

Cookbook for GRAND BLANC COMMUNITY SCHOOLS

Created by HPS Menu Planner

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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	381.48	Protein	19.73g
Fat	15.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	42.40g	Fiber	8.73g
Sugar	5.67g	Sodium	590.33mg
Iron	3.10mg	Vitamin C	5.77mg
Vitamin A	299.88IU	Calcium	90.27mg

Ingredients

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

100 Each CHIX PTY BRD WGRAIN 3.26Z 6-5#

20 Cup TOMATO 6X6 LRG 10# MRKN

1 slice

100 Ounce LETTUCE ICEBERG FS 4-6CT MRKN

1 leaf

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

Sandwich Turkey Burger MTG

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Sandwich Turkey Burger MTG

Nutrition Information

Calories	346.53	Protein	25.40g
Fat	14.00g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	70.00mg
Carbohydrates	30.41g	Fiber	5.40g
Sugar	5.01g	Sodium	887.03mg
Iron	2.62mg	Vitamin C	4.58mg
Vitamin A	299.88IU	Calcium	83.67mg

Ingredients

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

10 Cup TOMATO 6X6 LRG 10# MRKN

1 slice

1/2 Ounce LETTUCE ICEBERG FS 4-6CT MRKN

1 leaf

50 Piece TURKEY BRGR PUB CKD 55-3.5Z GFS

GRILL

Flat grill: add a small amount of oil to the grill (350 degrees f) and heat 1-3 ounce products for 4-7 minutes and 4-6 ounce products for 8-15 minutes from a frozen state, turning frequently to avoid excessive browning. Conventional oven: preheat oven to 350 degrees f. Heat frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 6-13 minutes.

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 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

Barbecued Chicken

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Barbecued Chicken

Nutrition Information

Calories	402.42	Protein	66.74g
Fat	6.46g	SaturatedFat	2.57g
Trans Fat	0.00g	Cholesterol	179.56mg
Carbohydrates	17.39g	Fiber	0.14g
Sugar	14.01g	Sodium	539.72mg
Iron	2.95mg	Vitamin C	0.07mg
Vitamin A	230.43IU	Calcium	8.21mg

Ingredients

1 1/4 Cup ONION CHPD 200-9GM PKTS FLVRFRRSH
2 Tablespoon SPICE PAPRIKA 16Z TRDE
1 Tablespoon SPICE CHILI POWDER HOT 5.5# TRDE
1 1/2 Quart KETCHUP BIB 3GAL HUNT
1 Teaspoon SPICE GARLIC POWDER 21Z TRDE
1 1/2 Cup SUGAR BROWN DK POLY BAG 24-1# P/L
1/2 Cup SAUCE WORCESTERSHIRE 12-10FLZ L&P
1/4 Cup SEASONING A/P HERB NO SALT 13Z TRDE
24 Pound CHIX DCD 1 60%WHT 40%DK 2-5# GFS

Preparation Instructions

Directions:

,1: Barbecue sauce: In a stockpot, combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

,2: Set aside for step 4.

,3: Place chicken on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

,3: For 25 servings, use 1 1/2 pans. For 50 servings, use 3 pans.

,4: Brush barbecue sauce over chicken.

,5: Bake uncovered:

,5: Conventional oven: 425 °F for 45 minutes. Convection oven: 375 °F for 30 minutes.

,6: Bake until chicken browns slightly around the edges. If the chicken browns too quickly, cover with foil to slow the browning process.

,7: Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

,8: Transfer to steam table pan (12" x 20" x 2 1/2").

,8: For 25 servings, use 1 pan. For 50 servings, use 2 pans.

,9: Critical Control Point: Hold for hot service at 140 °F or higher.

,10: Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

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, Notes:

,1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

,2: Cooking Process #2: Same Day Service

,3: Serving

,4: NSLP/SBP Crediting Information: 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back) provides 2 oz equivalent meat/meat alternate.

,5: CACFP Crediting Information: 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back) provides 2 oz meat/meat alternate.

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Spaghetti with meat sauce

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Spaghetti with meat sauce

Nutrition Information

Calories	85.17	Protein	3.79g
Fat	2.84g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.14g	Fiber	3.79g
Sugar	7.57g	Sodium	681.38mg
Iron	2.04mg	Vitamin C	17.03mg
Vitamin A	946.36IU	Calcium	37.85mg

Ingredients

15 Pound PASTA ANGEL HAIR 20-1 DECCO

3 Gallon SAUCE SPAGHETTI FCY 6-10 P/L

SIMMER

Fully Cooked, Heat to 165 degrees

5 Pound 2-10 BEEF GRND BULK KOSHER RKGB

Preparation Instructions

preparation instructions

- 1.
- 2.
- 3.

Salad Mixed Green MTG

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

Salad Mixed Green MTG

Nutrition Information

Calories	8.05	Protein	0.17g
Fat	0.01g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.69g	Fiber	0.67g
Sugar	0.45g	Sodium	0.80mg
Iron	0.41mg	Vitamin C	2.95mg
Vitamin A	2610.42IU	Calcium	12.09mg

Ingredients

100 Ounce LETTUCE ROMAINE 24CT MRKN

7 Cup TOMATO 6X6 LRG 10# MRKN

10 Cup CUCUMBER SELECT SUPER 45# MRKN

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1: Place washed lettuce into a mixing bowl.

2: Core and dice tomatoes.

3: Slice cucumbers into 1/4" slices.

4: Combine tomatoes and cucumbers.

5: Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

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Notes:

Chicken Pattie on Bun, Spicy

Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Pattie on Bun, Spicy

Nutrition Information

Calories	530.00	Protein	27.00g
Fat	28.00g	SaturatedFat	8.00g
Trans Fat	0.50g	Cholesterol	50.00mg
Carbohydrates	42.00g	Fiber	4.00g
Sugar	4.00g	Sodium	750.00mg
Iron	4.50mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	80.00mg

Ingredients

1 Each CHIX PTY HOT&SPCY WGRAIN 3.53Z 6-5#

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.

1 Package HAMBURGER WRPD 16-2PK WHTCAST

Preparation Instructions

Directions:

- 0: Remove Chicken from freezer lay on sheet pans
- 0: Return to freezer till cooking time
- 0: Remove from freezer to oven
- 0: Cook to 165° for 15 seconds
- 0: CCP: Heat to 165° F or higher for at least 15 seconds
- 0: Place patties in serving pans and place on lines
- 0: Assemble Sandwichs as customers come through serving line
- 0: 1 Spicy chicken pattie
- 0: 1 Hamburger bun
- 0: CCP: Hold for hot service at 135° F or higher

Notes:

Meatless Monday

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

Meatless Monday

Nutrition Information

Calories	1.49	Protein	0.06g
Fat	0.01g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.33g	Fiber	0.08g
Sugar	0.06g	Sodium	0.07mg
Iron	0.02mg	Vitamin C	0.15mg
Vitamin A	24.13IU	Calcium	0.73mg

Ingredients

1 Ounce PASTA SPAGHETTI 100% WHLWHE 2-5# GFS

1 Marinara Sauce

1 Cup LETTUCE BLND ROMAINE MXD 4-5# RSS

1 Cup BEAN GREEN CUT 6-4 GFS

1 Applesauce Cup

READY_TO_EAT

1 DRESSING RANCH LT 4-1GAL KENS

Preparation Instructions