

Cookbook for Knox Middle School

Created by HPS Menu Planner

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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	Grams Per Serving:	

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

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	Grams Per Serving:	

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

Blueberry or Chocolate Muffin

Servings:	2.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31501
School:	Knox High School	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW	1 Each	READY_TO_EAT Thaw and serve.	262343
MUFFIN BLUEBERRY WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

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 muffin

Amount Per Serving	
Calories	185.00
Fat	6.50g
Saturated Fat	1.25g
Trans Fat	0.05g
Cholesterol	10.00mg
Sodium	120.00mg
Carbohydrates	28.50g
Fiber	1.50g
Total Sugar	14.50g
Added Sugar	14.00g
Protein	2.50g
Vitamin A 7.21mcg RAE	Vitamin C 0.03mg
Calcium 6.38mg	Iron 1.03mg

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31349
School:	Knox Elementary	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100% FRSH	1 Each		118940
JUICE ORNG 100% FRSH	1 Each		118930
JUICE APPLE 100% FRSH	1 Each		118921

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	63.33
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.40mg
Carbohydrates	15.00g
Fiber	0.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	0.03g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 7.07mg	Iron 0.33mg

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	Grams Per Serving:	37.8

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

Uncrustable, String Cheese, & Cheez-It

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31385

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ IW	1 Each		786580
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	620.00mg
Carbohydrates	48.00g
Fiber	5.00g
Total Sugar	16.00g
Added Sugar	12.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 341.00mg	Iron 1.72mg

Nutrition - Per 100g

Calories	2257.76
Fat	119.94g
Saturated Fat	39.98g
Trans Fat	0.00g
Cholesterol	94.07mg
Sodium	2916.28mg
Carbohydrates	225.78g
Fiber	23.52g
Total Sugar	75.26g
Added Sugar	56.44g
Protein	79.96g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1603.95mg	Iron 8.09mg

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	Grams Per Serving:	100.92

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

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	Grams Per Serving:	

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

Ham and Egg Chef Salad with Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-55516
School:	Knox Middle School	Grams Per Serving:	56.7

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	2 Cup		755826
TOMATO CHERRY	1/4 Cup		169275
CUCUMBER ENG	1/4 Cup		896547
Ham, Cubed Frozen	1 1/2 Ounce	USDA Brown Box Commodity---weight	100188-H
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	USDA Brown Box Commodity--If not available use GFS#861950	100012
EGG HARD CKD PLD	1/2 Each	Cut egg into fourths and place two-fourths or half of egg in salad	711160
CROUTON CHS GARL WGRAIN	4 Package	N/A	661022

Preparation Instructions

Place lettuce in bottom of container and then layer the following ingredients on top: tomato, cucumber, ham, shredded cheese, and 1/2 hard boiled egg. Add croutons to container and keep cold for service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.250
OtherVeg	0.250
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	389.19
Fat	15.98g
Saturated Fat	3.98g
Trans Fat	0.00g
Cholesterol	124.63mg
Sodium	1027.25mg
Carbohydrates	44.46g
Fiber	1.58g
Total Sugar	7.98g
Added Sugar	4.00g
Protein	21.97g
Vitamin A 13.65mcg RAE	Vitamin C 0.37mg
Calcium 75.08mg	Iron 5.63mg

Nutrition - Per 100g

Calories	686.41
Fat	28.19g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	219.81mg
Sodium	1811.72mg
Carbohydrates	78.41g
Fiber	2.78g
Total Sugar	14.07g
Added Sugar	7.05g
Protein	38.75g
Vitamin A 24.07mcg RAE	Vitamin C 0.64mg
Calcium 132.42mg	Iron 9.93mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31441
School:	Knox High School	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each		785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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	338.00
Fat	14.50g
Saturated Fat	5.60g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	649.00mg
Carbohydrates	28.00g
Fiber	4.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 63.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31439
School:	Knox High School	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN 3.63Z	1 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven 8 - 10 min. at 400°F from frozen. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 6 - 8 min. at 375°F from frozen.	509728
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Updated June 2025

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	390.00
Fat	15.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	730.00mg
Carbohydrates	38.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 48.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Steamed Broccoli

Servings:	81.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31520
School:	Knox High School	Grams Per Serving:	84

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
SEASONING GARLIC PEPR	1 Tablespoon		655252

Preparation Instructions

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: 81.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	26.32
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.64mg
Carbohydrates	5.06g
Fiber	3.04g
Total Sugar	1.01g
Added Sugar	0.00g
Protein	3.04g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	31.33
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	38.86mg
Carbohydrates	6.03g
Fiber	3.62g
Total Sugar	1.21g
Added Sugar	0.00g
Protein	3.62g
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	Grams Per Serving:	48

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

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	Grams Per Serving:	20.89

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

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31518
School:	Knox High School	Grams Per Serving:	82.97

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound		100348
SEASONING GARLIC PEPR	1 Tablespoon		655252

Preparation Instructions

STEAM

Divide 30# case into 2 vented steam table pans and put into preheated steam unit.

CCP: Heat through until internal temperature reaches 145° or higher

Remove from steamer and put in non vented steam table pans and cover with plastic wrap.

