

# Cookbook for Black River Local Schools

Created by HPS Menu Planner

# Table of Contents

Beans Baked

BBQ Pork Sandwich

Vegetable medley

Sausage & Cheese Bagel

Smoothie

Roasted California Blend

# Beans Baked

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Beans Baked

## Nutrition Information

<b>Calories</b>	10.89	<b>Protein</b>	0.07g
<b>Fat</b>	0.51g	<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.61mg
<b>Carbohydrates</b>	1.54g	<b>Fiber</b>	0.07g
<b>Sugar</b>	1.38g	<b>Sodium</b>	11.79mg
<b>Iron</b>	0.03mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.90IU	<b>Calcium</b>	1.60mg

## Ingredients

**1/2 Cup** BEAN KETTLE BRN SUGAR 6-10 HRTHSTN

**1/4 Cup** SPICE ONION MINCED 12Z TRDE

**1/2 Cup** DRESSING HNY MSTRD 4-1GAL GFS

**4 Ounce** SUGAR BROWN LT 12-2 PION

## Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).

Add onion, honey mustard and brown sugar

2. Heat through.

3. Serve.

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

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

# BBQ Pork Sandwich

<b>Servings:</b>	40.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Shredded BBQ pork

## Nutrition Information

<b>Calories</b>	8.75	<b>Protein</b>	0.50g
<b>Fat</b>	0.25g	<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	1.13mg
<b>Carbohydrates</b>	1.10g	<b>Fiber</b>	0.08g
<b>Sugar</b>	0.45g	<b>Sodium</b>	26.75mg
<b>Iron</b>	0.07mg	<b>Vitamin C</b>	0.09mg
<b>Vitamin A</b>	5.00IU	<b>Calcium</b>	2.78mg

## Ingredients

1/2 Cup PORK PULLED BBQ TRADITIONAL 4-5# GFS

1 WGR 4 INCH HAMBURGER BUN 60g 12ct

READY\_TO\_EAT

## Preparation Instructions

# Vegetable medley

**Servings:** 40.00

**Meal Type:** Lunch

**Category:** Vegetable

**HACCP Process:** No Cook

carrots Peppers

## Nutrition Information

<b>Calories</b>	2.33	<b>Protein</b>	-0.03g
<b>Fat</b>	0.15g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.13mg
<b>Carbohydrates</b>	0.26g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.15g	<b>Sodium</b>	3.69mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	1.49mg
<b>Vitamin A</b>	214.44IU	<b>Calcium</b>	0.37mg

## Ingredients

**1/4 Cup** PEPPERS COLORED MIXED ASST 12CT P/L

Cut in strips

**1/4 Cup** CARROT STIX STRAIGHT CUT 2-5# RSS

**1 Each** RANCH LT DIP CUP 100-1Z FLAVOR FRESH

## Preparation Instructions

Wash and Cut Red, Yellow and Orange Peppers in Strips .

Wash Carrot Sticks

Put in Smoothie Cup with Lid.

Serve with Ranch dipping cup.

# Sausage & Cheese Bagel

<b>Servings:</b>	12.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Bagel Sandwich B-1

## Nutrition Information

<b>Calories</b>	18.75	<b>Protein</b>	1.38g
<b>Fat</b>	0.42g	<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	3.13mg
<b>Carbohydrates</b>	2.67g	<b>Fiber</b>	0.42g
<b>Sugar</b>	0.54g	<b>Sodium</b>	51.67mg
<b>Iron</b>	0.21mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	12.50IU	<b>Calcium</b>	13.33mg

## Ingredients

- 1 Each BAGEL WHT WGRAIN IW 72-2Z LENDER
- 1 Each SAUSAGE PTY TKY CKD MAPL 1.5Z 10
- 1 Slice CHEESE AMER 160CT SLCD R/F 6-5# LOL

## Preparation Instructions

# Smoothie

<b>Servings:</b>	16.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Strawberry Smoothie B-2

## Nutrition Information

<b>Calories</b>	140.45	<b>Protein</b>	3.51g
<b>Fat</b>	0.85g	<b>SaturatedFat</b>	0.59g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	2.50mg
<b>Carbohydrates</b>	29.60g	<b>Fiber</b>	2.00g
<b>Sugar</b>	19.09g	<b>Sodium</b>	54.60mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	500.99IU	<b>Calcium</b>	100.20mg

## Ingredients

**8 Cup** STRAWBERRY IQF 30 COMM

**4 Pound** YOGURT STRAWB L/F PARFPR 6-4# YOPL

READY\_TO\_EAT

Ready to use with pouch & serving tip.

**2 Tablespoon** TOPPING DESSERT WHPD AERO 12-15Z GFS

## Preparation Instructions

# Roasted California Blend

<b>Servings:</b>	80.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service
Roasted California Blend	

## Nutrition Information

<b>Calories</b>	5.18	<b>Protein</b>	0.45g
<b>Fat</b>	0.21g	<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.51mg
<b>Carbohydrates</b>	0.63g	<b>Fiber</b>	0.25g
<b>Sugar</b>	0.25g	<b>Sodium</b>	11.48mg
<b>Iron</b>	0.09mg	<b>Vitamin C</b>	2.55mg
<b>Vitamin A</b>	103.89IU	<b>Calcium</b>	11.09mg

## Ingredients

**10 Cup** VEG BLEND CALIF 6-4# GFS  
**1/2 Cup** CHEESE PARM GRTD 4-5# PG  
**1 Each** GARLIC MIST 6-14Z TRYS

## Preparation Instructions

Spray Baking Sheet with Garlic Mist  
Place 2 bags of California Blend on Baking Tray  
Bake 8 - 10 mins at 400.