

Cookbook for Big Bay De Noc Schools

Created by HPS Menu Planner

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Hamburger and French Fries

Servings:	120.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Beef Hamburger Patty on whole grain bun

Nutrition Information

Calories	296.24	Protein	14.14g
Fat	7.54g	SaturatedFat	2.51g
Trans Fat	0.00g	Cholesterol	25.08mg
Carbohydrates	48.53g	Fiber	11.07g
Sugar	19.22g	Sodium	303.00mg
Iron	2.18mg	Vitamin C	7.28mg
Vitamin A	5.83IU	Calcium	83.00mg

Ingredients

120 Each BEEF PTY FLAMEBR 180-1.8Z SMRT PICK

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.

120 Each BUN HAMB WHLWHE 3.5 R/SOD 10-12CT

302 2/5 Ounce FRIES 1/2 C/C OVEN 6-5# MCC

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

120 Cup BEAN VEGTAR 6-10 GFS

120 PEAR 95-110CT MRKN

240 Tablespoon KETCHUP CAN NAT LO SOD 6-10 REDG

READY_TO_EAT

None

1 Each MILK WHT 1% 40-8FLZ RGNLBRND

Preparation Instructions

Chicken Patty and Sw. Potato Fries

Servings:	120.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Patty on a Bun.

Nutrition Information

Calories	705.84	Protein	32.14g
Fat	8.68g	SaturatedFat	2.19g
Trans Fat	0.00g	Cholesterol	18.62mg
Carbohydrates	127.71g	Fiber	23.98g
Sugar	49.21g	Sodium	1403.13mg
Iron	5.41mg	Vitamin C	12.31mg
Vitamin A	1546.37IU	Calcium	493.79mg

Ingredients

120 Ounce CHIX PATTY HMSTYL 1.45Z 4-50CT TYS

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

10-12 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

120 Each BUN HAMB WHLWHE 3.5 R/SOD 10-12CT

120 Cup BEAN VEGTAR 6-10 GFS

120 Tablespoon KETCHUP CAN NAT LO SOD 6-10 REDG

READY_TO_EAT

None

120 PEAR 95-110CT MRKN

120 Each MILK WHT 1% 40-8FLZ RGNLBRND

120 Ounce FRIES SWT C/C SLIM 5-3# SWT THINGS

Preparation Instructions

Chicken Nuggets Potato Wedges

Servings:	120.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Nuggets and Potato Wedges

Nutrition Information

Calories	512.50	Protein	25.25g
Fat	19.00g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	60.25g	Fiber	10.50g
Sugar	7.25g	Sodium	875.00mg
Iron	4.05mg	Vitamin C	4.80mg
Vitamin A	125.00IU	Calcium	85.00mg

Ingredients

600 Each CHIX NUG BRD WGRAIN FC 750-.69Z

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.

322 4/5 Ounce Potato Wedge Cut

60 Cup BEAN VEGTAR 6-10 GFS

Preparation Instructions