

<b>Servings:</b>	8.00	<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-43588

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL FRSTD CINN FLKS R/S WGRAIN	1 Each		498190
CEREAL FRSTD FLKS R/S BWL	1 Each		388190
CEREAL CHEERIOS WGRAIN BWL	1 Each		264702
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557
CEREAL RICE CHEX WGRAIN BWL	1 Package		268711

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	104.90
<b>Fat</b>	1.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	151.20mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.26g
<b>Total Sugar</b>	4.88g
<b>Added Sugar</b>	4.13g
<b>Protein</b>	2.25g
<b>Vitamin A</b> 37.50mcg RAE	<b>Vitamin C</b> 0.45mg
<b>Calcium</b> 44.05mg	<b>Iron</b> 5.10mg

## Nutrition - Per 100g

No 100g Conversion Available

# Penne Pasta

<b>Servings:</b>	16.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44968
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	16 Ounce	**Non-Whole Grain**	413350
Tap Water for Recipes	16 Gallon		000001WTR

## Preparation Instructions

Use 1 gallon of Boiling water per pound of pasta. When water has reached a boil, add 1 Tablespoon of salt and pasta. Stir occasionally to prevent sticking and keep water at rolling boil. Cook for 7-8 minutes or until al dente.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	0.50g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 5.00mg	<b>Iron</b> 0.90mg

## Nutrition - Per 100g

<b>Calories</b>	352.73
<b>Fat</b>	1.76g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	74.07g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	3.53g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.64mg	<b>Iron</b> 3.17mg

# Mini Pancakes

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38566
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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: 2.00

Serving Size: 1.00 Package

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	6.00g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	11.50g
<b>Added Sugar</b>	5.50g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 3.60mg

### Nutrition - Per 100g

No 100g Conversion Available

# Buttered Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51790
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547
BUTTER ALT LIQ NT	1/2 Tablespoon		614640

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	140.00
<b>Fat</b>	8.00g
<b>Saturated Fat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	175.00mg
<b>Carbohydrates</b>	16.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.50mg	<b>Iron</b> 1.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Fresh Baked Blueberry Muffin

<b>Servings:</b>	45.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44966
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX MUFF BLUEB IMIT	5 Pound		280859

## Preparation Instructions

Prepare according to directions on package.

Note: Muffin prepared weighs 2.3 ounce.

Updated 1.14.25

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 muffin

Amount Per Serving	
<b>Calories</b>	216.65
<b>Fat</b>	5.42g
<b>Saturated Fat</b>	2.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.25mg
<b>Sodium</b>	389.96mg
<b>Carbohydrates</b>	36.83g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	19.50g
<b>Added Sugar</b>	18.41g
<b>Protein</b>	2.17g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 21.66mg	<b>Iron</b> 0.97mg

## Nutrition - Per 100g

<b>Calories</b>	429.85
<b>Fat</b>	10.75g
<b>Saturated Fat</b>	4.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.24mg
<b>Sodium</b>	773.74mg
<b>Carbohydrates</b>	73.08g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	38.69g
<b>Added Sugar</b>	36.54g
<b>Protein</b>	4.30g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.99mg	<b>Iron</b> 1.93mg

# Steamed Broccoli

<b>Servings:</b>	2.00	<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-43594
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1 Cup	USDA Brown Box	110473

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.500
<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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	26.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	22.00mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.00g
<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

# Seasoned Corn

<b>Servings:</b>	110.00	<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-38570
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	20 Pound	USDA Brown Box	100348
BUTTER SUB	1 1/4 Cup	1 Package	209810
Tap Water for Recipes	1 Quart	Tap Water	000001WTR
SPICE PEPR BLK CRACKED	1/4 Cup		516856

## Preparation Instructions

Cook frozen corn using preferred method and drain off any liquid.

Pour into two full pans that have been sprayed.

Add dry Butter Buds to hot tap water; whisk to reconstitute. Pour over cooked/drained corn and heat to temperature.

Hold for serving.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	68.27
<b>Fat</b>	1.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.91mg
<b>Carbohydrates</b>	16.36g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.00g
<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

<b>Calories</b>	82.78
<b>Fat</b>	1.21g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.44mg
<b>Carbohydrates</b>	19.84g
<b>Fiber</b>	2.43g
<b>Total Sugar</b>	3.64g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.43g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Cheesy Broccoli

<b>Servings:</b>	2.00	<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-43591
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1 Cup	USDA Brown Box	110473

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.500
<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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	26.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	22.00mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.00g
<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

# Mashed Potatoes

<b>Servings:</b>	39.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43561
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 package	613738
Tap Water for Recipes	17 Cup	Boiling Water	000001WTR

## Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	76.33
<b>Fat</b>	0.85g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	347.72mg
<b>Carbohydrates</b>	14.42g
<b>Fiber</b>	0.85g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.70g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 8.48mg	<b>Iron</b> 0.25mg

## Nutrition - Per 100g

<b>Calories</b>	375.08
<b>Fat</b>	4.17g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1708.68mg
<b>Carbohydrates</b>	70.85g
<b>Fiber</b>	4.17g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	8.34g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 41.68mg	<b>Iron</b> 1.25mg

# Refried Beans

<b>Servings:</b>	17.00	<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-43592
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	26 1/4 Ounce		668341
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR

## Preparation Instructions

### RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

### Meal Components

Amount Per Serving

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>	0.500
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	161.32
<b>Fat</b>	0.58g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	161.32mg
<b>Carbohydrates</b>	27.65g
<b>Fiber</b>	10.37g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.37g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 57.61mg	<b>Iron</b> 2.42mg

