

Cookbook for Griffith Schools

Created by HPS Menu Planner

Cookbook for Beiriger and Wadsworth Elementary

Created by HPS Menu Planner

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Assorted Variety of Cereal

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43564
School:	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

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

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

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43589
School:	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

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts® (1 count)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43590
School:	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

Meat/Meat Alternate	0.000
Grain	1.167
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43565
School:	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

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

PB&J Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43546
School:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Assorted BeneFIT Bars

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51889
School:	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

Updated 4.2.2026

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

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

Servings:	16.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44968
School:	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	
Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		100.00	
Fat		0.50g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		21.00g	
Fiber		1.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		3.50g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.90mg

Nutrition - Per 100g

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

Ham and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43547
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

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

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

Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38566
School:	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	
Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Package			
Amount Per Serving			
Calories		200.00	
Fat		6.00g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		2.50mg	
Sodium		210.00mg	
Carbohydrates		36.00g	
Fiber		5.00g	
Total Sugar		11.50g	
Added Sugar		5.50g	
Protein		4.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available			
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B.L.T Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43552
School:	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	
Meat/Meat Alternate	1.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Wrap			
Amount Per Serving			
Calories		309.09	
Fat		13.02g	
Saturated Fat		4.63g	
Trans Fat		0.00g	
Cholesterol		37.04mg	
Sodium		823.13mg	
Carbohydrates		31.48g	
Fiber		3.29g	
Total Sugar		2.65g	
Added Sugar		1.06g	
Protein		14.79g	
Vitamin A	194.92mcg RAE	Vitamin C	3.21mg
Calcium	62.81mg	Iron	2.45mg

Nutrition - Per 100g

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

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43554
School:	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

Meat/Meat Alternate	2.250
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	0.625
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	298.02
Fat	15.82g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	66.54mg
Sodium	669.59mg
Carbohydrates	18.12g
Fiber	2.09g
Total Sugar	1.85g
Added Sugar	0.00g
Protein	18.27g
Vitamin A 389.84mcg RAE	Vitamin C 7.42mg
Calcium 321.04mg	Iron 1.39mg

Nutrition - Per 100g

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

Yogurt Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43555
School:	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

Meat/Meat Alternate	2.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Turkey and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43551
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

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

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

Vegetable Juice Box

Servings:	3.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43563
School:	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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		53.33	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		23.33mg	
Carbohydrates		13.33g	
Fiber		0.00g	
Total Sugar		12.33g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50553
School:	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

Meat/Meat Alternate	2.500
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	315.97
Fat	14.75g
Saturated Fat	5.94g
Trans Fat	0.00g
Cholesterol	50.05mg
Sodium	569.39mg
Carbohydrates	27.37g
Fiber	5.95g
Total Sugar	3.88g
Added Sugar	0.00g
Protein	19.09g
Vitamin A 389.84mcg RAE	Vitamin C 6.41mg
Calcium 217.76mg	Iron 1.44mg

Nutrition - Per 100g

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

Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43592
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 17.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		161.32	
Fat		0.58g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		161.32mg	
Carbohydrates		27.65g	
Fiber		10.37g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		10.37g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	57.61mg	Iron	2.42mg

Nutrition - Per 100g

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

Spanish Rice

Servings:	36.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56903
School:	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

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44967
School:	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	
Meat/Meat Alternate	1.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		320.00	
Fat		16.00g	
Saturated Fat		8.50g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		660.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		15.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	180.00mg	Iron	2.50mg

Nutrition - Per 100g

No 100g Conversion Available	
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Fresh Baked Blueberry Muffin

Servings:	45.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44966
School:	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	
Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 45.00			
Serving Size: 1.00 muffin			
Amount Per Serving			
Calories		216.65	
Fat		5.42g	
Saturated Fat		2.17g	
Trans Fat		0.00g	
Cholesterol		16.25mg	
Sodium		389.96mg	
Carbohydrates		36.83g	
Fiber		0.00g	
Total Sugar		19.50g	
Added Sugar		18.41g	
Protein		2.17g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	21.66mg	Iron	0.97mg

Nutrition - Per 100g

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

Steamed Broccoli

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43594
School:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43593
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		25.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		140.00mg	
Carbohydrates		4.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Seasoned Corn

Servings:	110.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38570
School:	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

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

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		68.27	
Fat		1.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		11.91mg	
Carbohydrates		16.36g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

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

Steamed Carrots

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50557
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		27.00	
Fat		1.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		24.00mg	
Sodium		43.00mg	
Carbohydrates		6.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38487
School:	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	
Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Sandwich			
Amount Per Serving			
Calories	291.66		
Fat	3.52g**		
Saturated Fat	3.51g		
Trans Fat	0.00g		
Cholesterol	53.33mg		
Sodium	869.31mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Total Sugar	4.50g		
Added Sugar	4.00g		
Protein	25.87g		
Vitamin A	0.00mcg RAE**	Vitamin C	0.00mg**
Calcium	131.00mg	Iron	2.05mg

