

Cookbook for Knox Elementary

Created by HPS Menu Planner

Table of Contents

Variety of Juice Box

Uncrustable, String Cheese, & Goldfish

Ham Chef Salad

Sunchips® Harvest Cheddar or Garden Salsa

Turkey & Cheese Sub

Assorted Variety of Pop-Tarts (1 Count)

Assorted BeneFIT Bars

Mashed Potatoes

Chicken Gravy

Assorted Cereal Bar

Variety of Yogurt

Graham Snack

Assorted Cereal

Eggo Bites® Mini Pancakes

Assorted Snack'n Waffle

Grilled Cheese Sandwich

Tomato Soup

Glazed Carrots

Refried Beans

Lasagna Roll-Ups

BBQ Meatballs

Mini Waffles

Ham & Cheese Sub

Variety of Juice Box

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36706
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BERRY 100%	1 Each		581195
JUICE BOX APPL 100%	1 Each		581193
JUICE BOX GRP 100%	1 Each		604557
JUICE BOX ORNG TANGR 100%	1 Each		698251
JUICE BOX FRT PNCH 100%	1 Each		604558

Preparation Instructions

Note: All juices listed have Buy American Guarantee Statement as of January 1, 2026

Updated 5.7.2026

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	64.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	8.00mg
Carbohydrates	16.20g
Fiber	0.00g
Total Sugar	14.80g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 9.60mg	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

Uncrustable, String Cheese, & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22761
School:	Knox Middle School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	48.00g
Fiber	4.00g
Total Sugar	16.00g
Added Sugar	12.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 261.00mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28742
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	2 Cup	2 cups	755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	1/4 cup or 1 ounce weight USDA Brown Box or use GFS#150250	100012
Ham, Cubed Frozen	1 1/4 Ounce	Weight USDA Brown Box	100188-H
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
MUFFIN BLUEBERRY IW	1 Each		273442
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

1. Cheese and ham put into individual portion cups.
2. Lettuce placed in clamshell with ham cup, cheese cup, and 1 package of croutons.
CCP: To be held at 41°F or below.
3. Salad should be served with muffin and goldfish cracker on the side.

Updated 10.27.23

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	1.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	452.91
Fat	18.05g
Saturated Fat	6.02g
Trans Fat	0.00g
Cholesterol	58.44mg
Sodium	882.70mg
Carbohydrates	55.05g
Fiber	2.00g
Total Sugar	16.02g
Added Sugar	14.00g
Protein	20.12g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 78.00mg	Iron 3.70mg

Nutrition - Per 100g

Calories	710.00
Fat	28.29g
Saturated Fat	9.44g
Trans Fat	0.00g
Cholesterol	91.62mg
Sodium	1383.77mg
Carbohydrates	86.30g
Fiber	3.14g
Total Sugar	25.12g
Added Sugar	21.95g
Protein	31.55g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 122.28mg	Iron 5.80mg

Sunchips® Harvest Cheddar or Garden Salsa

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31521
School:	Knox High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED	1 Package		105260
CHIP GARDEN SALSA	1 Package		696900

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.250
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 Bag

Amount Per Serving	
Calories	140.00
Fat	6.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	155.00mg
Carbohydrates	19.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30188
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
BUN SUB SLCD WGRAIN 5"	1 Each	N/A	276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Each	USDA Brown Box Commodity	100036

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	310.00
Fat	9.50g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	700.00mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	4.00g
Protein	25.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.40mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Pop-Tarts (1 Count)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30220
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Each	Credits as 1.25 Grain equivalents	695880
PASTRY POP-TART WGRAIN STRAWB	1 Each	Credits as 1.00 Grain equivalents	695890
PASTRY POP-TART WGRAIN FUDG	1 Each	Credits as 1.25 Grain equivalents	452062

Preparation Instructions

Updated 5.7.2026

Meal Components

Amount Per Serving

	Amount
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

Assorted BeneFIT Bars

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32474
School:	Knox Elementary		

Ingredients

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

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	8.75g
Saturated Fat	2.88g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	215.00mg
Carbohydrates	46.25g
Fiber	3.25g
Total Sugar	21.25g
Added Sugar	14.75g
Protein	4.75g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 32.50mg	Iron 1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31350
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 Package	613738
Tap Water for Recipes	17 Cup	Hot 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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	78.34
Fat	0.87g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	356.89mg
Carbohydrates	14.80g
Fiber	0.87g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.74g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 8.70mg	Iron 0.26mg

Nutrition - Per 100g

Calories	375.02
Fat	4.17g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1708.41mg
Carbohydrates	70.84g
Fiber	4.17g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 41.67mg	Iron 1.25mg

Chicken 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-30186
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX	1 Package		290025
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.

