

Cookbook for Grant Park School Dist.6

Created by HPS Menu Planner

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Hot Dog on WG Bun MTG

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Hot Dog on WG Bun MTG

Nutrition Information

Calories	101.70	Protein	4.05g
Fat	1.63g	SaturatedFat	0.04g
Trans Fat	0.00g	Cholesterol	0.35mg
Carbohydrates	19.09g	Fiber	4.00g
Sugar	2.09g	Sodium	105.00mg
Iron	0.73mg	Vitamin C	0.01mg
Vitamin A	1.22IU	Calcium	40.36mg

Ingredients

100 Each BUN HOT DOG WHEAT WHL 12-12CT GFS

1 Each FRANKS 3 MEAT CLASSIC 10/ 2-5 GFS

1 Fluid Ounce KETCHUP CAN 29% XTHK 6-10 GFS

1 Tablespoon MUSTARD YELLOW PREP 4-1GAL CRWNCOLL

Preparation Instructions

WASH HANDS.

,,,1. Place 1 hot dog in each bun.

,,,Convection oven: 350°F

,,,Conventional oven: 400°F

,,,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

,,,2. Serve within 3 hours.

,,,3. Serve with ketchup packet (optional).

,,,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,,,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

„Updated January 2016

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Sandwich Chicken Patty MTG

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Sandwich Chicken Patty MTG KC Version

Nutrition Information

Calories	139.23	Protein	5.56g
Fat	2.15g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.25mg
Carbohydrates	26.57g	Fiber	5.44g
Sugar	4.01g	Sodium	131.00mg
Iron	1.20mg	Vitamin C	4.58mg
Vitamin A	325.88IU	Calcium	44.10mg

Ingredients

100 Each BUN HAMB SLCD WHEAT WHL 4 10-12 GFS

20 Cup TOMATO 6X6 LRG 10# MRKN

1 slice

1 Ounce LETTUCE ROMAINE 24CT MRKN

1 Each CHIX PTY BRD WGRAIN FC 3.54Z 6-5.5#

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Preparation Instructions

WASH HANDS.

„WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN. 1. Cook chicken patty as directed on package.

„2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.

„3. Serve.

„4. Allow student to select condiment of choice.

„Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable Updated October 2013

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