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

Nutrition - Per 100g

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

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

Goldfish or Cheez-it Crackers

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54907
School:	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	
Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		100.00	
Fat		3.50g	
Saturated Fat		0.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		160.00mg	
Carbohydrates		14.00g	
Fiber		0.50g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.71mg

Nutrition - Per 100g

Calories		940.73	
Fat		32.93g	
Saturated Fat		7.06g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1505.18mg	
Carbohydrates		131.70g	
Fiber		4.70g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		18.81g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	564.44mg	Iron	6.68mg

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43561
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		76.33	
Fat		0.85g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		347.72mg	
Carbohydrates		14.42g	
Fiber		0.85g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		1.70g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

Nutrition - Per 100g

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

Brown Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51792
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 128.00			
Serving Size: 1.00 Fluid Ounce			
Amount Per Serving			
Calories		7.59	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		32.91mg	
Carbohydrates		1.52g	
Fiber		0.00g	
Total Sugar		0.25g	
Added Sugar		0.00g	
Protein		0.23g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

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

100% Fruit Juice Boxes

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-58562
School:	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

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58564
School:	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

Meat/Meat Alternate	2.500
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

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

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

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50558
School:	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

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

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

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-58578
School:	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	
Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		440.00	
Fat		20.00g	
Saturated Fat		5.25g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		560.00mg	
Carbohydrates		43.00g	
Fiber		4.50g	
Total Sugar		13.00g	
Added Sugar		10.00g	
Protein		18.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	381.00mg	Iron	2.71mg

Nutrition - Per 100g

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

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43564
School:	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

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

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

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51889
School:	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

Updated 4.2.2026

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

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

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43589
School:	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

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43565
School:	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

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with Cheez-it Crackers (Middle)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-58248
School:	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

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

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

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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58257
School:	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

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	525.04
Fat	10.19g
Saturated Fat	1.00g
Trans Fat	0.10g
Cholesterol	17.46mg
Sodium	345.57mg
Carbohydrates	96.04g
Fiber	5.60g
Total Sugar	52.65g
Added Sugar	29.33g
Protein	13.49g
Vitamin A 238.81mcg RAE	Vitamin C 0.00mg
Calcium 328.36mg	Iron 0.72mg

Nutrition - Per 100g

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

Avocado Toast

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58358
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Piece

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

Nutrition - Per 100g

No 100g Conversion Available			
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Sausage and Cheese English Muffin Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58357
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		260.00	
Fat		10.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		47.50mg	
Sodium		660.00mg	
Carbohydrates		23.00g	
Fiber		1.00g	
Total Sugar		1.50g	
Added Sugar		0.00g	
Protein		20.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	100.00mg	Iron	2.60mg

Nutrition - Per 100g

No 100g Conversion Available

Banana Split Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58359
School:	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

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	1.250
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		345.99**	
Fat		1.99g**	
Saturated Fat		0.00g**	
Trans Fat		0.00g**	
Cholesterol		7.46mg**	
Sodium		150.75mg**	
Carbohydrates		75.43g**	
Fiber		5.37g**	
Total Sugar		46.12g**	
Added Sugar		11.94g**	
Protein		9.96g**	
Vitamin A	314.33mcg RAE**	Vitamin C	10.27mg**
Calcium	336.87mg**	Iron	0.46mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43554
School:	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

Meat/Meat Alternate	2.250
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	0.625
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	298.02
Fat	15.82g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	66.54mg
Sodium	669.59mg
Carbohydrates	18.12g
Fiber	2.09g
Total Sugar	1.85g
Added Sugar	0.00g
Protein	18.27g
Vitamin A 389.84mcg RAE	Vitamin C 7.42mg
Calcium 321.04mg	Iron 1.39mg

Nutrition - Per 100g

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

Breaded Chicken Patty Salad

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

Meat/Meat Alternate	3.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	1.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		348.01	
Fat		13.10g**	
Saturated Fat		6.99g	
Trans Fat		0.00g	
Cholesterol		41.51mg	
Sodium		679.61mg	
Carbohydrates		31.06g	
Fiber		2.34g	
Total Sugar		6.42g	
Added Sugar		2.00g	
Protein		17.08g	
Vitamin A	616.88mcg RAE**	Vitamin C	10.71mg**
Calcium	263.98mg	Iron	2.96mg

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

Nutrition - Per 100g

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

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

Breaded Chicken Tender Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58361
School:	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 TNDR 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

Meat/Meat Alternate	3.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	1.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	522.49
Fat	28.10g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	895.27mg
Carbohydrates	42.13g
Fiber	5.01g
Total Sugar	7.42g
Added Sugar	3.00g
Protein	26.82g
Vitamin A 616.88mcg RAE	Vitamin C 10.71mg
Calcium 293.40mg	Iron 4.33mg

Nutrition - Per 100g

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

Cookbook for Griffith Pre-K

Created by HPS Menu Planner

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Variety of Cereal Bowls (Lower Sugar)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Penne Pasta

Servings:	16.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44968
School:	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	
Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		100.00	
Fat		0.50g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		21.00g	
Fiber		1.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		3.50g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.90mg

Nutrition - Per 100g

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

Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38566
School:	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	
Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Package			
Amount Per Serving			
Calories		200.00	
Fat		6.00g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		2.50mg	
Sodium		210.00mg	
Carbohydrates		36.00g	
Fiber		5.00g	
Total Sugar		11.50g	
Added Sugar		5.50g	
Protein		4.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available			
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Buttered Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51790
School:	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	
Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		140.00	
Fat		8.00g	
Saturated Fat		1.25g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		175.00mg	
Carbohydrates		16.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		3.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	30.50mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Fresh Baked Blueberry Muffin

Servings:	45.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44966
School:	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	
Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 45.00			
Serving Size: 1.00 muffin			
Amount Per Serving			
Calories		216.65	
Fat		5.42g	
Saturated Fat		2.17g	
Trans Fat		0.00g	
Cholesterol		16.25mg	
Sodium		389.96mg	
Carbohydrates		36.83g	
Fiber		0.00g	
Total Sugar		19.50g	
Added Sugar		18.41g	
Protein		2.17g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	21.66mg	Iron	0.97mg

Nutrition - Per 100g

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

Steamed Broccoli

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43594
School:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	110.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38570
School:	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

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

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		68.27	
Fat		1.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		11.91mg	
Carbohydrates		16.36g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

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

Cheesy Broccoli

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43591
School:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43561
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		76.33	
Fat		0.85g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		347.72mg	
Carbohydrates		14.42g	
Fiber		0.85g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		1.70g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

Nutrition - Per 100g

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

Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43592
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 17.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		161.32	
Fat		0.58g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		161.32mg	
Carbohydrates		27.65g	
Fiber		10.37g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		10.37g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	57.61mg	Iron	2.42mg

Nutrition - Per 100g

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

Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38487
School:	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	
Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Sandwich			
Amount Per Serving			
Calories	291.66		
Fat	3.52g**		
Saturated Fat	3.51g		
Trans Fat	0.00g		
Cholesterol	53.33mg		
Sodium	869.31mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Total Sugar	4.50g		
Added Sugar	4.00g		
Protein	25.87g		
Vitamin A	0.00mcg RAE**	Vitamin C	0.00mg**
Calcium	131.00mg	Iron	2.05mg

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

Nutrition - Per 100g

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

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

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43593
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		25.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		140.00mg	
Carbohydrates		4.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Meatballs with Marinara Sauce

Servings:	40.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50559
School:	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	
Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.00			
Serving Size: 4.00 Each			
Amount Per Serving			
Calories		179.00	
Fat		9.75g	
Saturated Fat		3.50g	
Trans Fat		0.60g	
Cholesterol		36.00mg	
Sodium		431.00mg	
Carbohydrates		10.00g	
Fiber		2.00g	
Total Sugar		4.50g	
Added Sugar		1.00g	
Protein		13.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	69.50mg	Iron	1.50mg

Nutrition - Per 100g

No 100g Conversion Available

Cooked Spaghetti Noodles

Servings:	16.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50560
School:	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	
Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		100.00	
Fat		0.50g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		21.00g	
Fiber		1.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		3.50g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.90mg

Nutrition - Per 100g

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

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50558
School:	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

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

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

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50557
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		27.00	
Fat		1.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		24.00mg	
Sodium		43.00mg	
Carbohydrates		6.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Patty & Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44967
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		320.00	
Fat		16.00g	
Saturated Fat		8.50g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		660.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		15.00g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	180.00mg	Iron	2.50mg

Nutrition - Per 100g

No 100g Conversion Available

Cooked Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51791
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51792
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 128.00			
Serving Size: 1.00 Fluid Ounce			
Amount Per Serving			
Calories		7.59	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		32.91mg	
Carbohydrates		1.52g	
Fiber		0.00g	
Total Sugar		0.25g	
Added Sugar		0.00g	
Protein		0.23g	
Vitamin A	0.00mcg RAE	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

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

Assorted Variety of Cereal

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43564
School:	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

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

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

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43565
School:	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

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Wadsworth Elementary

Created by HPS Menu Planner

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