

Cookbook for New Prairie United School Corp.

Created by HPS Menu Planner

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Suncup Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33416

Ingredients

Description	Measurement	DistPart #
JUICE BOX VERY BRY	1 Each	698391
JUICE BOX FRT PNCH 100%	1 Each	698240
JUICE BOX ORNG TANGR 100%	1 Each	698251
JUICE BOX APPL 100 40-4.23FLZ	1 Each	698744
JUICE CRAN RASPB 100%	1 Each	214524
JUICE BOX GRP 100%	1 Each	698211
JUICE STRAWB KIWI 100%	1 Each	214534

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	62.86
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	8.57mg
Carbohydrates	15.57g
Fiber	0.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 21.43mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

PB & J Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33227
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	21.26

Ingredients

Description	Measurement	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

Package all items together.

Offer with fruits, vegetables, and milk.

Updated 7.25.25

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: 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

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-76397
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	261737
CEREAL CHEERIOS WGRAIN BWL	1 Each	264702
CEREAL CINN CHEX BWL	1 Each	453143
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL FRSTD MINI WHE BWL	1 Each	662186
CEREAL CHEERIOS HNY BOWL	1 Each	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	268711
CEREAL RAISIN BRAN BWL	1 Each	247197
Lucky Charms Reduced Sugar	1 Each	549485

Preparation Instructions

Updated as of May 5 2025 jh/kj

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: 11.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	109.90
Fat	1.57g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.78mg
Carbohydrates	23.39g
Fiber	2.24g
Total Sugar	5.52g
Added Sugar	4.58g
Protein	2.31g
Vitamin A 63.64mcg RAE**	Vitamin C 0.33mg**
Calcium 66.78mg	Iron 5.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef and Cheese Nachos

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12174
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	239.06

Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND YEL	100 Ounce	163020
SAUCE CHS CHED	6 1/4 Cup	271081
Ground Beef Taco Meat	100 Ounce	R-32858

Preparation Instructions

1. Prepare taco meat according to recipe.

CCP: Heat to 165 F or higher for at least 15 seconds.

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

2. Place Tortilla Chips (20 chips) in a large clear nacho container. Please containers in warmer for approx. 1 hour prior to service.

3. Place 2 oz weight of taco meat on top of tortilla chips or on the side (student preference) at time of service. Pour 1 fluid ounce of cheese sauce over meat and chips.

4. The following items to be available on the cold service line: Shredded Lettuce, Tomatoes, Jalapenos, Sour Cream, Salsa.

Updated 7.30.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.500
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	498.43
Fat	23.37g
Saturated Fat	7.45g
Trans Fat	0.34g
Cholesterol	76.15mg
Sodium	990.06mg
Carbohydrates	45.97g
Fiber	6.48g
Total Sugar	0.50g
Added Sugar	0.00g
Protein	26.83g
Vitamin A 195.07mcg RAE	Vitamin C 0.00mg
Calcium 182.73mg	Iron 4.96mg

Nutrition - Per 100g

Calories	208.49
Fat	9.77g
Saturated Fat	3.12g
Trans Fat	0.14g
Cholesterol	31.85mg
Sodium	414.15mg
Carbohydrates	19.23g
Fiber	2.71g
Total Sugar	0.21g
Added Sugar	0.00g
Protein	11.22g
Vitamin A 81.60mcg RAE	Vitamin C 0.00mg
Calcium 76.44mg	Iron 2.08mg

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33235
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	120.49

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	3 1/4 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5"	1 Each	276142
TOMATO SLCD 1/4"	1 Slice	786535
LETTUCE ROMAINE CHOP	1/4 Cup	735787
ONION SLCD 3/16IN	1 Slice	591122

Preparation Instructions

Directions:

Place 3.25 oz. turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

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	331.02
Fat	9.14g
Saturated Fat	4.06g
Trans Fat	0.00g
Cholesterol	64.73mg
Sodium	880.97mg
Carbohydrates	36.42g
Fiber	2.53g
Total Sugar	6.38g
Added Sugar	4.00g
Protein	26.85g
Vitamin A 187.43mcg RAE	Vitamin C 3.08mg
Calcium 69.25mg	Iron 2.15mg

Nutrition - Per 100g

Calories	274.72
Fat	7.58g
Saturated Fat	3.37g
Trans Fat	0.00g
Cholesterol	53.72mg
Sodium	731.15mg
Carbohydrates	30.23g
Fiber	2.10g
Total Sugar	5.29g
Added Sugar	3.32g
Protein	22.28g
Vitamin A 155.55mcg RAE	Vitamin C 2.56mg
Calcium 57.47mg	Iron 1.79mg

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	39.69

Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY	1 3/4 Pound	183910
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.

Updated 7.30.2025

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	150.90
Fat	1.26g
Saturated Fat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	544.91mg
Carbohydrates	25.99g
Fiber	8.38g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.38g
Vitamin A 0.59mcg RAE	Vitamin C 0.83mg
Calcium 46.90mg	Iron 2.02mg

Nutrition - Per 100g

Calories	380.19
Fat	3.17g
Saturated Fat	1.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1372.92mg
Carbohydrates	65.48g
Fiber	21.12g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	21.12g
Vitamin A 1.48mcg RAE	Vitamin C 2.09mg
Calcium 118.18mg	Iron 5.09mg

Buttered Corn

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16425

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF	5 Cup	283730
BUTTER ALT LIQ NT	10 Tablespoon	614640

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

To steam place into steam pan and cook following manufacturer's directions. Once cooked drain liquid off and add butter alternative. Lightly mix butter to coat corn.

CCP: Hot vegetables should be cooked to 135° F held for 15 seconds.

Updated 1.26.24

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	200.00
Fat	14.50g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	85.00mg
Carbohydrates	18.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3.40mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Carrots

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11976
School:	New Prairie Elementary School	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL	60 Cup	360240

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: 60.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	30.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.00mg
Carbohydrates	8.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-76394
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY LO SOD CKD	1 Each	277722
BISCUIT WGRAIN EZ SPLIT	1 Each	631902

Preparation Instructions

Cook sausage and biscuit according to directions on package.

To assemble and serve: Place 1 sausage patty between two biscuit halves.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.750
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	450.00
Fat	32.00g
Saturated Fat	14.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	580.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 170.00mg	Iron 2.22mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-76395
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	645080
BISCUIT WGRAIN EZ SPLIT	1 Each	631902

Preparation Instructions

Cook chicken and biscuit according to directions on package.

To assemble and serve: Place 1 chicken patty between two biscuit halves.

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 Each

Amount Per Serving	
Calories	315.00
Fat	14.50g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	625.00mg
Carbohydrates	33.00g
Fiber	3.50g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 191.00mg	Iron 2.50mg

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese w/Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45023

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR CHS WGRAIN ELB	6 Ounce	609131
BREADSTICK WGRAIN 1Z	1 Each	406321

Preparation Instructions

Macarono & Cheese:

BOIL

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.

Breadstick:

THAW

Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.

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 Serving

Amount Per Serving	
Calories	387.00
Fat	17.00g
Saturated Fat	8.90g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	745.00mg
Carbohydrates	42.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	2.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 393.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	227.51
Fat	9.99g
Saturated Fat	5.23g
Trans Fat	0.00g
Cholesterol	27.04mg
Sodium	437.98mg
Carbohydrates	24.69g
Fiber	1.76g
Total Sugar	2.94g
Added Sugar	1.18g
Protein	9.99g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 231.04mg	Iron 1.18mg

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33337
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	21.66

Ingredients

Description	Measurement	DistPart #
Croutons	4/5 Ounce	R-33295
Turkey Breast Deli	3 1/4 ounces	100121
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	150250
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Each	282422
SAUCE RNCH DIPN CUP	2 Each	182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all fruit, vegetables on the menu for the day to ensure meeting weekly subgroups, and milk.

Updated 7.25.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	586.37
Fat	35.69g
Saturated Fat	10.29g
Trans Fat	0.00g
Cholesterol	92.23mg
Sodium	1507.34mg
Carbohydrates	38.29g
Fiber	4.00g
Total Sugar	7.00g
Added Sugar	3.50g
Protein	27.40g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 239.50mg	Iron 2.48mg

Nutrition - Per 100g

Calories	2707.14
Fat	164.76g
Saturated Fat	47.53g
Trans Fat	0.00g
Cholesterol	425.82mg
Sodium	6959.11mg
Carbohydrates	176.80g
Fiber	18.47g
Total Sugar	32.32g
Added Sugar	16.16g
Protein	126.48g
Vitamin A 3461.22mcg RAE	Vitamin C 56.93mg
Calcium 1105.73mg	Iron 11.43mg

Steamed Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11973
School:	New Prairie Elementary School	Grams Per Serving:	94.5

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF	12 1/2 Pound	285590

Preparation Instructions

COOK BROCCOLI TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	27.16
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	16.29mg
Carbohydrates	5.43g
Fiber	3.26g
Total Sugar	1.09g
Added Sugar	0.00g
Protein	3.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 38.02mg	Iron 1.09mg

Nutrition - Per 100g

Calories	28.74
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	17.24mg
Carbohydrates	5.75g
Fiber	3.45g
Total Sugar	1.15g
Added Sugar	0.00g
Protein	3.45g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 40.23mg	Iron 1.15mg

French Toast with Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38271

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN	4 Each	661062
SAUSAGE TKY LNK BKFST CKD	2 Each	352740

Preparation Instructions

French Toast: Follow directions on box

Sausage links: Follow directions on box

Serving= Put 4 French Toast Sticks and 2 sausage links in boat. Keep covered in warmer. Offer syrup on the side.

Updated 7.30.25

Meal Components

Amount Per Serving

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 Serving

Amount Per Serving	
Calories	385.70
Fat	17.70g
Saturated Fat	3.60g
Trans Fat	0.14g
Cholesterol	60.00mg
Sodium	485.40mg
Carbohydrates	38.00g
Fiber	3.30g
Total Sugar	9.00g
Added Sugar	8.00g
Protein	18.20g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 41.71mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33233
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	60.24

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5"	1 Each	276142
TOMATO SLCD 1/4"	1 Slice	786535
LETTUCE ROMAINE CHOP	1/4 Cup	735787
ONION SLCD 3/16IN	1 Slice	591122

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap individually wrap

CCP: Hold for cold service at 41° F or lower.

