

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.

Chicken Strips

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

Oven baked breaded chicken strips

Nutrition Information

Calories	260.00	Protein	15.00g
Fat	15.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	16.00g	Fiber	3.00g
Sugar	1.00g	Sodium	390.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

300 Piece CHIX TNDR WGRAIN FC 450CT TYS

4 bags

Preparation Instructions

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

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

Corn

Servings: 100.00

Meal Type: Lunch

Category: Vegetable

HACCP Process: Same Day Service

Side veggie, Corn

Nutrition Information

Calories	63.41	Protein	1.89g
Fat	0.95g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.14g	Fiber	1.89g
Sugar	2.84g	Sodium	0.95mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3 Gallon CORN FZ 30 COMM

3 gallons of corn equals 100 1/2 cup orders of corn.

Preparation Instructions

Add frozen corn to a large roaster pan. Add 1/2 gallon of water. Heat corn until temperature reaches 145* F.

Celery & Carrot Sticks

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

Crispy Fresh Veggie favorites

Nutrition Information

Calories	34.29	Protein	1.14g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.86g	Fiber	2.29g
Sugar	3.43g	Sodium	85.71mg
Iron	0.41mg	Vitamin C	5.49mg
Vitamin A	9714.29IU	Calcium	45.71mg

Ingredients

400 Ounce CARROT CELERY STIX COMBO 2-5# RSS

2 oz. celery

2 oz. carrots

Preparation Instructions

4 oz. serving

serve with Ranch dipping sauce.

SRIRACHA CHICKEN

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

These chicken breast chunks are breaded in a honey-Sriracha breading

Nutrition Information

Calories	253.33	Protein	20.00g
Fat	12.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	46.67mg
Carbohydrates	18.67g	Fiber	1.33g
Sugar	2.67g	Sodium	333.33mg
Iron	1.44mg	Vitamin C	1.60mg
Vitamin A	266.67IU	Calcium	0.00mg

Ingredients

400 Each CHIX BRST CHNK BRD SRIRACHA 4-7.12#

4 EACH PER SERVING

Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

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.