

Cookbook for Crete-Monee School District U201

Created by HPS Menu Planner

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cheeseburger

orange chicken rice

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BBQ RIB SANDWICH

Cheese Ravioli

cheeseburger

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

cheeseburger

Nutrition Information

Calories	3.29	Protein	0.20g
Fat	0.20g	SaturatedFat	0.07g
Trans Fat	0.01g	Cholesterol	0.64mg
Carbohydrates	0.19g	Fiber	0.04g
Sugar	0.02g	Sodium	1.55mg
Iron	0.02mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.56mg

Ingredients

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

1 Each BEEF PTY 5/# 80/20 15# GFS

BAKE

From thawed state: sleeve pack preparation, put a on sheet pan in preheated convection oven at 375 degrees f for 25 minutes. Remove from oven and let stand 3 minutes before placing on bun.

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a on sheet pan in preheated convection oven at 375 degrees f for 25 minutes. Remove from oven and let stand 3 minutes before placing on bun.

orange chicken rice

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

Orange Chicken with Rice

Nutrition Information

Calories	2.41	Protein	0.13g
Fat	0.05g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.35mg
Carbohydrates	0.36g	Fiber	0.02g
Sugar	0.12g	Sodium	5.82mg
Iron	0.02mg	Vitamin C	0.03mg
Vitamin A	3.75IU	Calcium	0.10mg

Ingredients

3 Ounce STIR FRY WGRAIN TANGR CHIX 6-7.2#

1/2 Cup RICE FRIED PREM FZ 4-4# KAHIKI

Preparation Instructions

Heat according to manufacture instructions

ravoli

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

Ravoli

Nutrition Information

Calories	280.00	Protein	18.00g
Fat	4.50g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	38.00g	Fiber	5.00g
Sugar	8.00g	Sodium	860.00mg
Iron	2.16mg	Vitamin C	15.00mg
Vitamin A	950.00IU	Calcium	220.00mg

Ingredients

3 Ounce RAVIOLI CHS JMBO WGRAIN 24.91#

Cook according to receipe

1/2 Cup SAUCE SPAGHETTI 6-10 GFS

Preparation Instructions

BBQ RIB SANDWICH

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

BBQ RIB SANDWICH

Nutrition Information

Calories	300.00	Protein	18.00g
Fat	11.50g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	32.00g	Fiber	6.00g
Sugar	12.00g	Sodium	765.00mg
Iron	2.52mg	Vitamin C	1.20mg
Vitamin A	400.00IU	Calcium	80.00mg

Ingredients

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

1 Each BEEF RIB BBQ HNY 100-3.24Z PIER

BAKE

Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Preparation Instructions

BAKE

Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Put on Bun and Serve

Cheese Ravioli

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

Cheese Ravioli with Meat Sauce

Nutrition Information

Calories	226.67	Protein	11.00g
Fat	1.50g	SaturatedFat	0.83g
Trans Fat	0.00g	Cholesterol	8.33mg
Carbohydrates	36.00g	Fiber	6.67g
Sugar	12.67g	Sodium	1120.00mg
Iron	2.52mg	Vitamin C	20.00mg
Vitamin A	1566.67IU	Calcium	106.67mg

Ingredients

1 Each RAVIOLI CHS JMBO WGRAIN 24.91#

1 Cup SAUCE SPAGHETTI 6-10 GFS

Preparation Instructions