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Updated 7.30.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.125
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	268.46
Fat	8.33g
Saturated Fat	3.65g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	711.45mg
Carbohydrates	35.03g
Fiber	2.53g
Total Sugar	7.14g
Added Sugar	4.00g
Protein	16.65g
Vitamin A 187.43mcg RAE	Vitamin C 3.08mg
Calcium 63.13mg	Iron 2.15mg

Nutrition - Per 100g

Calories	445.64
Fat	13.83g
Saturated Fat	6.06g
Trans Fat	0.00g
Cholesterol	61.43mg
Sodium	1181.03mg
Carbohydrates	58.15g
Fiber	4.19g
Total Sugar	11.85g
Added Sugar	6.64g
Protein	27.63g
Vitamin A 311.13mcg RAE	Vitamin C 5.12mg
Calcium 104.79mg	Iron 3.57mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38273

Ingredients

Description	Measurement	DistPart #
BEEF PTY 5/ 80/20	1 Each	482790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Updated 8.4.25

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	20.00g
Saturated Fat	7.50g
Trans Fat	1.00g
Cholesterol	60.00mg
Sodium	290.00mg
Carbohydrates	25.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.80mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22444
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F	1 Slice	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
BEEF PTY 5/ 80/20	1 Each	482790

Preparation Instructions

- 1.Pre-heat oven to 350 degrees.
2. Put raw hamburgers on paper lined cookie sheet.
3. Season with pepper and garlic.
4. Thawed- cook 8-10 minutes, must reach 165 degrees and not be pink in the middle.
5. Top with 1 slice of cheese while hot and let melt.
6. Put on bun (wrap if desired).

Updated 8.4.25

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	415.00
Fat	22.00g
Saturated Fat	8.75g
Trans Fat	1.00g
Cholesterol	67.50mg
Sodium	500.00mg
Carbohydrates	26.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	25.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 126.00mg	Iron 3.80mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	2.47

Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN	100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup	655937
KETCHUP CAN	1/2 Cup	100188
SUGAR BROWN LT	1/2 Cup	860311
ONION DEHY CHPD	1/2 Cup	263036
MUSTARD YELLOW	5 Teaspoon	807651

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

Updated 7.30.25

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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	163.45
Fat	1.03g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.94mg
Carbohydrates	33.65g
Fiber	5.24g
Total Sugar	16.67g
Added Sugar	11.13g
Protein	7.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.64mg	Iron 0.03mg

Nutrition - Per 100g

Calories	6617.40
Fat	41.72g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12993.59mg
Carbohydrates	1362.43g
Fiber	212.10g
Total Sugar	675.08g
Added Sugar	450.65g
Protein	294.13g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 66.36mg	Iron 1.06mg

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33226
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	128.99

Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	100012
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
Homemade Croutons	4/5 Ounce	
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
SAUCE RNCH DIPN CUP	2 Each	182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components

Amount Per Serving

<hr/>	
Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<hr/>	
Amount Per Serving	
Calories	523.32
Fat	33.35g
Saturated Fat	9.05g
Trans Fat	0.00g
Cholesterol	66.89mg
Sodium	1407.91mg
Carbohydrates	40.35g
Fiber	4.00g
Total Sugar	9.05g
Added Sugar	2.00g
Protein	20.25g
<hr/>	
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

Nutrition - Per 100g

<hr/>	
Calories	405.71
Fat	25.85g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	51.85mg
Sodium	1091.49mg
Carbohydrates	31.28g
Fiber	3.10g
Total Sugar	7.02g
Added Sugar	1.55g
Protein	15.70g
<hr/>	
Vitamin A 581.21mcg RAE	Vitamin C 9.56mg
Calcium 108.54mg	Iron 1.53mg

Steamed Cauliflower

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45018

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER BITE SIZE	12 1/2 Pound	732486

Preparation Instructions

COOK CAULIFLOWER TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	23.44
Fat	0.19g
Saturated Fat	0.19g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.13mg
Carbohydrates	3.75g
Fiber	1.88g
Total Sugar	1.88g
Added Sugar	0.00g
Protein	1.88g
Vitamin A 0.00mcg RAE	Vitamin C 45.19mg
Calcium 20.63mg	Iron 0.39mg

Nutrition - Per 100g

Calories	24.80
Fat	0.20g
Saturated Fat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	29.76mg
Carbohydrates	3.97g
Fiber	1.98g
Total Sugar	1.98g
Added Sugar	0.00g
Protein	1.98g
Vitamin A 0.00mcg RAE	Vitamin C 47.82mg
Calcium 21.83mg	Iron 0.42mg

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38580
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	29.31

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4"	2 Each	959048
PEPPERONI SLCD 14-16/Z	8 Each	729981
CHEESE MOZZ SHRD	1/2 Cup	645170
SAUCE MARINARA DIPN CUP	1 Each	677721

Preparation Instructions

Package together in container.

Updated 7.29.25

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	305.00
Fat	14.00g
Saturated Fat	4.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	830.50mg
Carbohydrates	39.00g
Fiber	2.00g
Total Sugar	6.50g
Added Sugar	2.00g
Protein	12.50g
Vitamin A 0.10mcg RAE	Vitamin C 0.03mg
Calcium 141.50mg	Iron 1.58mg

Nutrition - Per 100g

Calories	1040.60
Fat	47.77g
Saturated Fat	16.21g
Trans Fat	0.00g
Cholesterol	76.77mg
Sodium	2833.50mg
Carbohydrates	133.06g
Fiber	6.82g
Total Sugar	22.18g
Added Sugar	6.82g
Protein	42.65g
Vitamin A 0.34mcg RAE	Vitamin C 0.10mg
Calcium 482.77mg	Iron 5.39mg

Parmesan Potatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54515

Ingredients

Description	Measurement	DistPart #
POTATO RDSKN ROSMRY GARL RSTD	12 Pound	178522
OIL SALAD CANOLA NT	6 Tablespoon	393843
CHEESE PARM GRTD	3 Cup	445401

Preparation Instructions

Toss potatoes in oil then parmesan. Pour on sheet pans. Roast 20-30 min at 400°F.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	124.87
Fat	4.52g
Saturated Fat	1.56g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	209.31mg
Carbohydrates	17.69g
Fiber	1.36g
Total Sugar	1.36g
Added Sugar	0.00g
Protein	5.60g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 69.13mg	Iron 0.49mg

Nutrition - Per 100g

Calories	114.71
Fat	4.15g
Saturated Fat	1.43g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	192.27mg
Carbohydrates	16.25g
Fiber	1.25g
Total Sugar	1.25g
Added Sugar	0.00g
Protein	5.15g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 63.50mg	Iron 0.45mg

Beef Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11602
School:	New Prairie Elementary School	Grams Per Serving:	156.42

Ingredients

Description	Measurement	DistPart #
CHIP NACHO CHS R/F TOP N GO	100 Each	815803
Ground Beef Taco Meat	200 Ounce	R-32858

Preparation Instructions

Directions:

WASH HANDS.

1. Prepare taco meat according to recipe.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

4. Add 2 oz weight of meat mixture to bag

4. Serve.

Optional: Serve small cup of jalapeno peppers on the side, if desired.

Updated 7.30.25

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	394.13
Fat	17.34g
Saturated Fat	5.14g
Trans Fat	0.34g
Cholesterol	62.07mg
Sodium	832.92mg
Carbohydrates	31.96g
Fiber	5.48g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	22.31g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 85.17mg	Iron 3.36mg

Nutrition - Per 100g

Calories	251.97
Fat	11.09g
Saturated Fat	3.28g
Trans Fat	0.22g
Cholesterol	39.68mg
Sodium	532.49mg
Carbohydrates	20.43g
Fiber	3.50g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	14.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 54.45mg	Iron 2.15mg

Pork Tenderlion Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54517

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	661950
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Follow directions on box for pork tenderlion. Put on 4" bun #266546 and serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.500
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 Each

Amount Per Serving	
Calories	410.00
Fat	19.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	36.00g
Fiber	5.00g
Total Sugar	5.00g
Added Sugar	3.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.62mg

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38265

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Updated 7.30.25

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 Each

Amount Per Serving	
Calories	410.00
Fat	2.00g**
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	770.00mg
Carbohydrates	40.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	21.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 50.00mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38267

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
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	2.000
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 Each

Amount Per Serving	
Calories	380.00
Fat	15.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Meatless Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33225
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	50.01

Ingredients

Description	Measurement	DistPart #
SEED SUNFLWR KERN	1 Ounce	504180
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
SAUCE RNCH DIPN CUP	2 Each	182265
Croutons	4/5 Ounce	R-33295

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all fruit, vegetables on the menu for the day to ensure meeting weekly subgroups, and milk.

Updated 7.25.25

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	696.90
Fat	51.10g
Saturated Fat	13.25g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1167.50mg
Carbohydrates	42.75g
Fiber	6.00g
Total Sugar	8.00g
Added Sugar	3.50g
Protein	18.00g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 359.00mg	Iron 3.88mg

Nutrition - Per 100g

Calories	1393.52
Fat	102.18g
Saturated Fat	26.49g
Trans Fat	0.00g
Cholesterol	99.98mg
Sodium	2334.53mg
Carbohydrates	85.48g
Fiber	12.00g
Total Sugar	16.00g
Added Sugar	7.00g
Protein	35.99g
Vitamin A 1499.10mcg RAE	Vitamin C 24.66mg
Calcium 717.86mg	Iron 7.75mg

Brown Rice

Servings:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33471
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN	8 Cup	516371
SPICE GARLIC GRANULATED	1 Teaspoon	513881
SPICE PEPR BLK (30 MESH) REG GRIND	1 Teaspoon	225045
BASE CHIX	2 Tablespoon	439606
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

Mix all together and cook at 350°F for 30 minutes. Stir and cook another 15 minutes.

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: 0.50 Cup

Amount Per Serving	
Calories	122.89
Fat	1.13g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	108.00mg
Carbohydrates	25.82g
Fiber	0.71g
Total Sugar	0.13g
Added Sugar	0.13g
Protein	2.98g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3.69mg	Iron 0.71mg

Nutrition - Per 100g

No 100g Conversion Available

Steamed Garlic Green Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17625
School:	New Prairie Elementary School	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
Green Beans, Low Sodium Canned	60 Cup	100307
SPICE PEPR BLK REST GRIND	2 Tablespoon	225061
SPICE GARLIC GRANULATED	2 Tablespoon	514047

Preparation Instructions

Directions:

WASH HANDS

1. Steam Green Beans .
2. Drain the beans really well and place in 1 large hotel pan and toss with garlic and pepper.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Updated 7.30.25

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: 120.00

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	4.20g
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

Yogurt Box (K-8)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33228
School:	NEW PRAIRIE MIDDLE SCHOOL	Grams Per Serving:	168.96

Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Each	885750
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup	569744
SNACK MIX STRAWB YOG WGRAIN	1 Package	266020
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Each	680130

Preparation Instructions

Package all items together.

Offer with fruits, vegetables, and milk.

