

Cookbook for Meadowview Elementary

Created by HPS Menu Planner

Fruit Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9836
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	61.43		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.71mg		
Carbohydrates	15.14g		
Fiber	0.00g		
Sugar	13.71g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	8.57mg
Calcium	40.00mg	Iron	0.09mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12938
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
SAUCE SPAGHETTI FCY 6-10 REDPK	8 Cup		852759
Cheese, Mozzarella light, Shred FRZ	1 Cup		100034

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	298.50
Fat	6.67g
SaturatedFat	3.94g
Trans Fat	0.00g
Cholesterol	22.22mg
Sodium	840.70mg
Carbohydrates	38.90g
Fiber	5.23g
Sugar	11.45g
Protein	18.23g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 322.58mg	Iron 1.08mg

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Sidekick Fruit Slushie

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29223
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.33mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.67g
Protein	0.00g
Vitamin A 1250.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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Build Your Own Cheese Pizza Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29224
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	223.90
Fat	9.20g
SaturatedFat	3.70g
Trans Fat	0.03g
Cholesterol	15.00mg
Sodium	569.70mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	8.00g
Protein	11.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 216.09mg	Iron 1.38mg

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Strawberry, Raspberry or Strawberry Banana Yogurt Cup

Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29316
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	75.00
Fat	0.25g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	60.00mg
Carbohydrates	14.50g
Fiber	0.00g
Sugar	9.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 0.00mg

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Ham and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29317
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

Place 4 slices of ham and 1 slice of cheese on sub bun. Hold under refrigeration until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	281.67
Fat	10.33g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	785.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	3.50g
Protein	19.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.50mg	Iron 2.48mg

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Blueberry or Chocolate Chip Muffin

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29318
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	165.00
Fat	4.75g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	105.00mg
Carbohydrates	27.50g
Fiber	1.00g
Sugar	14.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.00mg	Iron 1.00mg

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Broccoli and Cheese Sauce

Servings:	146.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29319
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound		285590
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute broccoli evenly among 3 pans.
4. Add the cheese sauce evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 146.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.26
Fat	2.42g
SaturatedFat	1.45g
Trans Fat	0.00g
Cholesterol	7.26mg
Sodium	149.23mg
Carbohydrates	6.57g
Fiber	3.21g
Sugar	1.07g
Protein	4.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.98mg	Iron 1.07mg

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Peas and Carrots

Servings:	146.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29320
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
Carrots fzn	15 Pound		100352

Preparation Instructions

Spray two pans with Food Release

Place 7 1/2 pounds carrots and 7 1/2 pounds carrots in each pan. Mix together.

Steam 8-10 minutes.

Temp at 135 degrees.

Steam as close to serving time as possible for best quality.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 146.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	49.81		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	12.18mg		
Sodium	55.60mg		
Carbohydrates	9.45g		
Fiber	3.34g		
Sugar	3.85g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Side Chef Salad (Ham)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30731
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Ham, Cubed Frozen	1/2 Ounce	1/2 ounce weight 0.25 Meat/Meat Alternative Equivalents	100188-H
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	1/8 cup equals 1/2 ounce weight .50 Meat/Meat Alternative Equivalents Use USDA shredded cheese as available	712131

Preparation Instructions

Either use Ham or Turkey (depending on school preference). Place everything in containers/boats (GFS#273783). 20 containers will fit on a tray.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	82.36
Fat	5.09g
SaturatedFat	3.53g
Trans Fat	0.00g
Cholesterol	20.38mg
Sodium	193.88mg
Carbohydrates	3.34g
Fiber	1.00g
Sugar	1.41g
Protein	6.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.04mg	Iron 0.36mg

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Buttered Peas

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30732
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.93		
Fat	1.61g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	4.39mg		
Sodium	60.15mg		
Carbohydrates	11.41g		
Fiber	4.15g		
Sugar	4.15g		
Protein	4.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

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Black Bean Salsa

Servings:	68.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30738
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN		231981
CORN WHL KERNEL STD GRADE 6-10 KE	1 #10 CAN	Use commodity first. Use 4.5 lbs frozen corn	244805
SALSA 103Z 6-10 REDG	1 #10 CAN	Use commodity first	452841

Preparation Instructions

Drain Black Beans and rinse.

Drain Corn and rinse (or that out frozen) .