CCP: Hold for hot service at 140° or higher for no longer than 4 hours

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: 82.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	67.41
Fat	1.01g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.25mg
Carbohydrates	16.10g
Fiber	2.01g
Total Sugar	3.02g
Added Sugar	0.00g
Protein	2.01g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	81.24
Fat	1.21g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.56mg
Carbohydrates	19.40g
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

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	Grams Per Serving:	

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

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	Grams Per Serving:	6.3

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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31440
School:	Knox High School	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z	1 Each	N/A	525490
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Updated June 2025

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	350.00
Fat	12.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	570.00mg
Carbohydrates	34.00g
Fiber	4.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	24.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.00mg

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	Grams Per Serving:	107.03

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	84.54
Fat	4.30g
Saturated Fat	2.14g
Trans Fat	0.00g
Cholesterol	31.76mg
Sodium	67.96mg
Carbohydrates	13.28g
Fiber	1.88g
Total Sugar	10.45g
Added Sugar	7.63g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31522
School:	Knox High School	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	3/4 Cup		499989
BERRIES THREE BLEND	1/2 Cup		221020
GRANOLA BAG IW	1 Package	N/A	649742

Preparation Instructions

Use 12 oz cup. Put 3/4 cup yogurt and 1/2 cup frozen mixed berries and serve a bag of the granola on the side.

Updated June 2025

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	1.000
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 PARFAIT

Amount Per Serving	
Calories	289.33
Fat	3.37g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	5.60mg
Sodium	181.94mg
Carbohydrates	53.13g
Fiber	5.00g
Total Sugar	26.17g
Added Sugar	14.96g
Protein	10.72g
Vitamin A 179.10mcg RAE	Vitamin C 0.00mg
Calcium 270.27mg	Iron 1.10mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31519
School:	Knox High School	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	4 #10 CAN		100307
SEASONING GARLIC PEPR	2 Tablespoon		655252

Preparation Instructions

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	26.94
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	168.39mg
Carbohydrates	4.31g
Fiber	2.16g
Total Sugar	2.16g
Added Sugar	0.00g
Protein	1.08g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Mixed Vegetables

Servings:	81.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34796
School:	Knox High School	Grams Per Serving:	91

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	16 1/4 Pound		111230
SEASONING GARLIC PEPR	1 Tablespoon		655252

Preparation Instructions

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: 81.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	59.01
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	42.37mg
Carbohydrates	12.00g
Fiber	4.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	64.84
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	46.56mg
Carbohydrates	13.19g
Fiber	4.40g
Total Sugar	3.30g
Added Sugar	0.00g
Protein	3.30g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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	Grams Per Serving:	

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 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	Grams Per Serving:	

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

Meatball Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32659
School:	Knox Middle School	Grams Per Serving:	3.54

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	50 Each		276142
MEATBALL CKD .65Z	200 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE SPAGHETTI FCY	12 1/2 Cup		852759
CHEESE MOZZ SHRD	6 1/4 Cup		645170

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—
Prepare meatballs as stated on package.

CCP: Heat to 165° F or higher.

Heat spaghetti sauce.

CCP: Heat to 140° F or higher.

—
Fill each Sub Bun with...

4 meatballs

1/4 cup of spaghetti sauce

1/8 cup or 1 fluid ounce of cheese

—
Wrap tray of subs and place in warmer until ready to serve.

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

Updated June 2025

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	350.25
Fat	12.75g
Saturated Fat	4.44g
Trans Fat	0.60g
Cholesterol	37.88mg
Sodium	683.50mg
Carbohydrates	40.13g
Fiber	3.50g
Total Sugar	9.13g
Added Sugar	8.00g
Protein	18.38g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 153.13mg	Iron 3.50mg

Nutrition - Per 100g

Calories	9894.07
Fat	360.17g
Saturated Fat	125.35g
Trans Fat	16.95g
Cholesterol	1069.92mg
Sodium	19307.91mg
Carbohydrates	1133.47g
Fiber	98.87g
Total Sugar	257.77g
Added Sugar	225.99g
Protein	519.07g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 4325.56mg	Iron 98.87mg

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	Grams Per Serving:	

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	Grams Per Serving:	

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	Grams Per Serving:	

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

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48017
School:	Knox High School	Grams Per Serving:	14.17

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each	BAKE FFROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	785850
SAUCE MARINARA A/P	1 Tablespoon	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714
PEPPERONI SLCD 18-20/Z	3 Slice		730025
Cheese, Mozzarella, Part Skim, Shredded	2 Tablespoon		100021
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.650
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.089
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	377.25
Fat	18.29g
Saturated Fat	7.40g
Trans Fat	0.60g
Cholesterol	57.50mg
Sodium	734.75mg
Carbohydrates	28.50g
Fiber	4.25g
Total Sugar	5.13g
Added Sugar	3.00g
Protein	23.45g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 65.63mg	Iron 4.20mg

Nutrition - Per 100g

Calories	2662.31
Fat	129.06g
Saturated Fat	52.22g
Trans Fat	4.23g
Cholesterol	405.79mg
Sodium	5185.25mg
Carbohydrates	201.13g
Fiber	29.99g
Total Sugar	36.17g
Added Sugar	21.17g
Protein	165.49g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 463.13mg	Iron 29.62mg

Ham Chef Salad with Cheez-It and Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31438
School:	Knox High School	Grams Per Serving:	99.22

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	2 Cup		755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
MUFFIN BLUEBERRY IW	1 Each		273442
CRACKER CHEEZ-IT WGRAIN IW	1 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.230
Grain	2.333
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	433.83
Fat	17.63g
Saturated Fat	7.06g
Trans Fat	0.00g
Cholesterol	62.13mg
Sodium	810.25mg
Carbohydrates	51.13g
Fiber	3.33g
Total Sugar	15.23g
Added Sugar	13.00g
Protein	19.81g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 182.33mg	Iron 2.96mg

Nutrition - Per 100g

Calories	437.24
Fat	17.76g
Saturated Fat	7.12g
Trans Fat	0.00g
Cholesterol	62.62mg
Sodium	816.62mg
Carbohydrates	51.53g
Fiber	3.36g
Total Sugar	15.35g
Added Sugar	13.10g
Protein	19.97g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 183.77mg	Iron 2.98mg