Updated 7.29.25

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	395.60
Fat	11.92g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	352.40mg
Carbohydrates	58.16g
Fiber	5.84g
Total Sugar	20.80g
Added Sugar	12.84g
Protein	15.88g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 294.00mg	Iron 0.70mg

Nutrition - Per 100g

Calories	234.14
Fat	7.05g
Saturated Fat	2.96g
Trans Fat	0.00g
Cholesterol	11.84mg
Sodium	208.57mg
Carbohydrates	34.42g
Fiber	3.46g
Total Sugar	12.31g
Added Sugar	7.60g
Protein	9.40g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 174.01mg	Iron 0.41mg

Turkey Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54445

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
BACON TKY CKD	1 Slice	834770
TORTILLA FLOUR ULTRGR 9"	1 Each	523610
SAUCE RNCH DIPN CUP	1 Each	182265

Preparation Instructions

Layer turkey, cheese, and bacon on tortilla and wrap. Cut in 1/2. Place in small clamshell with ranch cup.

CCP: Hold for cold service at 41° F or lower.

Offer with fruits, vegetables, and milk.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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 Each

Amount Per Serving	
Calories	521.12
Fat	30.41g
Saturated Fat	11.85g
Trans Fat	0.00g
Cholesterol	91.16mg
Sodium	1069.12mg
Carbohydrates	32.00g
Fiber	3.00g
Total Sugar	3.00g
Added Sugar	1.18g
Protein	28.76g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 239.00mg	Iron 1.90mg

Nutrition - Per 100g

Calories	10443.29
Fat	609.38g
Saturated Fat	237.52g
Trans Fat	0.00g
Cholesterol	1826.85mg
Sodium	21425.25mg
Carbohydrates	641.28g
Fiber	60.12g
Total Sugar	60.12g
Added Sugar	23.57g
Protein	576.35g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 4789.58mg	Iron 38.14mg

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11918
School:	New Prairie Elementary School	Grams Per Serving:	19.26

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL	26 1/2 Ounce	146581
Tap Water for Recipes	17 Cup	00001WTR

Preparation Instructions

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

SERVICE WITH #8 DISHER FOR 1/2 CUP SERVING
CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER
CCP: DISCARD LEFTOVERS.

Updated 4.15.24

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	67.00
Fat	0.42g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	92.13mg
Carbohydrates	14.24g
Fiber	1.68g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 8.38mg	Iron 0.25mg

Nutrition - Per 100g

Calories	347.89
Fat	2.17g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	478.35mg
Carbohydrates	73.93g
Fiber	8.70g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 43.49mg	Iron 1.30mg

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

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Ham & Turkey Sub

Suncup Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33416

Ingredients

Description	Measurement	DistPart #
JUICE BOX VERY BRY	1 Each	698391
JUICE BOX FRT PNCH 100%	1 Each	698240
JUICE BOX ORNG TANGR 100%	1 Each	698251
JUICE BOX APPL 100 40-4.23FLZ	1 Each	698744
JUICE CRAN RASPB 100%	1 Each	214524
JUICE BOX GRP 100%	1 Each	698211
JUICE STRAWB KIWI 100%	1 Each	214534

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	62.86
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	8.57mg
Carbohydrates	15.57g
Fiber	0.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 21.43mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

PB & J Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33227
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	21.26

Ingredients

Description	Measurement	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

Package all items together.

Offer with fruits, vegetables, and milk.

Updated 7.25.25

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: 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

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-76397
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	261737
CEREAL CHEERIOS WGRAIN BWL	1 Each	264702
CEREAL CINN CHEX BWL	1 Each	453143
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL FRSTD MINI WHE BWL	1 Each	662186
CEREAL CHEERIOS HNY BOWL	1 Each	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	268711
CEREAL RAISIN BRAN BWL	1 Each	247197
Lucky Charms Reduced Sugar	1 Each	549485

Preparation Instructions

Updated as of May 5 2025 jh/kj

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: 11.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	109.90
Fat	1.57g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.78mg
Carbohydrates	23.39g
Fiber	2.24g
Total Sugar	5.52g
Added Sugar	4.58g
Protein	2.31g
Vitamin A 63.64mcg RAE**	Vitamin C 0.33mg**
Calcium 66.78mg	Iron 5.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef and Cheese Nachos

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12174
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	239.06

Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND YEL	100 Ounce	163020
SAUCE CHS CHED	6 1/4 Cup	271081
Ground Beef Taco Meat	100 Ounce	R-32858

Preparation Instructions

1. Prepare taco meat according to recipe.

CCP: Heat to 165 F or higher for at least 15 seconds.

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

2. Place Tortilla Chips (20 chips) in a large clear nacho container. Please containers in warmer for approx. 1 hour prior to service.

3. Place 2 oz weight of taco meat on top of tortilla chips or on the side (student preference) at time of service. Pour 1 fluid ounce of cheese sauce over meat and chips.

4. The following items to be available on the cold service line: Shredded Lettuce, Tomatoes, Jalapenos, Sour Cream, Salsa.

Updated 7.30.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.500
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	498.43
Fat	23.37g
Saturated Fat	7.45g
Trans Fat	0.34g
Cholesterol	76.15mg
Sodium	990.06mg
Carbohydrates	45.97g
Fiber	6.48g
Total Sugar	0.50g
Added Sugar	0.00g
Protein	26.83g
Vitamin A 195.07mcg RAE	Vitamin C 0.00mg
Calcium 182.73mg	Iron 4.96mg

Nutrition - Per 100g

Calories	208.49
Fat	9.77g
Saturated Fat	3.12g
Trans Fat	0.14g
Cholesterol	31.85mg
Sodium	414.15mg
Carbohydrates	19.23g
Fiber	2.71g
Total Sugar	0.21g
Added Sugar	0.00g
Protein	11.22g
Vitamin A 81.60mcg RAE	Vitamin C 0.00mg
Calcium 76.44mg	Iron 2.08mg

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33235
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	120.49

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	3 1/4 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5"	1 Each	276142
TOMATO SLCD 1/4"	1 Slice	786535
LETTUCE ROMAINE CHOP	1/4 Cup	735787
ONION SLCD 3/16IN	1 Slice	591122

Preparation Instructions

Directions:

Place 3.25 oz. turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

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	331.02
Fat	9.14g
Saturated Fat	4.06g
Trans Fat	0.00g
Cholesterol	64.73mg
Sodium	880.97mg
Carbohydrates	36.42g
Fiber	2.53g
Total Sugar	6.38g
Added Sugar	4.00g
Protein	26.85g
Vitamin A 187.43mcg RAE	Vitamin C 3.08mg
Calcium 69.25mg	Iron 2.15mg

Nutrition - Per 100g

Calories	274.72
Fat	7.58g
Saturated Fat	3.37g
Trans Fat	0.00g
Cholesterol	53.72mg
Sodium	731.15mg
Carbohydrates	30.23g
Fiber	2.10g
Total Sugar	5.29g
Added Sugar	3.32g
Protein	22.28g
Vitamin A 155.55mcg RAE	Vitamin C 2.56mg
Calcium 57.47mg	Iron 1.79mg

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	39.69

Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY	1 3/4 Pound	183910
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.

Updated 7.30.2025

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	150.90
Fat	1.26g
Saturated Fat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	544.91mg
Carbohydrates	25.99g
Fiber	8.38g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.38g
Vitamin A 0.59mcg RAE	Vitamin C 0.83mg
Calcium 46.90mg	Iron 2.02mg

Nutrition - Per 100g

Calories	380.19
Fat	3.17g
Saturated Fat	1.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1372.92mg
Carbohydrates	65.48g
Fiber	21.12g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	21.12g
Vitamin A 1.48mcg RAE	Vitamin C 2.09mg
Calcium 118.18mg	Iron 5.09mg

Buttered Corn

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16425

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF	5 Cup	283730
BUTTER ALT LIQ NT	10 Tablespoon	614640

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

To steam place into steam pan and cook following manufacturer's directions. Once cooked drain liquid off and add butter alternative. Lightly mix butter to coat corn.

CCP: Hot vegetables should be cooked to 135° F held for 15 seconds.

Updated 1.26.24

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	200.00
Fat	14.50g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	85.00mg
Carbohydrates	18.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3.40mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56907
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	81.09

Ingredients

Description	Measurement	DistPart #
ENTREE CHIX TERYK BBQ W/SCE	1 Package	344383
RICE BRN PARBL WGRAIN	10 Cup	516371
Tap Water for Recipes	1 1/4 Gallon	000001WTR

Preparation Instructions

1. Thaw unopened frozen chicken strips on a sheet pan for 24 hours in the cooler. Thaw unopened frozen shelf stable sauce pouch at room temperature for use.
2. Pre-heat oven to 350F Convection / 400F Conventional.
3. Open thawed bag of chicken strips and spread into full size 2" hotel pan.
4. Pour thawed sauce over chicken strips.
5. Mix to coat the chicken with sauce and spread the coated strips evenly in the pan.
6. Bake uncovered for 20-25 minutes, stirring halfway through cooking time.
7. Combine the rice and water. Steam until the rice is tender and the liquid is absorbed.
4. To serve, place 1/2 cup rice then topped with 1/3 cup (#12 scoop) chicken in dish/boat. Offer chips with serving.

Updated 1.6.26

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: 40.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	307.06
Fat	5.67g
Saturated Fat	1.19g
Trans Fat	0.00g
Cholesterol	83.43mg
Sodium	393.31mg
Carbohydrates	43.15g
Fiber	1.00g
Total Sugar	7.15g
Added Sugar	10.73g
Protein	21.88g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 5.00mg	Iron 1.86mg

Nutrition - Per 100g

Calories	378.67
Fat	6.99g
Saturated Fat	1.47g
Trans Fat	0.00g
Cholesterol	102.88mg
Sodium	485.02mg
Carbohydrates	53.21g
Fiber	1.23g
Total Sugar	8.82g
Added Sugar	13.23g
Protein	26.98g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 6.17mg	Iron 2.29mg

Carrots

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11976
School:	New Prairie Elementary School	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL	60 Cup	360240

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: 60.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	30.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.00mg
Carbohydrates	8.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-76394
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY LO SOD CKD	1 Each	277722
BISCUIT WGRAIN EZ SPLIT	1 Each	631902

Preparation Instructions

Cook sausage and biscuit according to directions on package.

To assemble and serve: Place 1 sausage patty between two biscuit halves.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.750
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	450.00
Fat	32.00g
Saturated Fat	14.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	580.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 170.00mg	Iron 2.22mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-76395
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	645080
BISCUIT WGRAIN EZ SPLIT	1 Each	631902

Preparation Instructions

Cook chicken and biscuit according to directions on package.

To assemble and serve: Place 1 chicken patty between two biscuit halves.

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 Each

Amount Per Serving	
Calories	315.00
Fat	14.50g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	625.00mg
Carbohydrates	33.00g
Fiber	3.50g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 191.00mg	Iron 2.50mg

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese w/Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45023

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR CHS WGRAIN ELB	6 Ounce	609131
BREADSTICK WGRAIN 1Z	1 Each	406321

Preparation Instructions

Macarono & Cheese:

BOIL

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.

Breadstick:

THAW

Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.

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 Serving

Amount Per Serving	
Calories	387.00
Fat	17.00g
Saturated Fat	8.90g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	745.00mg
Carbohydrates	42.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	2.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 393.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	227.51
Fat	9.99g
Saturated Fat	5.23g
Trans Fat	0.00g
Cholesterol	27.04mg
Sodium	437.98mg
Carbohydrates	24.69g
Fiber	1.76g
Total Sugar	2.94g
Added Sugar	1.18g
Protein	9.99g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 231.04mg	Iron 1.18mg

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33337
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	21.66

Ingredients

Description	Measurement	DistPart #
Croutons	4/5 Ounce	R-33295
Turkey Breast Deli	3 1/4 ounces	100121
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	150250
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Each	282422
SAUCE RNCH DIPN CUP	2 Each	182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all fruit, vegetables on the menu for the day to ensure meeting weekly subgroups, and milk.

Updated 7.25.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	586.37
Fat	35.69g
Saturated Fat	10.29g
Trans Fat	0.00g
Cholesterol	92.23mg
Sodium	1507.34mg
Carbohydrates	38.29g
Fiber	4.00g
Total Sugar	7.00g
Added Sugar	3.50g
Protein	27.40g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 239.50mg	Iron 2.48mg

Nutrition - Per 100g

Calories	2707.14
Fat	164.76g
Saturated Fat	47.53g
Trans Fat	0.00g
Cholesterol	425.82mg
Sodium	6959.11mg
Carbohydrates	176.80g
Fiber	18.47g
Total Sugar	32.32g
Added Sugar	16.16g
Protein	126.48g
Vitamin A 3461.22mcg RAE	Vitamin C 56.93mg
Calcium 1105.73mg	Iron 11.43mg

Steamed Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11973
School:	New Prairie Elementary School	Grams Per Serving:	94.5

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF	12 1/2 Pound	285590

Preparation Instructions

COOK BROCCOLI TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	27.16
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	16.29mg
Carbohydrates	5.43g
Fiber	3.26g
Total Sugar	1.09g
Added Sugar	0.00g
Protein	3.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 38.02mg	Iron 1.09mg

Nutrition - Per 100g

Calories	28.74
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	17.24mg
Carbohydrates	5.75g
Fiber	3.45g
Total Sugar	1.15g
Added Sugar	0.00g
Protein	3.45g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 40.23mg	Iron 1.15mg

Philly Beef Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-76396
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	92.14

Ingredients

Description	Measurement	DistPart #
Seasoned Sliced Philly Beef Steak, Cooked, Frozen	2 3/4 Ounce	516133
CHEESE MOZZ SHRD	2 Tablespoon	645170
BUN SUB SLCD WGRAIN 5"	1 Each	276142

Preparation Instructions

Place 2.75 oz. weight (#12 scoop or 1/3 cup) on bun. Top with 2 Tbsp. mozzarella cheese.

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	384.70
Fat	17.50g
Saturated Fat	6.85g
Trans Fat	0.71g
Cholesterol	61.50mg
Sodium	496.90mg
Carbohydrates	33.50g
Fiber	2.10g
Total Sugar	6.50g
Added Sugar	4.00g**
Protein	21.90g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 158.50mg**	Iron 2.00mg**

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

Nutrition - Per 100g

Calories	417.52
Fat	18.99g
Saturated Fat	7.43g
Trans Fat	0.77g
Cholesterol	66.75mg
Sodium	539.29mg
Carbohydrates	36.36g
Fiber	2.28g
Total Sugar	7.05g
Added Sugar	4.34g**
Protein	23.77g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 172.02mg**	Iron 2.17mg**

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

French Toast with Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38271

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN	4 Each	661062
SAUSAGE TKY LNK BKFST CKD	2 Each	352740

Preparation Instructions

French Toast: Follow directions on box

Sausage links: Follow directions on box

Serving= Put 4 French Toast Sticks and 2 sausage links in boat. Keep covered in warmer. Offer syrup on the side.

Updated 7.30.25

Meal Components

Amount Per Serving

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 Serving

Amount Per Serving	
Calories	385.70
Fat	17.70g
Saturated Fat	3.60g
Trans Fat	0.14g
Cholesterol	60.00mg
Sodium	485.40mg
Carbohydrates	38.00g
Fiber	3.30g
Total Sugar	9.00g
Added Sugar	8.00g
Protein	18.20g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 41.71mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Biscuit and Gravy with Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54518

Ingredients

Description	Measurement	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	631902
GRAVY SAUS CNTRY STYLE	3/8 Cup	125350
SAUSAGE TKY LNK BKFST CKD	2 Each	352740

Preparation Instructions

Biscuit: Follow directions on box

Gravy: Heat in 350 degree oven approx. 30 minutes. Portion 3oz in paper 4oz cup with lid.

Sausage links: Follow directions on box

Serving= Put 1 biscuit, 2 sausage links in boat. Keep covered in warmer. Add gravy to boat and serve.

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 Serving

Amount Per Serving	
Calories	416.00
Fat	23.32g
Saturated Fat	11.28g
Trans Fat	0.00g
Cholesterol	67.60mg
Sodium	970.00mg
Carbohydrates	33.08g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	19.04g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 177.60mg	Iron 2.22mg

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33233
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	60.24

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5"	1 Each	276142
TOMATO SLCD 1/4"	1 Slice	786535
LETTUCE ROMAINE CHOP	1/4 Cup	735787
ONION SLCD 3/16IN	1 Slice	591122

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap individually wrap

CCP: Hold for cold service at 41° F or lower.

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Updated 7.30.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.125
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	268.46
Fat	8.33g
Saturated Fat	3.65g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	711.45mg
Carbohydrates	35.03g
Fiber	2.53g
Total Sugar	7.14g
Added Sugar	4.00g
Protein	16.65g
Vitamin A 187.43mcg RAE	Vitamin C 3.08mg
Calcium 63.13mg	Iron 2.15mg

Nutrition - Per 100g

Calories	445.64
Fat	13.83g
Saturated Fat	6.06g
Trans Fat	0.00g
Cholesterol	61.43mg
Sodium	1181.03mg
Carbohydrates	58.15g
Fiber	4.19g
Total Sugar	11.85g
Added Sugar	6.64g
Protein	27.63g
Vitamin A 311.13mcg RAE	Vitamin C 5.12mg
Calcium 104.79mg	Iron 3.57mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38273

Ingredients

Description	Measurement	DistPart #
BEEF PTY 5/ 80/20	1 Each	482790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Updated 8.4.25

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	20.00g
Saturated Fat	7.50g
Trans Fat	1.00g
Cholesterol	60.00mg
Sodium	290.00mg
Carbohydrates	25.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.80mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22444
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F	1 Slice	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
BEEF PTY 5/ 80/20	1 Each	482790

Preparation Instructions

- 1.Pre-heat oven to 350 degrees.
2. Put raw hamburgers on paper lined cookie sheet.
3. Season with pepper and garlic.
4. Thawed- cook 8-10 minutes, must reach 165 degrees and not be pink in the middle.
5. Top with 1 slice of cheese while hot and let melt.
6. Put on bun (wrap if desired).

Updated 8.4.25

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	415.00
Fat	22.00g
Saturated Fat	8.75g
Trans Fat	1.00g
Cholesterol	67.50mg
Sodium	500.00mg
Carbohydrates	26.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	25.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 126.00mg	Iron 3.80mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	2.47

Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN	100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup	655937
KETCHUP CAN	1/2 Cup	100188
SUGAR BROWN LT	1/2 Cup	860311
ONION DEHY CHPD	1/2 Cup	263036
MUSTARD YELLOW	5 Teaspoon	807651

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

Updated 7.30.25

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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	163.45
Fat	1.03g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.94mg
Carbohydrates	33.65g
Fiber	5.24g
Total Sugar	16.67g
Added Sugar	11.13g
Protein	7.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.64mg	Iron 0.03mg

Nutrition - Per 100g

Calories	6617.40
Fat	41.72g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12993.59mg
Carbohydrates	1362.43g
Fiber	212.10g
Total Sugar	675.08g
Added Sugar	450.65g
Protein	294.13g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 66.36mg	Iron 1.06mg

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33226
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	128.99

Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	100012
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
Homemade Croutons	4/5 Ounce	
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
SAUCE RNCH DIPN CUP	2 Each	182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	523.32
Fat	33.35g
Saturated Fat	9.05g
Trans Fat	0.00g
Cholesterol	66.89mg
Sodium	1407.91mg
Carbohydrates	40.35g
Fiber	4.00g
Total Sugar	9.05g
Added Sugar	2.00g
Protein	20.25g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

Nutrition - Per 100g

Calories	405.71
Fat	25.85g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	51.85mg
Sodium	1091.49mg
Carbohydrates	31.28g
Fiber	3.10g
Total Sugar	7.02g
Added Sugar	1.55g
Protein	15.70g
Vitamin A 581.21mcg RAE	Vitamin C 9.56mg
Calcium 108.54mg	Iron 1.53mg

Steamed Cauliflower

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45018

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER BITE SIZE	12 1/2 Pound	732486

Preparation Instructions

COOK CAULIFLOWER TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	23.44
Fat	0.19g
Saturated Fat	0.19g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.13mg
Carbohydrates	3.75g
Fiber	1.88g
Total Sugar	1.88g
Added Sugar	0.00g
Protein	1.88g
Vitamin A 0.00mcg RAE	Vitamin C 45.19mg
Calcium 20.63mg	Iron 0.39mg

Nutrition - Per 100g

Calories	24.80
Fat	0.20g
Saturated Fat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	29.76mg
Carbohydrates	3.97g
Fiber	1.98g
Total Sugar	1.98g
Added Sugar	0.00g
Protein	1.98g
Vitamin A 0.00mcg RAE	Vitamin C 47.82mg
Calcium 21.83mg	Iron 0.42mg

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55958

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z	1 Each	661921
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each	270913

Preparation Instructions

Follow directions on box for pork rib patty. Put on hot dog bun and serve.

Updated 11.6.25

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	12.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	630.00mg
Carbohydrates	31.00g
Fiber	4.00g
Total Sugar	9.00g
Added Sugar	3.00g
Protein	19.00g
Vitamin A 100.00mcg RAE	Vitamin C 1.20mg
Calcium 30.00mg	Iron 3.08mg

Nutrition - Per 100g

No 100g Conversion Available

Street Cart Chicken

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37032

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	6 Pound	100101
SEASONING LEMON PEPR 1-20.6Z TRDE	2 Tablespoon	896896
LEMON JUICE 100%	1/2 Cup	311227
SAUCE CHS QUESO BLANCO FZ	7 1/2 Pound	722110
SPICE OREGANO LEAF	2 Tablespoon	513733
SPICE PARSLEY FLAKES	4 Tablespoon	513989
RICE BRN PARBL WGRAIN	10 Cup	516371
Tap Water for Recipes	1 1/4 Gallon	000001WTR

Preparation Instructions

1. Combine the chicken with 1/4 cup lemon juice and lemon pepper seasoning. Cover and steam until the mixture reaches 165 degrees.
2. Combine the white cheese sauce with the remaining 1/4 cup lemon juice, oregano, 2 Tbsp. parsley. Cover and steam until the mixture reaches 165 degrees.
3. Combine the rice, water, and remaining 2 Tbsp. parsley. Steam until the rice is tender and the liquid is absorbed.
4. To serve, place 1/2 cup rice then topped with 1/3 cup (#12 scoop) chicken and #20 scoop cheese sauce in dish/boat. Garnish with diced tomato or cilantro (optional) and siracha (optional) and offer chips with serving.

Updated 7.30.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	292.53
Fat	12.20g
Saturated Fat	5.60g
Trans Fat	0.01g
Cholesterol	62.60mg
Sodium	523.30mg
Carbohydrates	25.00g
Fiber	0.77g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	18.97g
Vitamin A 0.00mcg RAE	Vitamin C 0.48mg
Calcium 214.61mg	Iron 0.69mg

Nutrition - Per 100g

Calories	286.63
Fat	11.95g
Saturated Fat	5.49g
Trans Fat	0.01g
Cholesterol	61.34mg
Sodium	512.74mg
Carbohydrates	24.50g
Fiber	0.75g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	18.58g
Vitamin A 0.00mcg RAE	Vitamin C 0.47mg
Calcium 210.28mg	Iron 0.68mg

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38580
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	29.31

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4"	2 Each	959048
PEPPERONI SLCD 14-16/Z	8 Each	729981
CHEESE MOZZ SHRD	1/2 Cup	645170
SAUCE MARINARA DIPN CUP	1 Each	677721

Preparation Instructions

Package together in container.

Updated 7.29.25

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	305.00
Fat	14.00g
Saturated Fat	4.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	830.50mg
Carbohydrates	39.00g
Fiber	2.00g
Total Sugar	6.50g
Added Sugar	2.00g
Protein	12.50g
Vitamin A 0.10mcg RAE	Vitamin C 0.03mg
Calcium 141.50mg	Iron 1.58mg

Nutrition - Per 100g

Calories	1040.60
Fat	47.77g
Saturated Fat	16.21g
Trans Fat	0.00g
Cholesterol	76.77mg
Sodium	2833.50mg
Carbohydrates	133.06g
Fiber	6.82g
Total Sugar	22.18g
Added Sugar	6.82g
Protein	42.65g
Vitamin A 0.34mcg RAE	Vitamin C 0.10mg
Calcium 482.77mg	Iron 5.39mg

Parmesan Potatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54515

Ingredients

Description	Measurement	DistPart #
POTATO RDSKN ROSMRY GARL RSTD	12 Pound	178522
OIL SALAD CANOLA NT	6 Tablespoon	393843
CHEESE PARM GRTD	3 Cup	445401

Preparation Instructions

Toss potatoes in oil then parmesan. Pour on sheet pans. Roast 20-30 min at 400°F.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	124.87
Fat	4.52g
Saturated Fat	1.56g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	209.31mg
Carbohydrates	17.69g
Fiber	1.36g
Total Sugar	1.36g
Added Sugar	0.00g
Protein	5.60g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 69.13mg	Iron 0.49mg

Nutrition - Per 100g

Calories	114.71
Fat	4.15g
Saturated Fat	1.43g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	192.27mg
Carbohydrates	16.25g
Fiber	1.25g
Total Sugar	1.25g
Added Sugar	0.00g
Protein	5.15g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 63.50mg	Iron 0.45mg

Beef Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11602
School:	New Prairie Elementary School	Grams Per Serving:	156.42

Ingredients

Description	Measurement	DistPart #
CHIP NACHO CHS R/F TOP N GO	100 Each	815803
Ground Beef Taco Meat	200 Ounce	R-32858

Preparation Instructions

Directions:

WASH HANDS.

1. Prepare taco meat according to recipe.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

4. Add 2 oz weight of meat mixture to bag

4. Serve.

Optional: Serve small cup of jalapeno peppers on the side, if desired.

Updated 7.30.25

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	394.13
Fat	17.34g
Saturated Fat	5.14g
Trans Fat	0.34g
Cholesterol	62.07mg
Sodium	832.92mg
Carbohydrates	31.96g
Fiber	5.48g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	22.31g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 85.17mg	Iron 3.36mg

Nutrition - Per 100g

Calories	251.97
Fat	11.09g
Saturated Fat	3.28g
Trans Fat	0.22g
Cholesterol	39.68mg
Sodium	532.49mg
Carbohydrates	20.43g
Fiber	3.50g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	14.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 54.45mg	Iron 2.15mg

Pork Tenderlion Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54517

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	661950
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Follow directions on box for pork tenderlion. Put on 4" bun #266546 and serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.500
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 Each

Amount Per Serving	
Calories	410.00
Fat	19.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	36.00g
Fiber	5.00g
Total Sugar	5.00g
Added Sugar	3.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.62mg

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38265

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Updated 7.30.25

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 Each

Amount Per Serving	
Calories	410.00
Fat	2.00g**
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	770.00mg
Carbohydrates	40.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	21.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 50.00mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38267

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
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	2.000
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 Each

Amount Per Serving	
Calories	380.00
Fat	15.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Meatless Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33225
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	50.01

Ingredients

Description	Measurement	DistPart #
SEED SUNFLWR KERN	1 Ounce	504180
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
SAUCE RNCH DIPN CUP	2 Each	182265
Croutons	4/5 Ounce	R-33295

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all fruit, vegetables on the menu for the day to ensure meeting weekly subgroups, and milk.

Updated 7.25.25

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	696.90
Fat	51.10g
Saturated Fat	13.25g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1167.50mg
Carbohydrates	42.75g
Fiber	6.00g
Total Sugar	8.00g
Added Sugar	3.50g
Protein	18.00g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 359.00mg	Iron 3.88mg

Nutrition - Per 100g

Calories	1393.52
Fat	102.18g
Saturated Fat	26.49g
Trans Fat	0.00g
Cholesterol	99.98mg
Sodium	2334.53mg
Carbohydrates	85.48g
Fiber	12.00g
Total Sugar	16.00g
Added Sugar	7.00g
Protein	35.99g
Vitamin A 1499.10mcg RAE	Vitamin C 24.66mg
Calcium 717.86mg	Iron 7.75mg

Brown Rice

Servings:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33471
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN	8 Cup	516371
SPICE GARLIC GRANULATED	1 Teaspoon	513881
SPICE PEPR BLK (30 MESH) REG GRIND	1 Teaspoon	225045
BASE CHIX	2 Tablespoon	439606
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

Mix all together and cook at 350°F for 30 minutes. Stir and cook another 15 minutes.

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: 0.50 Cup

Amount Per Serving	
Calories	122.89
Fat	1.13g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	108.00mg
Carbohydrates	25.82g
Fiber	0.71g
Total Sugar	0.13g
Added Sugar	0.13g
Protein	2.98g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3.69mg	Iron 0.71mg

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Box (9-12)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54514
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	55.56

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F	3/4 Cup	881161
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup	569744
SNACK MIX STRAWB YOG WGRAIN	1 Package	266020
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Each	680130

Preparation Instructions

Package all items together.

Offer with fruits, vegetables, and milk.

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	482.32
Fat	14.16g
Saturated Fat	6.12g
Trans Fat	0.00g
Cholesterol	31.19mg
Sodium	409.34mg
Carbohydrates	72.14g
Fiber	5.84g
Total Sugar	30.95g
Added Sugar	21.15g
Protein	18.60g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 429.07mg	Iron 0.70mg

Nutrition - Per 100g

Calories	868.10
Fat	25.48g
Saturated Fat	11.01g
Trans Fat	0.00g
Cholesterol	56.14mg
Sodium	736.75mg
Carbohydrates	129.85g
Fiber	10.51g
Total Sugar	55.70g
Added Sugar	38.07g
Protein	33.47g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 772.27mg	Iron 1.26mg

Steamed Garlic Green Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17625
School:	New Prairie Elementary School	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
Green Beans, Low Sodium Canned	60 Cup	100307
SPICE PEPR BLK REST GRIND	2 Tablespoon	225061
SPICE GARLIC GRANULATED	2 Tablespoon	514047

Preparation Instructions

Directions:

WASH HANDS

1. Steam Green Beans .
2. Drain the beans really well and place in 1 large hotel pan and toss with garlic and pepper.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Updated 7.30.25

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: 120.00

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	4.20g
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

Turkey Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54445

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
BACON TKY CKD	1 Slice	834770
TORTILLA FLOUR ULTRGR 9"	1 Each	523610
SAUCE RNCH DIPN CUP	1 Each	182265

Preparation Instructions

Layer turkey, cheese, and bacon on tortilla and wrap. Cut in 1/2. Place in small clamshell with ranch cup.

CCP: Hold for cold service at 41° F or lower.

Offer with fruits, vegetables, and milk.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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 Each

Amount Per Serving	
Calories	521.12
Fat	30.41g
Saturated Fat	11.85g
Trans Fat	0.00g
Cholesterol	91.16mg
Sodium	1069.12mg
Carbohydrates	32.00g
Fiber	3.00g
Total Sugar	3.00g
Added Sugar	1.18g
Protein	28.76g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 239.00mg	Iron 1.90mg

Nutrition - Per 100g

Calories	10443.29
Fat	609.38g
Saturated Fat	237.52g
Trans Fat	0.00g
Cholesterol	1826.85mg
Sodium	21425.25mg
Carbohydrates	641.28g
Fiber	60.12g
Total Sugar	60.12g
Added Sugar	23.57g
Protein	576.35g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 4789.58mg	Iron 38.14mg

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11918
School:	New Prairie Elementary School	Grams Per Serving:	19.26

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL	26 1/2 Ounce	146581
Tap Water for Recipes	17 Cup	000001WTR

Preparation Instructions

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

SERVICE WITH #8 DISHER FOR 1/2 CUP SERVING
CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER
CCP: DISCARD LEFTOVERS.

Updated 4.15.24

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	67.00
Fat	0.42g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	92.13mg
Carbohydrates	14.24g
Fiber	1.68g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 8.38mg	Iron 0.25mg

Nutrition - Per 100g

Calories	347.89
Fat	2.17g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	478.35mg
Carbohydrates	73.93g
Fiber	8.70g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 43.49mg	Iron 1.30mg

Pulled Pork on Bun (6-12 Grades)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54527
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	170.1

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ DRY PKG	6 Ounce	632160
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon	655937

Preparation Instructions

Heat pork. Mix in BBQ Sauce to taste.

