

Cookbook for CUYAHOGA FALLS HIGH SCHOOL

Created by HPS Menu Planner

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Green Beans

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

Fresh green Beans

Nutrition Information

Calories	14.98	Protein	0.79g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.15g	Fiber	1.58g
Sugar	0.79g	Sodium	0.79mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3 Gallon BEAN GRN FZ 30 COMM

1/2 cup serving

Preparation Instructions

Add green beans to a large roaster.

Add 1/2 gallon of water.

Cover and place in a 350* F. oven for 30 - 45 minutes. (Until internal temperature reaches 145* F.)

Green Beans can be cooked in the Cooker/warmers Timing will vary. Cool until internal temperature reaches 14*F.

Calzone

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

Baked Beef & Chicken Italian Calzone (NO PORK)

Nutrition Information

Calories	420.00	Protein	22.00g
Fat	15.00g	SaturatedFat	5.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	51.00g	Fiber	5.00g
Sugar	13.00g	Sodium	970.00mg
Iron	3.24mg	Vitamin C	20.40mg
Vitamin A	1100.00IU	Calcium	290.00mg

Ingredients

100 Each CALZONE ITAL BEEF PEPP WGRAIN 80-5Z
100 Each SAUCE MARINARA DIPN CUP 84-2.5Z REDG
READY_TO_EAT

None

Preparation Instructions

Basic Preparation

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

Curly Twister Fries

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

Spiral cut seasoned fries

Nutrition Information

Calories	213.76	Protein	3.56g
Fat	10.69g	SaturatedFat	2.67g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	26.72g	Fiber	3.56g
Sugar	0.00g	Sodium	570.02mg
Iron	1.28mg	Vitamin C	6.41mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound FRIES TWISTER SEAS 6-5# LAMB

4 oz. per serving

5 bags per 100 orders

Preparation Instructions

Waffle Fries

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Waffle cut fries

Nutrition Information

Calories	3.71	Protein	0.05g
Fat	0.13g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.58g	Fiber	0.08g
Sugar	0.00g	Sodium	2.12mg
Iron	0.02mg	Vitamin C	0.10mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 Ounce FRIES WAFFLE 6-4.5# MCC

CONVECTION

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

Preparation Instructions

Mixed Green Salad

Servings:	100.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Fresh Mixed Romaine Salad

Nutrition Information

Calories	16.65	Protein	0.91g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.48g	Fiber	1.16g
Sugar	2.32g	Sodium	8.39mg
Iron	0.33mg	Vitamin C	10.00mg
Vitamin A	1666.67IU	Calcium	15.80mg

Ingredients

100 Cup LETTUCE BLND ROMAINE MXD 4-5# RSS

1 cup each serving

200 Fluid Ounce TOMATO CHERRY 12-1PT MRKN

equals 2 each

Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

Rice Brown MTG

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

Rice Brown MTG

Nutrition Information

Calories	30.19	Protein	0.71g
Fat	0.18g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.57g	Fiber	0.36g
Sugar	0.00g	Sodium	0.00mg
Iron	0.13mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 11/25 Cup RICE BRN PARBL WGRAIN 25# GFS

Preparation Instructions

Directions:

WASH HANDS.

1. Bring water to a boil, add rice. Cover tightly and simmer for 20 minutes or until liquid is absorbed.
2. Fluff with fork.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

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Notes:

Orange

Servings:	100.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Fresh Orange

Nutrition Information

Calories	80.00	Protein	1.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	21.00g	Fiber	7.00g
Sugar	14.00g	Sodium	0.00mg
Iron	0.36mg	Vitamin C	78.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

100 Each ORANGES NAVEL/VALENCIA CHC 138CT MRKN

Preparation Instructions

One whole orange equals one serving

Fresh Blueberry Cup

Servings: 120.00

Meal Type: Lunch

Category: Fruit

HACCP Process: No Cook

Fresh Blueberries

Nutrition Information

Calories	31.55	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	7.89g	Fiber	2.37g
Sugar	5.52g	Sodium	1.58mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3 Gallon BLUEBERRIES FZ WILD IQF 30 COMM

Portion 1/2 cup each serving

Preparation Instructions

Smokehouse Burger

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

Smoky burger

Nutrition Information

Calories	380.00	Protein	22.50g
Fat	23.00g	SaturatedFat	9.50g
Trans Fat	1.00g	Cholesterol	82.50mg
Carbohydrates	19.50g	Fiber	4.00g
Sugar	2.50g	Sodium	690.00mg
Iron	2.22mg	Vitamin C	0.00mg
Vitamin A	137.00IU	Calcium	143.50mg

Ingredients

100 Each BEEF STK SMKY GRLL 100-3Z PIER

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

100 Slice CHEESE AMER 160CT SLCD 6-5# COMM

Preparation Instructions

Steam in steamer for 10 minutes, until internal temperature reaches 165* F.

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.

Far East Vegetable Blend

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

Broccoli, Sugar Snap Pea, Carrots, onions, Baby Corn and Red Bell Pepper

Nutrition Information

Calories	40.00	Protein	1.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	5.00g	Fiber	2.00g
Sugar	2.00g	Sodium	30.00mg
Iron	0.36mg	Vitamin C	15.00mg
Vitamin A	750.00IU	Calcium	20.00mg

Ingredients

100 Cup VEG BLND FAR EAST 12-2 GFS
= 1 gallon + 1 Quart.

Preparation Instructions

Steam in the steamer for about 7 - 10 minutes. until the internal temperature reaches 145* F.

Add veggie seasoning.

Pears (Fresh)

Servings:	100.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Fresh seasonal pears

Nutrition Information

Calories	16.40	Protein	0.16g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	4.46g	Fiber	0.96g
Sugar	2.71g	Sodium	0.32mg
Iron	0.06mg	Vitamin C	1.15mg
Vitamin A	0.00IU	Calcium	3.18mg

Ingredients

100 PEAR 95-110CT MRKN

Preparation Instructions

Wash before serving.

Fish Sandwich on a bun

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

Nutrition Information

Calories	270.00	Protein	15.00g
Fat	8.50g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	36.00g	Fiber	6.00g
Sugar	3.00g	Sodium	675.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

100 Each FISH BRD 3Z O/R WGRAIN 10# HILNR

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

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Chicken Egg Rolls

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

Each egg roll is filled with chicken, fresh vegetables, and signature spices.

Nutrition Information

Calories	300.00	Protein	14.00g
Fat	14.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	80.00mg
Carbohydrates	32.00g	Fiber	4.00g
Sugar	4.00g	Sodium	720.00mg
Iron	2.88mg	Vitamin C	12.00mg
Vitamin A	2500.00IU	Calcium	80.00mg

Ingredients

200 Each EGG ROLL CHIX WGRAIN CN 3Z 2-30CT

Preparation Instructions

BAKE

Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.

Serve with Frank's Sweet & Spicy Sauce.