

# Cookbook for Harrison County Board of Education

Created by HPS Menu Planner

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# Hamburger on bun

<b>Servings:</b>	500.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Hamburger patty on whole grain bun

## Nutrition Information

<b>Calories</b>	298.00	<b>Protein</b>	20.00g
<b>Fat</b>	12.00g	<b>SaturatedFat</b>	3.60g
<b>Trans Fat</b>	0.60g	<b>Cholesterol</b>	39.00mg
<b>Carbohydrates</b>	29.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	479.00mg
<b>Iron</b>	4.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	104.00mg

## Ingredients

**500 Each** BEEF PTY CKD 2.5Z 6-5# COMM

Place patties in steam pan. Cook in combi on steam until internam temperature reads 165 degrees F.

**500** 3474 WGR HAMBURGER BUN (76) 60g 12ct

READY\_TO\_EAT

**1** American Cheese Sliced RF

## Preparation Instructions

Place 3 sleeves + 1 burgers in each 4 deep steam table pan (total of 100 burgers per pan)

Turn on Combi oven to 265 degrees steam.

Cook @ 265 degrees for 20 minutes or until 165 degrees.

Line baking sheet with parchment paper. Place 24 burgers on buns on baking sheet. Cover with foil, place in warmer to be served.

# BBQ on bun

<b>Servings:</b>	150.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

BBQ on wg/bun

## Nutrition Information

<b>Calories</b>	1.45	<b>Protein</b>	0.09g
<b>Fat</b>	0.02g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.16mg
<b>Carbohydrates</b>	0.21g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.05g	<b>Sodium</b>	2.79mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.67IU	<b>Calcium</b>	0.47mg

## Ingredients

- 1 Ounce PORK LEG RST 1PC 32-40 COMM
- 1 Tablespoon SAUCE BBQ ORIG MILD 4-1GAL CATL
- 1 3474 WGR HAMBURGER BUN (76) 60g 12ct  
READY\_TO\_EAT

## Preparation Instructions

Lay raw roast on sheet pans bottom shelf of refrigerator to thaw two days before cooking.

Day 1: Leave netting on roast and place in kettle filled with water to cover tops of roast.

Set kettle on high and boil for 5 hours or until 190 degrees. (will pull apart much easier when cooked to this temp).

Take out of kettle place on sheet pans place on bakers rack in refrigerator. Take temps according to CCP: below.

Day 2:

Turn on Combi oven to 265 degrees steam.

Cook @ 265 degrees for 20 minutes or until 165 degrees.

Cut across roast width wise and place roast in mixer with beater attachment. Let spin just until all roast is pulled

apart

Add BBQ sauce and turn. Place back in pans in combi and reheat to 165 degrees.

Line 6-½ size baking sheet pans with parchment paper. Place 12 buns on baking sheet. Cover over lightly until ready to put BBQ on bun. During serving time put BBQ on bun and cover with foil, place in warmer to be served.

# Lettuce/Tomato Cup

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

## Nutrition Information

<b>Calories</b>	0.42	<b>Protein</b>	0.03g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.09g	<b>Fiber</b>	0.03g
<b>Sugar</b>	0.06g	<b>Sodium</b>	0.17mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.23mg
<b>Vitamin A</b>	14.99IU	<b>Calcium</b>	0.31mg

## Ingredients

**1 Cup** LETTUCE SALAD TINY CHOP 55/45 4-5#

**1 Cup** TOMATO 5X6 XL 25# MRKN

## Preparation Instructions

Tomatoes: Wash tomatoes in colander and let drain. Slice 125 slices.

Set 12- 8oz paper trays on half sheet pan. Place  $\frac{3}{4}$  cup lettuce and 1 slice of tomato in each tray. Set in pass through cooler till serve time.

# Baked Beans

<b>Servings:</b>	240.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Baked Beans

## Nutrition Information

<b>Calories</b>	2.28	<b>Protein</b>	0.09g
<b>Fat</b>	0.06g	<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.17mg
<b>Carbohydrates</b>	0.35g	<b>Fiber</b>	0.04g
<b>Sugar</b>	0.20g	<b>Sodium</b>	7.80mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.25IU	<b>Calcium</b>	0.44mg

## Ingredients

- 1 Cup BEAN & PORK XFCY 6-10 SHOWBOAT
- 1 Ounce SUGAR BROWN LT 12-2 PION
- 1 Tablespoon KETCHUP CAN 33% FCY 6-10 CRWNCOLL
- 1 Cup ONION DCD IQF 6-4 GFS
- 1 Ounce BACON CKD 3-100CT FAST N EASY

## Preparation Instructions

Heat to 165 degrees or higher for at least 15 seconds

Get out 3- 4 full size steam table pan and 2- 4 ½ steam table pan.

In the full size pans put: 3 cans beans, 1 bag brown sugar, ¼ can ketchup, ¾ cup onions

In the ½ size pans put: 1 ½ cans beans, ½ bag brown sugar, 1/8 can ketchup, 2/3 cup onions.

When available add a little crumbled bacon to each of the pans.

Mix all pans well, place in Oven at 350 degrees for 30 minutes to 165 degree and the beans are somewhat set, not to thin. Place in warmer till serve time.

# Potato Smiles

<b>Servings:</b>	624.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Potato Smiles

## Nutrition Information

<b>Calories</b>	0.09	<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>	0.01g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	0.12mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

1 Ounce POTATO SMILES 26/# 6-4# OREI

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP\_FRY

FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1/2 MINUTES.

## Preparation Instructions



# Sliced Pear Cup

<b>Servings:</b>	160.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	Same Day Service

Sliced Pears

## Nutrition Information

<b>Calories</b>	0.88	<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>	0.21g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.19g	<b>Sodium</b>	0.13mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

1 Cup PEAR SLCD XL/S 6-10 GFS

## Preparation Instructions

Servings per drained Can Undrained Can

Sliced Pears #262706 14.75 24.85

# Grilled Cheese

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Grilled Cheese Sandwich

## Nutrition Information

<b>Calories</b>	220.00	<b>Protein</b>	12.00g
<b>Fat</b>	7.00g	<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	26.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	450.00mg
<b>Iron</b>	12.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	4.00mg

## Ingredients

- 1 Ounce CHEESE SLCD BLND 6-5 COMM
- 2 24 OZ WGR SANDWICH BREAD (21C)
- 1 Teaspoon PAN SPRAY BUTTERMIST 6-17Z BTRBUDS

## Preparation Instructions

# Mashed Potatoes

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

Mashed Potatoes (Elementary Recipe)

## Nutrition Information

<b>Calories</b>	142.51	<b>Protein</b>	2.01g
<b>Fat</b>	2.01g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	30.68g	<b>Fiber</b>	2.01g
<b>Sugar</b>	0.00g	<b>Sodium</b>	659.73mg
<b>Iron</b>	0.38mg	<b>Vitamin C</b>	12.80mg
<b>Vitamin A</b>	3.81IU	<b>Calcium</b>	14.22mg

## Ingredients

**91/100 Cup** BUTTER SUB 24-4Z BTRBUDS

**4 19/50 Pound** POTATO PRLS EXCEL 12-28Z BAMER

RECONSTITUTE

1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

## Preparation Instructions

# Broccoli / Cauliflower Cup (5oz)

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Broccoli / Cauliflower Florets in a 5oz cup with Ranch Packet

## Nutrition Information

<b>Calories</b>	84.17	<b>Protein</b>	1.10g
<b>Fat</b>	6.10g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	7.67g	<b>Fiber</b>	1.05g
<b>Sugar</b>	4.00g	<b>Sodium</b>	139.75mg
<b>Iron</b>	0.28mg	<b>Vitamin C</b>	31.63mg
<b>Vitamin A</b>	145.20IU	<b>Calcium</b>	17.01mg

## Ingredients

**1/4 Cup** BROCCOLI CRWN ICELESS 20# MRKN  
**1/4 Cup** CAULIFLOWER CALIF 12-1CT MARKON  
**1 Each** RANCH LT DIP CUP 100-1Z FLAVOR FRESH

## Preparation Instructions

# Mashed Potatoes

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

Mashed Potatoes (Instant), for Elementary

## Nutrition Information

<b>Calories</b>	366.03	<b>Protein</b>	8.12g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	81.39g	<b>Fiber</b>	8.12g
<b>Sugar</b>	4.06g	<b>Sodium</b>	108.65mg
<b>Iron</b>	1.46mg	<b>Vitamin C</b>	170.42mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	81.15mg

## Ingredients

**25 Cup** POTATO GRANULES W/MLK 6-5.31# GFS  
**37/100 Cup** BUTTER SUB 24-4Z BTRBUDS

## Preparation Instructions

Directions:

Pour boiling water and warm milk into a large bowl.

Add instant potato granules, butter buds, and salt/pepper.

Mix 30 seconds to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.)

CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

Notes: