

# Cookbook for CUYAHOGA FALLS HIGH SCHOOL

Created by HPS Menu Planner

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# Green Beans

<b>Servings:</b>	120.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Fresh green Beans

## Nutrition Information

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

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

Baked Beef & Chicken Italian Calzone (NO PORK)

## Nutrition Information

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

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

Spiral cut seasoned fries

## Nutrition Information

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

## Ingredients

**25 Pound FRIES TWISTER SEAS 6-5# LAMB**

4 oz. per serving

5 bags per 100 orders

## Preparation Instructions

# Waffle Fries

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

Baked Waffle cut fries

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Fresh Mixed Romaine Salad

## Nutrition Information

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

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

Rice Brown MTG

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Fresh Orange

## Nutrition Information

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

## Ingredients

100 Each ORANGES NAVEL/VALENCIA CHC 138CT MRKN

## Preparation Instructions

One whole orange equals one serving

# Fresh Blueberry Cup

<b>Servings:</b>	120.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Fresh Blueberries

## Nutrition Information

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

## Ingredients

3 Gallon BLUEBERRIES FZ WILD IQF 30 COMM

Portion 1/2 cup each serving

## Preparation Instructions

# Smokehouse Burger

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

Smoky burger

## Nutrition Information

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

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

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

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Fresh seasonal pears

## Nutrition Information

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

## Ingredients

100 PEAR 95-110CT MRKN

## Preparation Instructions

Wash before serving.

# Fish Sandwich on a bun

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

## Nutrition Information

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

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

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

## Nutrition Information

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