Mix rinsed black beans, corn, and 1 can salsa altogether.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.13
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.43		
Fat	0.31g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	189.73mg		
Carbohydrates	14.18g		
Fiber	2.00g		
Sugar	3.54g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.06mg	Iron	1.64mg

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Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30739
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	248.33		
Fat	7.33g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	5.83mg		
Sodium	253.33mg		
Carbohydrates	41.67g		
Fiber	2.83g		
Sugar	9.17g		
Protein	4.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.62mg

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Fruitable, Mango Wango, or Dragon Punch Juice

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30741
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each		510571
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each		510562
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each		272122
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each		597380
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each		604802

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	52.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.00mg
Carbohydrates	12.80g
Fiber	0.00g
Sugar	11.20g
Protein	0.00g
Vitamin A 1300.00IU	Vitamin C 42.00mg
Calcium 0.00mg	Iron 0.00mg

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Cheetos

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30742
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	1 Package	1.25 Grain Equivalents	191090
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	1 Package	1.00 Grain Equivalents	537871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	105.00		
Fat	4.00g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.50g		
Fiber	0.50g		
Sugar	0.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

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Turkey Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30743
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	5 slices = 1 ounce Use USDA Turkey cubed as well.	394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	BAKE	680130
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	254.78
Fat	11.80g
SaturatedFat	5.65g
Trans Fat	0.00g
Cholesterol	52.39mg
Sodium	640.96mg
Carbohydrates	15.00g
Fiber	1.00g
Sugar	0.00g
Protein	21.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 294.00mg	Iron 1.19mg

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Buttered Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30747
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	82.04		
Fat	2.62g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	4.39mg		
Sodium	1.01mg		
Carbohydrates	16.10g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

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Garden Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30750
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup	1/4 cup equals 1 ounce weight of cheese Use USDA cheese as available	712131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00
Fat	9.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	190.00mg
Carbohydrates	3.00g
Fiber	1.00g
Sugar	1.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 218.00mg	Iron 0.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Bread and Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30751
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Tablespoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	140.00		
Fat	6.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	105.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.50mg	Iron	1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Homemade Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30754
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 #10 CAN	BAKE	100307
BASE HAM NO ADDED MSG 12-1 GCHC	1/4 Cup		686691

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	17.31		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	154.36mg		
Carbohydrates	3.24g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.13 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30783
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce		242390
Tap Water for Recipes	1 Gallon	3 Quarts boiling and 1 Quart cold	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
- 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
- 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
- 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.13 Cup

Amount Per Serving

Calories	11.72		
Fat	0.47g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	1.88g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.94mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Baked Beans

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30784
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	3 #10 CAN		822477
SAUCE BBQ 6-80FLZ SWTBRAY	2 Cup		212071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	147.47		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	377.58mg		
Carbohydrates	30.13g		
Fiber	5.11g		
Sugar	9.49g		
Protein	7.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.09mg	Iron	2.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30786
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce	1 Bag/Package of Pearls=28 ounces	613738
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

RECONSTITUTE

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	73.68
Fat	1.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	357.89mg
Carbohydrates	14.74g
Fiber	1.05g
Sugar	0.00g
Protein	2.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.53mg	Iron 0.32mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Ham, Turkey, and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30788
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	Use USDA first	556121
Turkey Breast Deli	1 3/5 Ounce		100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Use USDA first	722360
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.65
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	338.68
Fat	12.63g
SaturatedFat	5.74g
Trans Fat	0.00g
Cholesterol	67.61mg
Sodium	1095.86mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.00g
Protein	26.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 224.50mg	Iron 2.24mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Doritos

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30789
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package		541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package		456090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	5.00g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	0.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Slider on Hawaiian Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30792
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HI SLC 1.25Z 10-12CT	1 Each		516081
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each		645080

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	95.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	215.00mg		
Carbohydrates	6.00g		
Fiber	1.50g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	Iron	1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Goldfish Crackers

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30793
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	14.00g
Fiber	0.50g
Sugar	0.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.71mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Bean Dip

Servings:	57.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30796
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	2 #10 CAN	Or use GFS#183910	100362
SALSA 103Z 6-10 REDG	1/2 #10 CAN	Use USDA commodity first	452841
SOUR CREAM 4-5 GCHC	2 1/2 Pound		285218

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	147.42
Fat	3.21g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	12.85mg
Sodium	221.83mg
Carbohydrates	21.24g
Fiber	4.54g
Sugar	2.79g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.13mg	Iron 0.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Honey Glazed Cooked Carrots

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30801
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	5 Pound		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup		299405
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	1/4 Cup		217523

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.79		
Fat	2.88g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	44.79mg		
Carbohydrates	9.08g		
Fiber	2.08g		
Sugar	5.96g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Build Your Own Pepperoni Pizza Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30802
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	6 Each		729981

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	276.40		
Fat	14.08g		
SaturatedFat	5.58g		
Trans Fat	0.03g		
Cholesterol	26.25mg		
Sodium	772.58mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	8.00g		
Protein	13.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	216.09mg	Iron	1.52mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cheese Stick

