

# Cookbook for Black River Local Schools

Created by HPS Menu Planner

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# Side Salad

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

Salad Mixed Green V-1

## Nutrition Information

<b>Calories</b>	3.27	<b>Protein</b>	0.01g
<b>Fat</b>	0.25g	<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.05mg
<b>Carbohydrates</b>	0.23g	<b>Fiber</b>	0.04g
<b>Sugar</b>	0.17g	<b>Sodium</b>	7.98mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	1.11mg
<b>Vitamin A</b>	148.56IU	<b>Calcium</b>	0.51mg

## Ingredients

- 1 Cup LETTUCE ROMAINE CHOP 6-2# RSS
- 1/4 Cup TOMATO CHERRY 11# MRKN
- 1/4 Cup BROCCOLI FLORET BITE SIZE 2-3# RSS
- 2 Ounce CARROT SHRD MED 2-5# RSS
- 1 Each DRESSING FREN HNY PKT 102-1Z LTHSE

READY\_TO\_EAT

Use as a dressing or dip

- 1 Ounce DRESSING RNCH ORIG PKT 102-1Z MARZ
- 1 Each DRESSING ITAL LT PKT 102-1Z LTHSE

READY\_TO\_EAT

Open, pour and enjoy!

## Preparation Instructions

WASH HANDS.

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

1. Place washed lettuce into a mixing bowl.
2. add Screded carrots
3. Cut Broccoli bite size
4. add 3 Cherry tomatoes
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/carrots/ broccoli mix. Toss and serve.
6. Choice of 1 dressing

# 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

# Taco Salad

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Taco Salad L-3

## Nutrition Information

<b>Calories</b>	7.53	<b>Protein</b>	0.39g
<b>Fat</b>	0.32g	<b>SaturatedFat</b>	0.14g
<b>Trans Fat</b>	0.01g	<b>Cholesterol</b>	1.28mg
<b>Carbohydrates</b>	0.71g	<b>Fiber</b>	0.09g
<b>Sugar</b>	0.15g	<b>Sodium</b>	15.36mg
<b>Iron</b>	0.07mg	<b>Vitamin C</b>	0.35mg
<b>Vitamin A</b>	28.90IU	<b>Calcium</b>	2.70mg

## Ingredients

- 4 Ounce TACO FILLING BEEF REDC FAT 6-5# COMM
- 1 Package CHIP TORTL SCOOP BKD 72-.875Z TOSTIT
- 2 Ounce LETTUCE SHRD 3/8 CUT 4-5# RSS
- 2 Tablespoon CHEESE CHED IMIT SHRD FTNR 4-5# KE
- 1 Each SAUCE TACO MILD PKT 200-9GM GFS
- 1 Each SOUR CREAM PKT 100-1Z GFS
- 2 Ounce TOMATO ROMA DCD 3/8 2-5# RSS

## Preparation Instructions