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	19.45
Fat	0.28g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	133.40mg
Carbohydrates	3.89g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bar

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34778
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN	1 Each		265901
BAR CEREAL TRIX WGRAIN	1 Each		268690
BAR CEREAL CHEERIO WGRAIN IW	1 Each		265931
BAR CEREAL CINN TST WGRAIN	1 Each		265891
BAR CEREAL GLDN GRHM WGRAIN	1 Each		265921

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	158.00
Fat	3.50g
Saturated Fat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.00mg
Carbohydrates	29.60g
Fiber	2.80g
Total Sugar	9.00g
Added Sugar	6.60g
Protein	2.20g
Vitamin A 0.00mcg RAE	Vitamin C 0.40mg
Calcium 250.00mg	Iron 2.26mg

Nutrition - Per 100g

No 100g Conversion Available

Variety of Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32475
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Each		885750
YOGURT RASPB RNBW L/F	1 Each		551770
YOGURT STRAWB BAN BASH L/F	1 Each		551760

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	76.67
Fat	0.33g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	61.67mg
Carbohydrates	14.67g
Fiber	0.00g
Total Sugar	9.33g
Added Sugar	4.67g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 126.67mg	Iron 0.00mg

Nutrition - Per 100g

Calories	202.82
Fat	0.88g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	8.82mg
Sodium	163.14mg
Carbohydrates	38.80g
Fiber	0.00g
Total Sugar	24.69g
Added Sugar	12.35g
Protein	10.58g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 335.10mg	Iron 0.00mg

Graham Snack

Servings:	8.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32478
School:	Knox 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 Package	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 TIGER BITE CHOC	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ	1 Package	1.25 Grain equivalents	503370

Preparation Instructions

Updated June 2025

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	122.50
Fat	3.94g
Saturated Fat	0.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.38mg
Carbohydrates	20.75g
Fiber	1.38g
Total Sugar	7.50g
Added Sugar	4.88g
Protein	1.88g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 16.25mg	Iron 0.93mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22758
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	N/A	261737
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CINN TOAST R/S BWL	1 Each		365790
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
Lucky Charms Reduced Sugar	1 Each		549485

Preparation Instructions

Updated June 2025

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	109.67
Fat	1.52g
Saturated Fat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	152.84mg
Carbohydrates	22.94g
Fiber	2.11g
Total Sugar	5.09g
Added Sugar	4.43g**
Protein	2.24g
Vitamin A 70.00mcg RAE**	Vitamin C 0.36mg**
Calcium 75.58mg	Iron 5.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggo Bites® Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31436
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	N/A	395303
PANCAKE MINI MAPL IW	1 Package		284831
PANCAKE MINI BLUEB IW	1 Package		498104

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

Updated 5.7.2026

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	203.33
Fat	6.33g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	1.67mg
Sodium	210.00mg
Carbohydrates	35.67g
Fiber	4.67g
Total Sugar	11.00g
Added Sugar	7.00g
Protein	4.00g
Vitamin A 69.67mcg RAE	Vitamin C 0.00mg
Calcium 26.67mg	Iron 2.40mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Snack'n Waffle

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54004
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MAPL BUTTERY IW	1 Each		657844
WAFFLE CINN SWT IW	1 Each		651951
Snack'n Waffles Cosmic Confetti Waffles	1 Each		480102

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	250.00
Fat	9.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	37.67mg
Sodium	290.00mg
Carbohydrates	37.33g
Fiber	2.00g
Total Sugar	15.00g
Added Sugar	14.00g
Protein	6.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 30.33mg	Iron 1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37303
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	48 Slice		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	96 Slice	USDA Commodity Brown Box	100036
BUTTER PRINT SLTD GRD AA	1 Cup	Melted	191205

Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).

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	386.67
Fat	19.33g
Saturated Fat	10.67g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	890.00mg
Carbohydrates	36.00g
Fiber	4.00g
Total Sugar	6.00g
Added Sugar	4.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	26.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37304
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	4 #5 CAN	N/A	488232
1% Low Fat White Milk*	4 Carton		13871

Preparation Instructions

Open tomato soup cans and put in a 6" pan. Add 4 cartons of white milk to each pan, stir well and cook in steamer for 40 minutes or until it reaches temperature. Hold in warmer until ready to serve.