For Elementary Schools: 4 oz. weight of pulled pork per bun

For MS/HS: 6 oz. weight of pulled pork per bun.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.500
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	605.00
Fat	29.00g
Saturated Fat	11.00g
Trans Fat	0.00g
Cholesterol	150.00mg
Sodium	1255.00mg
Carbohydrates	40.00g
Fiber	3.00g
Total Sugar	18.50g
Added Sugar	17.00g
Protein	44.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.08mg

Nutrition - Per 100g

Calories	355.67
Fat	17.05g
Saturated Fat	6.47g
Trans Fat	0.00g
Cholesterol	88.18mg
Sodium	737.80mg
Carbohydrates	23.52g
Fiber	1.76g
Total Sugar	10.88g
Added Sugar	9.99g
Protein	25.87g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 17.64mg	Iron 1.81mg

Assorted Cereal-2 Ounce

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33799
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	261799
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	105931
CEREAL TRIX R/S CUP	1 Each	383189
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	105850
Lucky Charms Reduced Sugar Cup	1 Each	549484

Preparation Instructions

Note: No other grain is needed to be served with these cereal since they count as 2 Grain Equivalents

Updated 7.25.25

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	220.00
Fat	3.50g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	388.00mg
Carbohydrates	52.00g
Fiber	5.00g
Total Sugar	13.80g
Added Sugar	11.80g
Protein	4.60g
Vitamin A 0.00mcg RAE**	Vitamin C 1.20mg**
Calcium 216.63mg	Iron 6.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16951

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce	100101
LETTUCE ROMAINE CHOP	1/4 Cup	735787
BACON TKY CKD	1 Each	834770
TORTILLA FLOUR ULTRGR 9"	1 Each	523610

Preparation Instructions

Updated 7.25.25 JSH

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.250
Fruit	0.000
DarkGreen	0.125
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	265.93
Fat	7.93g
Saturated Fat	2.86g
Trans Fat	0.00g
Cholesterol	48.25mg
Sodium	316.73mg
Carbohydrates	29.50g
Fiber	3.25g
Total Sugar	2.25g
Added Sugar	0.18g
Protein	18.04g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 44.00mg	Iron 1.59mg

Nutrition - Per 100g

Calories	430.59
Fat	12.84g
Saturated Fat	4.63g
Trans Fat	0.00g
Cholesterol	78.13mg
Sodium	512.84mg
Carbohydrates	47.77g
Fiber	5.26g
Total Sugar	3.64g
Added Sugar	0.29g
Protein	29.20g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 71.24mg	Iron 2.58mg

Harvest Spinach Apple Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49402

Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT GRLLD FC	100 Each	209244
LETTUCE ROMAINE CHOP	100 Cup	735787
SPINACH LEAF FLAT CLND	100 Cup	329401
APPLE FRSH SLCD	100 Package	473171
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Cup	150250
CRANBERRY DRIED SWTND	6 1/4 Cup	350882
CRACKER CHEEZ-IT WGRAIN IW	100 Each	282422
Croutons	80 Ounce	R-33295

Preparation Instructions

1. Bake chicken according to directions.
2. Cut the chicken into 1/2 inch slices, then refrigerate, allowing the chicken to chill.
3. Wash Romaine lettuce.
4. Dice apples into 1/2 inch cubes and soak in a combination of lemon juice and water to keep from discoloring.
5. Arrange the desired number of containers on the prep table.
6. Drain the apples, place them on a sheet tray, and allow them to air dry.
7. Combine the romaine and the spinach in a bowl and hand-mix, using gloves.
8. Portion 2 cups of the salad mixture into each serving container.
9. Arrange 3.10 ounce weight of diced chicken, 1 Tbsp shredded cheddar cheese, 1 Tbsp dried cranberries, and 2 oz (weight) of diced apples on each salad.
10. Add 0.80 oz. weight croutons= 1 oz. eq. whole grain and cheez-it to each container.
10. Cover and refrigerate until service. CCP: Hold for cold service at 41 degrees F or below.

Updated 7.29.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.000
Fruit	0.500
DarkGreen	1.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	397.65
Fat	11.95g
Saturated Fat	4.25g
Trans Fat	0.00g
Cholesterol	57.50mg
Sodium	961.50mg
Carbohydrates	48.35g
Fiber	5.95g
Total Sugar	18.25g
Added Sugar	3.50g
Protein	21.90g
Vitamin A 2800.00mcg RAE	Vitamin C 28.40mg
Calcium 230.75mg	Iron 3.03mg

Nutrition - Per 100g

Calories	1835.87
Fat	55.17g
Saturated Fat	19.62g
Trans Fat	0.00g
Cholesterol	265.47mg
Sodium	4439.06mg
Carbohydrates	223.22g
Fiber	27.47g
Total Sugar	84.26g
Added Sugar	16.16g
Protein	101.11g
Vitamin A 12927.05mcg RAE	Vitamin C 131.12mg
Calcium 1065.33mg	Iron 13.99mg

Chicken Kale Caesar Wrap

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49356

Ingredients

Description	Measurement	DistPart #
KALE SHRD BLND	50 Cup	619052
LETTUCE ROMAINE CHOP	50 Cup	735787
DRESSING CAESAR	9 1/2 Cup	818201
Chicken, Diced, Cooked, Frozen	200 Ounce	100101
TORTILLA FLOUR ULTRGR 9"	100 Each	523610

Preparation Instructions

1. Wash and drain kale and romaine.
2. Combine kale, romaine, and dressing in a large bowl. Mix dressing into greens.
3. Place desired number of tortillas on sheet pans lined with parchment paper.
4. Using a #4 scoop, portion 1 cup of salad mixture onto the center of each tortilla.
5. Using a #12 scoop, portion 2 oz of diced chicken on top salad mixture in the center of each wrap.
6. Roll in the form of a burrito and seal. Cut diagonally in half.
7. CCP: Hold for cold service at 41 degrees F or lower.

Updated 7.25.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.250
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	341.53
Fat	15.84g
Saturated Fat	4.02g
Trans Fat	0.00g
Cholesterol	49.60mg
Sodium	410.16mg
Carbohydrates	33.05g
Fiber	4.16g
Total Sugar	3.70g
Added Sugar	0.76g
Protein	17.37g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 75.98mg	Iron 1.84mg

Nutrition - Per 100g

Calories	453.62
Fat	21.04g
Saturated Fat	5.34g
Trans Fat	0.00g
Cholesterol	65.88mg
Sodium	544.77mg
Carbohydrates	43.90g
Fiber	5.52g
Total Sugar	4.91g
Added Sugar	1.01g
Protein	23.08g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 100.91mg	Iron 2.44mg

Ham & Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33345
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	141.75

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
Turkey Breast Deli	2 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5"	1 Each	276142
TOMATO SLCD 1/4"	1 Slice	786535
LETTUCE ROMAINE CHOP	1/4 Cup	735787
ONION SLCD 3/16IN	1 Slice	591122

Preparation Instructions

Directions:

Place ham, turkey, and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.250
Grain	2.000
Fruit	0.000
DarkGreen	0.125
Red/Orange	0.125
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	347.65
Fat	10.84g
Saturated Fat	4.91g
Trans Fat	0.00g
Cholesterol	72.23mg
Sodium	1049.82mg
Carbohydrates	38.91g
Fiber	2.53g
Total Sugar	8.01g
Added Sugar	4.00g
Protein	27.97g
Vitamin A 187.43mcg RAE	Vitamin C 3.08mg
Calcium 69.25mg	Iron 2.15mg

Nutrition - Per 100g

Calories	245.25
Fat	7.65g
Saturated Fat	3.46g
Trans Fat	0.00g
Cholesterol	50.95mg
Sodium	740.61mg
Carbohydrates	27.45g
Fiber	1.78g
Total Sugar	5.65g
Added Sugar	2.82g
Protein	19.73g
Vitamin A 132.22mcg RAE	Vitamin C 2.17mg
Calcium 48.85mg	Iron 1.52mg

Cookbook for NEW PRAIRIE MIDDLE SCHOOL

Created by HPS Menu Planner

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Cookbook for PRAIRIE VIEW ELEMENTARY SCHOOL

Created by HPS Menu Planner

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Mashed Potatoes

Suncup Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33416

Ingredients

Description	Measurement	DistPart #
JUICE BOX VERY BRY	1 Each	698391
JUICE BOX FRT PNCH 100%	1 Each	698240
JUICE BOX ORNG TANGR 100%	1 Each	698251
JUICE BOX APPL 100 40-4.23FLZ	1 Each	698744
JUICE CRAN RASPB 100%	1 Each	214524
JUICE BOX GRP 100%	1 Each	698211
JUICE STRAWB KIWI 100%	1 Each	214534

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	62.86
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	8.57mg
Carbohydrates	15.57g
Fiber	0.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 21.43mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

PB & J Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33227
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	21.26

Ingredients

Description	Measurement	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

Package all items together.

Offer with fruits, vegetables, and milk.

Updated 7.25.25

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: 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

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-76397
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	261737
CEREAL CHEERIOS WGRAIN BWL	1 Each	264702
CEREAL CINN CHEX BWL	1 Each	453143
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL FRSTD MINI WHE BWL	1 Each	662186
CEREAL CHEERIOS HNY BOWL	1 Each	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	268711
CEREAL RAISIN BRAN BWL	1 Each	247197
Lucky Charms Reduced Sugar	1 Each	549485

Preparation Instructions

Updated as of May 5 2025 jh/kj

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: 11.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	109.90
Fat	1.57g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.78mg
Carbohydrates	23.39g
Fiber	2.24g
Total Sugar	5.52g
Added Sugar	4.58g
Protein	2.31g
Vitamin A 63.64mcg RAE**	Vitamin C 0.33mg**
Calcium 66.78mg	Iron 5.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef and Cheese Nachos

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12174
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	239.06

Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND YEL	100 Ounce	163020
SAUCE CHS CHED	6 1/4 Cup	271081
Ground Beef Taco Meat	100 Ounce	R-32858

Preparation Instructions

1. Prepare taco meat according to recipe.

CCP: Heat to 165 F or higher for at least 15 seconds.

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

2. Place Tortilla Chips (20 chips) in a large clear nacho container. Please containers in warmer for approx. 1 hour prior to service.

3. Place 2 oz weight of taco meat on top of tortilla chips or on the side (student preference) at time of service. Pour 1 fluid ounce of cheese sauce over meat and chips.

4. The following items to be available on the cold service line: Shredded Lettuce, Tomatoes, Jalapenos, Sour Cream, Salsa.

Updated 7.30.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.500
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	498.43
Fat	23.37g
Saturated Fat	7.45g
Trans Fat	0.34g
Cholesterol	76.15mg
Sodium	990.06mg
Carbohydrates	45.97g
Fiber	6.48g
Total Sugar	0.50g
Added Sugar	0.00g
Protein	26.83g
Vitamin A 195.07mcg RAE	Vitamin C 0.00mg
Calcium 182.73mg	Iron 4.96mg

Nutrition - Per 100g

Calories	208.49
Fat	9.77g
Saturated Fat	3.12g
Trans Fat	0.14g
Cholesterol	31.85mg
Sodium	414.15mg
Carbohydrates	19.23g
Fiber	2.71g
Total Sugar	0.21g
Added Sugar	0.00g
Protein	11.22g
Vitamin A 81.60mcg RAE	Vitamin C 0.00mg
Calcium 76.44mg	Iron 2.08mg

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33235
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	120.49

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	3 1/4 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5"	1 Each	276142
TOMATO SLCD 1/4"	1 Slice	786535
LETTUCE ROMAINE CHOP	1/4 Cup	735787
ONION SLCD 3/16IN	1 Slice	591122

Preparation Instructions

Directions:

Place 3.25 oz. turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

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	331.02
Fat	9.14g
Saturated Fat	4.06g
Trans Fat	0.00g
Cholesterol	64.73mg
Sodium	880.97mg
Carbohydrates	36.42g
Fiber	2.53g
Total Sugar	6.38g
Added Sugar	4.00g
Protein	26.85g
Vitamin A 187.43mcg RAE	Vitamin C 3.08mg
Calcium 69.25mg	Iron 2.15mg

Nutrition - Per 100g

Calories	274.72
Fat	7.58g
Saturated Fat	3.37g
Trans Fat	0.00g
Cholesterol	53.72mg
Sodium	731.15mg
Carbohydrates	30.23g
Fiber	2.10g
Total Sugar	5.29g
Added Sugar	3.32g
Protein	22.28g
Vitamin A 155.55mcg RAE	Vitamin C 2.56mg
Calcium 57.47mg	Iron 1.79mg

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	39.69

Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY	1 3/4 Pound	183910
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.

Updated 7.30.2025

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	150.90
Fat	1.26g
Saturated Fat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	544.91mg
Carbohydrates	25.99g
Fiber	8.38g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.38g
Vitamin A 0.59mcg RAE	Vitamin C 0.83mg
Calcium 46.90mg	Iron 2.02mg

Nutrition - Per 100g

Calories	380.19
Fat	3.17g
Saturated Fat	1.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1372.92mg
Carbohydrates	65.48g
Fiber	21.12g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	21.12g
Vitamin A 1.48mcg RAE	Vitamin C 2.09mg
Calcium 118.18mg	Iron 5.09mg

Buttered Corn

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16425

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF	5 Cup	283730
BUTTER ALT LIQ NT	10 Tablespoon	614640

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

To steam place into steam pan and cook following manufacturer's directions. Once cooked drain liquid off and add butter alternative. Lightly mix butter to coat corn.

CCP: Hot vegetables should be cooked to 135° F held for 15 seconds.

Updated 1.26.24

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	200.00
Fat	14.50g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	85.00mg
Carbohydrates	18.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3.40mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Carrots

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11976
School:	New Prairie Elementary School	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL	60 Cup	360240

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: 60.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	30.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.00mg
Carbohydrates	8.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-76394
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY LO SOD CKD	1 Each	277722
BISCUIT WGRAIN EZ SPLIT	1 Each	631902

Preparation Instructions

Cook sausage and biscuit according to directions on package.

To assemble and serve: Place 1 sausage patty between two biscuit halves.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.750
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	450.00
Fat	32.00g
Saturated Fat	14.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	580.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 170.00mg	Iron 2.22mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-76395
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	645080
BISCUIT WGRAIN EZ SPLIT	1 Each	631902

Preparation Instructions

Cook chicken and biscuit according to directions on package.

To assemble and serve: Place 1 chicken patty between two biscuit halves.

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 Each

Amount Per Serving	
Calories	315.00
Fat	14.50g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	625.00mg
Carbohydrates	33.00g
Fiber	3.50g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 191.00mg	Iron 2.50mg

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese w/Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45023

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR CHS WGRAIN ELB	6 Ounce	609131
BREADSTICK WGRAIN 1Z	1 Each	406321

Preparation Instructions

Macarono & Cheese:

BOIL

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.

Breadstick:

THAW

Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.

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 Serving

Amount Per Serving	
Calories	387.00
Fat	17.00g
Saturated Fat	8.90g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	745.00mg
Carbohydrates	42.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	2.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 393.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	227.51
Fat	9.99g
Saturated Fat	5.23g
Trans Fat	0.00g
Cholesterol	27.04mg
Sodium	437.98mg
Carbohydrates	24.69g
Fiber	1.76g
Total Sugar	2.94g
Added Sugar	1.18g
Protein	9.99g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 231.04mg	Iron 1.18mg

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33337
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	21.66

Ingredients

Description	Measurement	DistPart #
Croutons	4/5 Ounce	R-33295
Turkey Breast Deli	3 1/4 ounces	100121
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	150250
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Each	282422
SAUCE RNCH DIPN CUP	2 Each	182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all fruit, vegetables on the menu for the day to ensure meeting weekly subgroups, and milk.

Updated 7.25.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	586.37
Fat	35.69g
Saturated Fat	10.29g
Trans Fat	0.00g
Cholesterol	92.23mg
Sodium	1507.34mg
Carbohydrates	38.29g
Fiber	4.00g
Total Sugar	7.00g
Added Sugar	3.50g
Protein	27.40g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 239.50mg	Iron 2.48mg

Nutrition - Per 100g

Calories	2707.14
Fat	164.76g
Saturated Fat	47.53g
Trans Fat	0.00g
Cholesterol	425.82mg
Sodium	6959.11mg
Carbohydrates	176.80g
Fiber	18.47g
Total Sugar	32.32g
Added Sugar	16.16g
Protein	126.48g
Vitamin A 3461.22mcg RAE	Vitamin C 56.93mg
Calcium 1105.73mg	Iron 11.43mg

Steamed Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11973
School:	New Prairie Elementary School	Grams Per Serving:	94.5

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF	12 1/2 Pound	285590

Preparation Instructions

COOK BROCCOLI TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	27.16
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	16.29mg
Carbohydrates	5.43g
Fiber	3.26g
Total Sugar	1.09g
Added Sugar	0.00g
Protein	3.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 38.02mg	Iron 1.09mg

Nutrition - Per 100g

Calories	28.74
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	17.24mg
Carbohydrates	5.75g
Fiber	3.45g
Total Sugar	1.15g
Added Sugar	0.00g
Protein	3.45g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 40.23mg	Iron 1.15mg

French Toast with Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38271

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN	4 Each	661062
SAUSAGE TKY LNK BKFST CKD	2 Each	352740

Preparation Instructions

French Toast: Follow directions on box

Sausage links: Follow directions on box

Serving= Put 4 French Toast Sticks and 2 sausage links in boat. Keep covered in warmer. Offer syrup on the side.

Updated 7.30.25

Meal Components

Amount Per Serving

	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 Serving

Amount Per Serving	
Calories	385.70
Fat	17.70g
Saturated Fat	3.60g
Trans Fat	0.14g
Cholesterol	60.00mg
Sodium	485.40mg
Carbohydrates	38.00g
Fiber	3.30g
Total Sugar	9.00g
Added Sugar	8.00g
Protein	18.20g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 41.71mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33233
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	60.24

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5"	1 Each	276142
TOMATO SLCD 1/4"	1 Slice	786535
LETTUCE ROMAINE CHOP	1/4 Cup	735787
ONION SLCD 3/16IN	1 Slice	591122

Preparation Instructions

Directions:

Place 2 oz of ham and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap individually wrap

CCP: Hold for cold service at 41° F or lower.

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Updated 7.30.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.125
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	268.46
Fat	8.33g
Saturated Fat	3.65g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	711.45mg
Carbohydrates	35.03g
Fiber	2.53g
Total Sugar	7.14g
Added Sugar	4.00g
Protein	16.65g
Vitamin A 187.43mcg RAE	Vitamin C 3.08mg
Calcium 63.13mg	Iron 2.15mg

Nutrition - Per 100g

Calories	445.64
Fat	13.83g
Saturated Fat	6.06g
Trans Fat	0.00g
Cholesterol	61.43mg
Sodium	1181.03mg
Carbohydrates	58.15g
Fiber	4.19g
Total Sugar	11.85g
Added Sugar	6.64g
Protein	27.63g
Vitamin A 311.13mcg RAE	Vitamin C 5.12mg
Calcium 104.79mg	Iron 3.57mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38273

Ingredients

Description	Measurement	DistPart #
BEEF PTY 5/ 80/20	1 Each	482790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Updated 8.4.25

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	20.00g
Saturated Fat	7.50g
Trans Fat	1.00g
Cholesterol	60.00mg
Sodium	290.00mg
Carbohydrates	25.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.80mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22444
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F	1 Slice	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
BEEF PTY 5/ 80/20	1 Each	482790

Preparation Instructions

- 1.Pre-heat oven to 350 degrees.
2. Put raw hamburgers on paper lined cookie sheet.
3. Season with pepper and garlic.
4. Thawed- cook 8-10 minutes, must reach 165 degrees and not be pink in the middle.
5. Top with 1 slice of cheese while hot and let melt.
6. Put on bun (wrap if desired).

Updated 8.4.25

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	415.00
Fat	22.00g
Saturated Fat	8.75g
Trans Fat	1.00g
Cholesterol	67.50mg
Sodium	500.00mg
Carbohydrates	26.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	25.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 126.00mg	Iron 3.80mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	2.47

Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN	100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup	655937
KETCHUP CAN	1/2 Cup	100188
SUGAR BROWN LT	1/2 Cup	860311
ONION DEHY CHPD	1/2 Cup	263036
MUSTARD YELLOW	5 Teaspoon	807651

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

Updated 7.30.25

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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	163.45
Fat	1.03g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.94mg
Carbohydrates	33.65g
Fiber	5.24g
Total Sugar	16.67g
Added Sugar	11.13g
Protein	7.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.64mg	Iron 0.03mg

Nutrition - Per 100g

Calories	6617.40
Fat	41.72g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12993.59mg
Carbohydrates	1362.43g
Fiber	212.10g
Total Sugar	675.08g
Added Sugar	450.65g
Protein	294.13g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 66.36mg	Iron 1.06mg

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33226
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	128.99

Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	100012
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
Homemade Croutons	4/5 Ounce	
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
SAUCE RNCH DIPN CUP	2 Each	182265

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all vegetables on the menu for the day to ensure meeting weekly subgroups.

Also offer milk.

