

Cookbook for Schoolcraft Community Schools

Created by HPS Menu Planner

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Cheeseburger on bun

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

Cheeseburger on bun

Nutrition Information

Calories	3.90	Protein	0.22g
Fat	0.19g	SaturatedFat	0.07g
Trans Fat	0.01g	Cholesterol	0.70mg
Carbohydrates	0.00g	Fiber	0.02g
Sugar	0.04g	Sodium	5.60mg
Iron	0.01mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.20mg

Ingredients

1 Each BEEF STK SMKY GRLL 100-3Z PIER

BAKE

Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes.

Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

1 American Cheese Sliced RF

1 4 inch whole grain hamburger buns - 30 ct

Preparation Instructions

Hot dog on bun

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

Hot dog on bun

Nutrition Information

Calories	2.70	Protein	0.10g
Fat	0.18g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.45mg
Carbohydrates	0.22g	Fiber	0.03g
Sugar	0.04g	Sodium	7.80mg
Iron	0.01mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.40mg

Ingredients

1 Each FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS

1 Hot Dog Bun, Whole Grain White Cluster

READY_TO_EAT

Preparation Instructions

Chicken Patty on bun

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

Chicken patty on bun

Nutrition Information

Calories	4.00	Protein	0.20g
Fat	0.15g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.25mg
Carbohydrates	0.15g	Fiber	0.05g
Sugar	0.05g	Sodium	6.50mg
Iron	0.02mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.40mg

Ingredients

1 Each CHIX PTY BRD WGRAIN 3.26Z 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 4 inch whole grain hamburger buns - 30 ct

Preparation Instructions

Chicken Nuggets

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

Chicken nuggets

Nutrition Information

Calories	1.33	Protein	0.06g
Fat	0.04g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.05mg
Carbohydrates	0.17g	Fiber	0.02g
Sugar	0.01g	Sodium	2.20mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.25IU	Calcium	0.05mg

Ingredients

1 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.

1 Whole Grain Dinner Roll

READY_TO_EAT



Preparation Instructions

Chicken tenders

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

Chicken Tenders

Nutrition Information

Calories	1.60	Protein	0.10g
Fat	0.05g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.15mg
Carbohydrates	0.18g	Fiber	0.02g
Sugar	0.02g	Sodium	2.50mg
Iron	0.01mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

1 Piece CHIX TNDR BRD WGRAIN 1.41Z 6-5#

1 Whole Grain Dinner Roll

READY_TO_EAT

Preparation Instructions

Popcorn Chicken

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

Popcorn Chicken

Nutrition Information

Calories	1.01	Protein	0.04g
Fat	0.02g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.02mg
Carbohydrates	0.15g	Fiber	0.01g
Sugar	0.01g	Sodium	1.72mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.09IU	Calcium	0.04mg

Ingredients

1 Each CHIX POPCORN BRD WGRAIN FC .28Z 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 Whole Grain Dinner Roll

READY_TO_EAT



Preparation Instructions

Boneless chicken wings

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

Boneless chicken wings

Nutrition Information

Calories	1.20	Protein	0.07g
Fat	0.03g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.05mg
Carbohydrates	0.17g	Fiber	0.02g
Sugar	0.01g	Sodium	2.08mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

1 Each CHIX BNLS WNG GLDNCRSP WGRAIN 6-105CT

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.

1 Whole Grain Dinner Roll

READY_TO_EAT



Preparation Instructions

Chicken Drumstick

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

Chicken Drumstick

Nutrition Information

Calories	2.70	Protein	0.19g
Fat	0.12g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.50mg
Carbohydrates	0.19g	Fiber	0.02g
Sugar	0.01g	Sodium	5.90mg
Iron	0.01mg	Vitamin C	0.00mg
Vitamin A	1.00IU	Calcium	0.20mg

Ingredients

1 Piece CHIX DRMSTX BRD WGRAIN CKD 6-5#

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

1. Preheat oven to 375°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 35-40 minutes.

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.

3. Heat for 25-30 minutes

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

1 Whole Grain Dinner Roll

READY_TO_EAT

Preparation Instructions