Updated June 2025

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	167.69
Fat	2.08g
Saturated Fat	0.23g
Trans Fat	0.00g
Cholesterol	2.31mg
Sodium	678.45mg
Carbohydrates	32.15g
Fiber	1.69g
Total Sugar	18.62g
Added Sugar	0.00g
Protein	4.62g
Vitamin A 21.54mcg RAE	Vitamin C 0.00mg
Calcium 61.54mg	Iron 0.69mg

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	98.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31503
School:	Knox High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	20 Pound		100352
BUTTER PRINT SLTD GRD AA	1 Pound		191205
SUGAR BROWN LT	2 Pound	1 Bag of brown sugar	860311

Preparation Instructions

Divide all ingredients between two pans.

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: 98.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	90.49
Fat	4.60g
Saturated Fat	2.29g
Trans Fat	0.00g
Cholesterol	33.99mg
Sodium	72.74mg
Carbohydrates	14.21g
Fiber	2.02g
Total Sugar	11.19g
Added Sugar	8.16g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	84.99
Fat	4.32g
Saturated Fat	2.15g
Trans Fat	0.00g
Cholesterol	31.93mg
Sodium	68.32mg
Carbohydrates	13.35g
Fiber	1.89g
Total Sugar	10.51g
Added Sugar	7.67g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38820
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR	27 1/11 Ounce	1 Package	703753
Tap Water for Recipes	1/2 Gallon		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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	173.78
Fat	1.86g
Saturated Fat	0.62g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	682.71mg
Carbohydrates	28.55g
Fiber	11.17g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	11.17g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 62.06mg	Iron 2.61mg

Nutrition - Per 100g

Calories	362.04
Fat	3.88g
Saturated Fat	1.29g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1422.32mg
Carbohydrates	59.48g
Fiber	23.27g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	23.27g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 129.30mg	Iron 5.43mg

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38120
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	18 Each		234041
CHEESE MOZZ SHRD	1 Cup		645170
SAUCE MARINARA A/P	1/2 #10 CAN		592714

Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 18.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	294.25
Fat	8.36g
Saturated Fat	4.28g
Trans Fat	0.00g
Cholesterol	23.33mg
Sodium	697.16mg
Carbohydrates	34.70g
Fiber	3.37g
Total Sugar	8.65g
Added Sugar	0.00g
Protein	17.93g
Vitamin A 400.00mcg RAE	Vitamin C 6.00mg
Calcium 359.94mg	Iron 1.77mg

Nutrition - Per 100g

Calories	4670.66
Fat	132.71g
Saturated Fat	67.90g
Trans Fat	0.00g
Cholesterol	370.37mg
Sodium	11066.03mg
Carbohydrates	550.83g
Fiber	53.49g
Total Sugar	137.26g
Added Sugar	0.00g
Protein	284.53g
Vitamin A 6349.21mcg RAE	Vitamin C 95.24mg
Calcium 5713.35mg	Iron 28.02mg

BBQ Meatballs

Servings:	62.00	Category:	Entree
Serving Size:	4.00 Meatballs	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54005
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	248 Each	N/A	785860
SAUCE BBQ	6 Cup		655937

Preparation Instructions

Prepare meatballs as stated on package.

CCP: Heat to 165 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: 62.00

Serving Size: 4.00 Meatballs

Amount Per Serving	
Calories	208.19
Fat	9.00g
Saturated Fat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	460.52mg
Carbohydrates	19.94g
Fiber	1.00g
Total Sugar	15.16g
Added Sugar	13.39g
Protein	12.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 59.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32489
School:	Knox High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW	1 Package		269260

Preparation Instructions

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	5.67g
Saturated Fat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	183.33mg
Carbohydrates	36.00g
Fiber	3.00g
Total Sugar	11.33g
Added Sugar	7.00g
Protein	3.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 110.00mg	Iron 2.03mg

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30189
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	6 Slice	Or use Brown Box Commodity Ham = 2.50 ounce weight of commodity equals 2 Meat/Meat Alternative	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	Brown Box Commodity or GFS#499786	100018
BUN SUB SLCD WGRAIN 5"	1 Each		276142

Preparation Instructions

Updated 4.15.25

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 Each

Amount Per Serving	
Calories	315.00
Fat	12.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	805.00mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	4.00g
Protein	21.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.72mg

Nutrition - Per 100g

Calories	312.13
Fat	11.89g
Saturated Fat	4.46g
Trans Fat	0.00g
Cholesterol	71.84mg
Sodium	797.66mg
Carbohydrates	29.73g
Fiber	1.98g
Total Sugar	4.46g
Added Sugar	3.96g
Protein	21.30g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 55.49mg	Iron 2.70mg