Meal Components

Amount Per Serving

<hr/>	
Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<hr/>	
Amount Per Serving	
Calories	523.32
Fat	33.35g
Saturated Fat	9.05g
Trans Fat	0.00g
Cholesterol	66.89mg
Sodium	1407.91mg
Carbohydrates	40.35g
Fiber	4.00g
Total Sugar	9.05g
Added Sugar	2.00g
Protein	20.25g
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Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 140.00mg	Iron 1.98mg

Nutrition - Per 100g

<hr/>	
Calories	405.71
Fat	25.85g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	51.85mg
Sodium	1091.49mg
Carbohydrates	31.28g
Fiber	3.10g
Total Sugar	7.02g
Added Sugar	1.55g
Protein	15.70g
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Vitamin A 581.21mcg RAE	Vitamin C 9.56mg
Calcium 108.54mg	Iron 1.53mg

Steamed Cauliflower

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45018

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER BITE SIZE	12 1/2 Pound	732486

Preparation Instructions

COOK CAULIFLOWER TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	23.44
Fat	0.19g
Saturated Fat	0.19g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.13mg
Carbohydrates	3.75g
Fiber	1.88g
Total Sugar	1.88g
Added Sugar	0.00g
Protein	1.88g
Vitamin A 0.00mcg RAE	Vitamin C 45.19mg
Calcium 20.63mg	Iron 0.39mg

Nutrition - Per 100g

Calories	24.80
Fat	0.20g
Saturated Fat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	29.76mg
Carbohydrates	3.97g
Fiber	1.98g
Total Sugar	1.98g
Added Sugar	0.00g
Protein	1.98g
Vitamin A 0.00mcg RAE	Vitamin C 47.82mg
Calcium 21.83mg	Iron 0.42mg

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38580
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	29.31

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4"	2 Each	959048
PEPPERONI SLCD 14-16/Z	8 Each	729981
CHEESE MOZZ SHRD	1/2 Cup	645170
SAUCE MARINARA DIPN CUP	1 Each	677721

Preparation Instructions

Package together in container.

Updated 7.29.25

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	305.00
Fat	14.00g
Saturated Fat	4.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	830.50mg
Carbohydrates	39.00g
Fiber	2.00g
Total Sugar	6.50g
Added Sugar	2.00g
Protein	12.50g
Vitamin A 0.10mcg RAE	Vitamin C 0.03mg
Calcium 141.50mg	Iron 1.58mg

Nutrition - Per 100g

Calories	1040.60
Fat	47.77g
Saturated Fat	16.21g
Trans Fat	0.00g
Cholesterol	76.77mg
Sodium	2833.50mg
Carbohydrates	133.06g
Fiber	6.82g
Total Sugar	22.18g
Added Sugar	6.82g
Protein	42.65g
Vitamin A 0.34mcg RAE	Vitamin C 0.10mg
Calcium 482.77mg	Iron 5.39mg

Parmesan Potatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54515

Ingredients

Description	Measurement	DistPart #
POTATO RDSKN ROSMRY GARL RSTD	12 Pound	178522
OIL SALAD CANOLA NT	6 Tablespoon	393843
CHEESE PARM GRTD	3 Cup	445401

Preparation Instructions

Toss potatoes in oil then parmesan. Pour on sheet pans. Roast 20-30 min at 400°F.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	124.87
Fat	4.52g
Saturated Fat	1.56g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	209.31mg
Carbohydrates	17.69g
Fiber	1.36g
Total Sugar	1.36g
Added Sugar	0.00g
Protein	5.60g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 69.13mg	Iron 0.49mg

Nutrition - Per 100g

Calories	114.71
Fat	4.15g
Saturated Fat	1.43g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	192.27mg
Carbohydrates	16.25g
Fiber	1.25g
Total Sugar	1.25g
Added Sugar	0.00g
Protein	5.15g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 63.50mg	Iron 0.45mg

Beef Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11602
School:	New Prairie Elementary School	Grams Per Serving:	156.42

Ingredients

Description	Measurement	DistPart #
CHIP NACHO CHS R/F TOP N GO	100 Each	815803
Ground Beef Taco Meat	200 Ounce	R-32858

Preparation Instructions

Directions:

WASH HANDS.

1. Prepare taco meat according to recipe.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

4. Add 2 oz weight of meat mixture to bag

4. Serve.

Optional: Serve small cup of jalapeno peppers on the side, if desired.

Updated 7.30.25

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	394.13
Fat	17.34g
Saturated Fat	5.14g
Trans Fat	0.34g
Cholesterol	62.07mg
Sodium	832.92mg
Carbohydrates	31.96g
Fiber	5.48g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	22.31g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 85.17mg	Iron 3.36mg

Nutrition - Per 100g

Calories	251.97
Fat	11.09g
Saturated Fat	3.28g
Trans Fat	0.22g
Cholesterol	39.68mg
Sodium	532.49mg
Carbohydrates	20.43g
Fiber	3.50g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	14.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 54.45mg	Iron 2.15mg

Pork Tenderlion Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54517

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	661950
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Follow directions on box for pork tenderlion. Put on 4" bun #266546 and serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.500
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 Each

Amount Per Serving	
Calories	410.00
Fat	19.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	36.00g
Fiber	5.00g
Total Sugar	5.00g
Added Sugar	3.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.62mg

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38265

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Updated 7.30.25

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 Each

Amount Per Serving	
Calories	410.00
Fat	2.00g**
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	770.00mg
Carbohydrates	40.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	21.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 50.00mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38267

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
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	2.000
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 Each

Amount Per Serving	
Calories	380.00
Fat	15.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Meatless Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33225
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	50.01

Ingredients

Description	Measurement	DistPart #
SEED SUNFLWR KERN	1 Ounce	504180
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
LETTUCE ROMAINE CHOP	1 Cup	735787
Markon First Crop Sweet Grape Tomatoes 1 Cup	1/2 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
SAUCE RNCH DIPN CUP	2 Each	182265
Croutons	4/5 Ounce	R-33295

Preparation Instructions

Package all items together.

Reimbursable meal by itself.

Offer all fruit, vegetables on the menu for the day to ensure meeting weekly subgroups, and milk.

Updated 7.25.25

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	696.90
Fat	51.10g
Saturated Fat	13.25g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1167.50mg
Carbohydrates	42.75g
Fiber	6.00g
Total Sugar	8.00g
Added Sugar	3.50g
Protein	18.00g
Vitamin A 749.70mcg RAE	Vitamin C 12.33mg
Calcium 359.00mg	Iron 3.88mg

Nutrition - Per 100g

Calories	1393.52
Fat	102.18g
Saturated Fat	26.49g
Trans Fat	0.00g
Cholesterol	99.98mg
Sodium	2334.53mg
Carbohydrates	85.48g
Fiber	12.00g
Total Sugar	16.00g
Added Sugar	7.00g
Protein	35.99g
Vitamin A 1499.10mcg RAE	Vitamin C 24.66mg
Calcium 717.86mg	Iron 7.75mg

Brown Rice

Servings:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33471
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN	8 Cup	516371
SPICE GARLIC GRANULATED	1 Teaspoon	513881
SPICE PEPR BLK (30 MESH) REG GRIND	1 Teaspoon	225045
BASE CHIX	2 Tablespoon	439606
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

Mix all together and cook at 350°F for 30 minutes. Stir and cook another 15 minutes.

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: 0.50 Cup

Amount Per Serving	
Calories	122.89
Fat	1.13g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	108.00mg
Carbohydrates	25.82g
Fiber	0.71g
Total Sugar	0.13g
Added Sugar	0.13g
Protein	2.98g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3.69mg	Iron 0.71mg

Nutrition - Per 100g

No 100g Conversion Available

Steamed Garlic Green Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17625
School:	New Prairie Elementary School	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
Green Beans, Low Sodium Canned	60 Cup	100307
SPICE PEPR BLK REST GRIND	2 Tablespoon	225061
SPICE GARLIC GRANULATED	2 Tablespoon	514047

Preparation Instructions

Directions:

WASH HANDS

1. Steam Green Beans .
2. Drain the beans really well and place in 1 large hotel pan and toss with garlic and pepper.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Updated 7.30.25

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: 120.00

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	4.20g
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

Yogurt Box (K-8)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33228
School:	NEW PRAIRIE MIDDLE SCHOOL	Grams Per Serving:	168.96

Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Each	885750
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup	569744
SNACK MIX STRAWB YOG WGRAIN	1 Package	266020
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Each	680130

Preparation Instructions

Package all items together.

Offer with fruits, vegetables, and milk.

Updated 7.29.25

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	395.60
Fat	11.92g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	352.40mg
Carbohydrates	58.16g
Fiber	5.84g
Total Sugar	20.80g
Added Sugar	12.84g
Protein	15.88g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 294.00mg	Iron 0.70mg

Nutrition - Per 100g

Calories	234.14
Fat	7.05g
Saturated Fat	2.96g
Trans Fat	0.00g
Cholesterol	11.84mg
Sodium	208.57mg
Carbohydrates	34.42g
Fiber	3.46g
Total Sugar	12.31g
Added Sugar	7.60g
Protein	9.40g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 174.01mg	Iron 0.41mg

Turkey Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54445

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
BACON TKY CKD	1 Slice	834770
TORTILLA FLOUR ULTRGR 9"	1 Each	523610
SAUCE RNCH DIPN CUP	1 Each	182265

Preparation Instructions

Layer turkey, cheese, and bacon on tortilla and wrap. Cut in 1/2. Place in small clamshell with ranch cup.

CCP: Hold for cold service at 41° F or lower.

Offer with fruits, vegetables, and milk.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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 Each

Amount Per Serving	
Calories	521.12
Fat	30.41g
Saturated Fat	11.85g
Trans Fat	0.00g
Cholesterol	91.16mg
Sodium	1069.12mg
Carbohydrates	32.00g
Fiber	3.00g
Total Sugar	3.00g
Added Sugar	1.18g
Protein	28.76g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 239.00mg	Iron 1.90mg

Nutrition - Per 100g

Calories	10443.29
Fat	609.38g
Saturated Fat	237.52g
Trans Fat	0.00g
Cholesterol	1826.85mg
Sodium	21425.25mg
Carbohydrates	641.28g
Fiber	60.12g
Total Sugar	60.12g
Added Sugar	23.57g
Protein	576.35g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 4789.58mg	Iron 38.14mg

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11918
School:	New Prairie Elementary School	Grams Per Serving:	19.26

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL	26 1/2 Ounce	146581
Tap Water for Recipes	17 Cup	00001WTR

Preparation Instructions

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

SERVICE WITH #8 DISHER FOR 1/2 CUP SERVING
CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER
CCP: DISCARD LEFTOVERS.

Updated 4.15.24

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	67.00
Fat	0.42g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	92.13mg
Carbohydrates	14.24g
Fiber	1.68g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 8.38mg	Iron 0.25mg

Nutrition - Per 100g

Calories	347.89
Fat	2.17g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	478.35mg
Carbohydrates	73.93g
Fiber	8.70g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 43.49mg	Iron 1.30mg

Cookbook for ROLLING PRAIRIE ELEMENTARY SCHOOL

Created by HPS Menu Planner

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