## Nutrition - Per 100g

<b>Calories</b>	368.48
<b>Fat</b>	1.32g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	368.48mg
<b>Carbohydrates</b>	63.17g
<b>Fiber</b>	23.69g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	23.69g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.60mg	<b>Iron</b> 5.53mg

# Deli Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38487
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
CCS WHITE Land O'Lakes American Cheese, Sliced	1 slices		499787
BUN SUB SLCD WGRAIN 5"	1 Each		276142

## Preparation Instructions

Updated 8.13.25

### 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 Sandwich

Amount Per Serving	
<b>Calories</b>	291.66
<b>Fat</b>	3.52g**
<b>Saturated Fat</b>	3.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.33mg
<b>Sodium</b>	869.31mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	25.87g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 131.00mg	<b>Iron</b> 2.05mg

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

## Nutrition - Per 100g

<b>Calories</b>	347.58
<b>Fat</b>	4.20g**
<b>Saturated Fat</b>	4.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.55mg
<b>Sodium</b>	1036.00mg
<b>Carbohydrates</b>	35.75g
<b>Fiber</b>	2.38g
<b>Total Sugar</b>	5.36g
<b>Added Sugar</b>	4.77g
<b>Protein</b>	30.83g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 156.12mg	<b>Iron</b> 2.44mg

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

# Green Beans

<b>Servings:</b>	1.00	<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-43593
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	1/2 Cup		100307

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	25.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	4.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.00g
<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

# Meatballs with Marinara Sauce

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50559
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	160 Each	N/A	785860
SAUCE MARINARA	10 Cup	N/A	144215

## Preparation Instructions

Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat marinara sauce.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 135 degrees F or higher.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Each

Amount Per Serving	
<b>Calories</b>	179.00
<b>Fat</b>	9.75g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	431.00mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 69.50mg	<b>Iron</b> 1.50mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Cooked Spaghetti Noodles

<b>Servings:</b>	16.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50560
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10"	1 Pound	***Non-Whole Grain***	654560
Tap Water	1 Gallon		

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	0.50g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.90mg

## Nutrition - Per 100g

<b>Calories</b>	352.73
<b>Fat</b>	1.76g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	74.07g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	3.53g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 3.17mg

# Grilled Cheese Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50558
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ NT	1 Cup		614640
BREAD WGRAIN WHT 16-22Z GCHC	48 Each		266547
CCS WHITE Land O'Lakes American Cheese, Sliced	48 Slice		499787
Land O Lakes® 50% Reduced Fat American Cheese Slices	48 Slice		499789

## Preparation Instructions

1. Brush melted butter on a large bun pan.
2. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).
3. Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	410.00
<b>Fat</b>	11.33g**
<b>Saturated Fat</b>	9.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	1183.33mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	7.00g
<b>Added Sugar</b>	4.00g**
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 370.67mg	<b>Iron</b> 2.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Steamed Carrots

<b>Servings:</b>	2.00	<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-50557
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1 Cup	USDA Brown Box	100352

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	27.00
<b>Fat</b>	1.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.00mg
<b>Sodium</b>	43.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<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

# Sausage Patty & Biscuit

<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-44967
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	N/A	138941
BISCUIT WGRAIN EZ SPLIT	1 Each	N/A	631902

## Preparation Instructions

Updated 10.8.24

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<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>	320.00
<b>Fat</b>	16.00g
<b>Saturated Fat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 180.00mg	<b>Iron</b> 2.50mg

### Nutrition - Per 100g

No 100g Conversion Available

# Cooked Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51791
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

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

## Preparation Instructions

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.

Note: About ¼ cup of uncooked rice is needed to make ½ cup of cooked rice.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

### Nutrition - Per 100g

No 100g Conversion Available

# Brown Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51792
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD	16 Ounce	N/A	552050
Tap Water	1 Gallon		

## Preparation Instructions

POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	7.59
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.91mg
<b>Carbohydrates</b>	1.52g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.25g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.23g
<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

<b>Calories</b>	52.92
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	229.32mg
<b>Carbohydrates</b>	10.58g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.76g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.59g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Assorted Variety of Cereal

<b>Servings:</b>	7.00	<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-43564
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
Lucky Charms Reduced Sugar	1 Each		549485
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280

## Preparation Instructions

Updated 8.13.25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	111.43
<b>Fat</b>	1.79g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	172.14mg
<b>Carbohydrates</b>	23.29g
<b>Fiber</b>	1.86g
<b>Total Sugar</b>	6.71g
<b>Added Sugar</b>	5.43g
<b>Protein</b>	1.71g
<b>Vitamin A</b> 100.00mcg RAE**	<b>Vitamin C</b> 0.51mg**
<b>Calcium</b> 82.86mg	<b>Iron</b> 3.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Graham Snack

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43565
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GLDFSH GRHM FREN TST	1 Each	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GRHM CHARACT W/G	1 Package		264282

## Preparation Instructions

Updated 4.2.2026

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	121.43
<b>Fat</b>	4.07g
<b>Saturated Fat</b>	0.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	112.14mg
<b>Carbohydrates</b>	20.43g
<b>Fiber</b>	1.14g
<b>Total Sugar</b>	7.57g
<b>Added Sugar</b>	5.71g
<b>Protein</b>	1.86g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.14mg	<b>Iron</b> 0.80mg

## Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for Wadsworth Elementary**

**Created by HPS Menu Planner**

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