

Washington County School District

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Recipe

Sep 25, 2025

Recipe: 001040 CHICKEN PARMESAN - ELEM

Recipe Source: LOCAL

Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 150

Size of Portion: 3 TENDERS

903731 CHICKEN STRIPS, TYSON....	1 CASE 150/3 Strips	
903761 NOODLE, SPAGHETTI WG....	1/2 CASE 320/1/2 C SERVING	
902922 SPAGHETTI SAUCE,CND.....	3 1/8 #10 CAN	
900099 PARMESAN CHEESE.....	3 LB	

*Nutrients are based upon 1 Portion Size (3 TENDERS)

Calories	411	kcal	Cholesterol	34.07	mg	Total Sugars	*4.40*	g	Calcium	*0.00*	mg	43.98%	Calories from Total Fat
						Added Sug	*4.40*	g					
Total Fat	20.10	g	Sodium	722.43	mg	Protein	*0.00*	g	Iron	*108.86*	mg	9.44%	Calories from Saturated Fat
Saturated Fat	4.31	g	Carbohydrates	39.60	g	Vitamin A	23.64	RAE	Water ¹	*0.00*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fiber	7.00	g	Vitamin C	*N/A*	mg	Ash ¹	*0.00*	g	38.50%	Calories from Carbohydrates
												0.00%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values.

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Recipe

Sep 25, 2025

Recipe: 001945 CHICKEN PARMESIAN - SEC

Recipe HACCP Process: #2 Same Day Service

Recipe Source:

Recipe Group: PROTIEN

Alternate Recipe Name: CHICKEN TENDERS

Number of Portions: 150

Size of Portion: 2 TENDERS

903672 CHICKEN TENDER - TYSON.....	1 1/4 CASE 120/4.14oz	
903431 SPAGHETTI SAUCE: CONTADINA....	3 1/8 CAN	
903761 NOODLE, SPAGHETTI WG.....	1/2 CASE 320/1/2 C SERVING	
900099 PARMESAN CHEESE.....	3 LB	

*Nutrients are based upon 1 Portion Size (2 TENDERS)

Calories	399 kcal	Cholesterol	54.07 mg	Total Sugars Added Sug	*6.59* g *6.59* g	Calcium	*0.00* mg	36.56%	Calories from Total Fat
Total Fat	16.19 g	Sodium	828.99 mg	Protein	*0.00* g	Iron	*108.86* mg	8.61%	Calories from Saturated Fat
Saturated Fat	3.81 g	Carbohydrates	39.08 g	Vitamin A	28.95 RAE	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat	0.00 g	Dietary Fiber	6.24 g	Vitamin C	*N/A* mg	Ash ¹	*0.00* g	39.22%	Calories from Carbohydrates
								0.00%	Calories from Protein

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Recipe

Sep 25, 2025

Recipe: 001938 GREEN BEANS, ZESTY- ELEM

Recipe Source:

Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: ZESTY GREEN BEANS

Number of Portions: 23

Size of Portion: 1/2 CUP

900100 MARGARINE (#1 Solid).....	3 1/2 TBSP	
004582 OIL,CANOLA.....	2 1/2 TBSP	
002020 GARLIC POWDER.....	3 1/2 TSP	
903553 GREEN BEANS, LS, CANNED 100307...	1 #10 CAN	
002030 PEPPER,BLACK.....	1 dash	
900099 PARMESAN CHEESE.....	1 1/4 CUP	

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	64 kcal	Cholesterol	4.35 mg	Total Sugars	*1.01* g	Calcium	*0.01* mg	69.93%	Calories from Total Fat
				Added Sug	*1.01* g				
Total Fat	4.96 g	Sodium	218.10 mg	Protein	*0.00* g	Iron	*52.57* mg	23.64%	Calories from Saturated Fat
Saturated Fat	1.68 g	Carbohydrates	3.35 g	Vitamin A	2.82 RAE	Water ¹	*0.03* g	0.08%	Calories from Trans Fat
Trans Fat	0.01 g	Dietary Fiber	2.04 g	Vitamin C	*0.00* mg	Ash ¹	*0.03* g	20.97%	Calories from Carbohydrates
								0.00%	Calories from Protein

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Sep 25, 2025

Recipe: 001943 GREEN BEANS, ZESTY - SEC

Recipe HACCP Process: #2 Same Day Service

Recipe Source:

Recipe Group: VEGETABLES

Alternate Recipe Name: ZESTY GREEN BEANS

Number of Portions: 23

Size of Portion: 1 CUP

900100 MARGARINE (#1 Solid).....	7 TBSP	
004582 OIL,CANOLA.....	5 TBSP	
002020 GARLIC POWDER.....	7 TSP	
903553 GREEN BEANS, LS, CANNED 100307...	2 #10 CAN	
002030 PEPPER,BLACK.....	1 dash	
900099 PARMESAN CHEESE.....	2 1/2 CUP	

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	128 kcal	Cholesterol	8.70 mg	Total Sugars	*2.02* g	Calcium	*0.01* mg	69.94%	Calories from Total Fat
				Added Sug	*2.02* g				
Total Fat	9.92 g	Sodium	436.20 mg	Protein	*0.00* g	Iron	*105.11* mg	23.64%	Calories from Saturated Fat
Saturated Fat	3.35 g	Carbohydrates	6.69 g	Vitamin A	5.64 RAE	Water ¹	*0.05* g	0.08%	Calories from Trans Fat
Trans Fat	0.01 g	Dietary Fiber	4.09 g	Vitamin C	*0.00* mg	Ash ¹	*0.06* g	20.96%	Calories from Carbohydrates
								0.00%	Calories from Protein

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