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30803
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	86.67
Fat	6.33g
SaturatedFat	4.17g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	200.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.33g
Protein	6.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.67mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Ham Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30804
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD SLCD 5 10/ 2-5 GFS	2 Slice		757845
CHEESE AMER WHT 160CT SLCD 6-5 LOL	2 Slice		861940
CRACKER CLUB ZT 500-2CT KEEB	3 Package		367712

Preparation Instructions

Use square plastic container GFS#656652 or Paper Boats GFS#537473

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	290.00
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1615.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	1.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 157.00mg	Iron 0.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Graham Snack

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30805
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM HNY CHOC BUNNY 100- 1.25Z	1 Package		643012
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	126.67		
Fat	4.17g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.67mg		
Carbohydrates	21.17g		
Fiber	1.50g		
Sugar	7.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	0.96mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Side Chef Salad (Turkey)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30870
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Turkey Breast Deli	1/2 Ounce	1/2 ounce weight of Turkey 0.25 Meat/Meat Alternative Equivalents	100121
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	1/8 cup equals 1 ounce weight .50 Meat/Meat Alternative Equivalents Use USDA shredded cheese as available	712131

Preparation Instructions

Either use Ham or Turkey (depending on school preference). Place everything in containers/boats (GFS#273783). 20 containers will fit on a tray.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	84.81
Fat	5.31g
SaturatedFat	3.43g
Trans Fat	0.00g
Cholesterol	21.81mg
Sodium	183.39mg
Carbohydrates	2.83g
Fiber	1.00g
Sugar	1.00g
Protein	7.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.04mg	Iron 0.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Ham and Cheese Sub

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30873
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 1/16 Ounce	1.5 ounce weight per sandwich Use USDA first GFS #556121 use 3 slices for 1.5 ounce weight	556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Use USDA first	722360
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	2 Each	READY_TO_EAT	276142

Preparation Instructions

Note: Use either 1 slice of cheese (yellow or white) per sandwich.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	255.00
Fat	8.25g
SaturatedFat	3.13g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	695.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	3.50g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 137.25mg	Iron 2.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Turkey and Cheese Sub

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30874
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 2/11 Ounce	Weight 1.59 Weight per sandwich	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Use USDA first	722360
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	2 Each	READY_TO_EAT	276142

Preparation Instructions

Note: Use either 1 slice of cheese (yellow or white) per sandwich.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sub

Amount Per Serving	
Calories	261.00
Fat	7.75g
SaturatedFat	3.38g
Trans Fat	0.00g
Cholesterol	38.00mg
Sodium	724.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	3.50g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 137.25mg	Iron 2.00mg

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Diced BBQ Chicken

Servings:	80.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30878
School:	Shipshewana Scott Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
SAUCE BBQ 6-80FLZ SWTBRAY	1/2 Gallon		212071

Preparation Instructions

1. Thaw the chicken overnight in the walk-in cooler.
2. Evenly distribute the chicken between 2 pans.
3. Evenly distribute the BBQ sauce over the chicken.
4. Stir to coat.
5. Bake in a 350 degree oven for 2 hours.
6. Remove from the oven and shred.
7. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	127.95		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	287.78mg		
Carbohydrates	13.59g		
Fiber	0.00g		
Sugar	12.79g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.29mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Taco Meat

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30887
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
SEASONING TACO 21Z TRDE	9 Ounce		413429
Tap Water for Recipes	1 1/2 Quart		000001WTR

Preparation Instructions

Bring Chicken to temp. Stir in taco seasoning and water. Reduce heat and simmer for 15 to 20 minutes. Serving size is 2 ounce weight of chicken

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	73.13		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	83.00mg		
Carbohydrates	0.23g		
Fiber	0.00g		
Sugar	0.06g		
Protein	12.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.03mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	128.97		
Fat	3.53g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	74.08mg		
Sodium	146.39mg		
Carbohydrates	0.40g		
Fiber	0.00g		
Sugar	0.10g		
Protein	21.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.06mg

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Variety Pop-Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31564
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	Equals 1.25 Grain Equivalents	695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	Equals 1.25 Grain Equivalents	452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	Equals 1.00 Grain Equivalents	695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	186.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	196.67mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	15.33g
Protein	2.33g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 1.80mg

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Assorted BeneFIT Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31626
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	283.33		
Fat	8.33g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	230.00mg		
Carbohydrates	47.67g		
Fiber	3.00g		
Sugar	21.67g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	1.87mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Assorted Cereal Bar

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31627
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each		265921
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each		265901
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each		265931
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each		268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each		265891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	158.00
Fat	3.50g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	106.00mg
Carbohydrates	29.80g
Fiber	3.00g
Sugar	8.80g
Protein	2.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 238.00mg	Iron 2.18mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Salisbury Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31639
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	Cook as directed	785850

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	148.00		
Fat	10.00g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	269.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes