

Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

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WALKING TACO

Burger

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Delicious hamburgers & cheese burgers

Nutrition Information

Calories	303.00	Protein	19.00g
Fat	16.50g	SaturatedFat	5.70g
Trans Fat	0.90g	Cholesterol	60.00mg
Carbohydrates	21.00g	Fiber	5.00g
Sugar	3.00g	Sodium	444.00mg
Iron	2.72mg	Vitamin C	0.00mg
Vitamin A	28.00IU	Calcium	58.00mg

Ingredients

100 Each BEEF PTY CKD W/CHER 2.4Z 6-5# COMM

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

Preparation Instructions

Basic Preparation:

PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER AS WELL. PLACE IN STEAMER AND HEAT FOR APPROX 14 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 165 DEGREES.

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.

French Toast

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

Breakfast for lunch

Nutrition Information

Calories	200.60	Protein	7.80g
Fat	8.00g	SaturatedFat	2.00g
Trans Fat	0.09g	Cholesterol	109.00mg
Carbohydrates	25.00g	Fiber	2.50g
Sugar	11.00g	Sodium	282.70mg
Iron	1.46mg	Vitamin C	0.07mg
Vitamin A	225.12IU	Calcium	73.53mg

Ingredients

100 Each FRENCH TST CINN WGRAIN 144-2.9Z PAP

1 piece per serving

Preparation Instructions

On a sheet tray with parchment paper, lay each piece in a single layer.

Bake in a 350* F. oven for 5-7 minutes.

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.

Breaded Chicken Sandwich

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

Baked Home-style Chicken Sandwich Patty

Nutrition Information

Calories	195.00	Protein	11.00g
Fat	6.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	12.50mg
Carbohydrates	25.00g	Fiber	5.50g
Sugar	2.00g	Sodium	310.00mg
Iron	1.62mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

100 Each CHIX PATTY HMSTYL 1.45Z 4-50CT TYS

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

10-12 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

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

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

Black Pepper Fries

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

Baked Black Pepper Seasoned Fries

Nutrition Information

Calories	213.76	Protein	2.67g
Fat	10.69g	SaturatedFat	1.34g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	28.06g	Fiber	2.67g
Sugar	0.00g	Sodium	654.63mg
Iron	0.96mg	Vitamin C	8.02mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound FRIES PEPPERED 6-5# X-TREME

CONVECTION

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

Preparation Instructions

Place 4 oz. fries per order into a boat.

Triangle Hash Browns

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

Baked Hash Browns

Nutrition Information

Calories	195.94	Protein	1.78g
Fat	9.80g	SaturatedFat	1.34g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	24.05g	Fiber	1.78g
Sugar	0.89g	Sodium	400.80mg
Iron	0.64mg	Vitamin C	2.14mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

30 Pound POTATO TRIANGLES 2Z 6-5# LAMB

1 case has 120 orders

Preparation Instructions

CONVECTION OVEN: Layer onto a sheet tray. Bake at 400* F. for about 13 minutes.

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.

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

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.

Breakfast Cereal

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Assorted Breakfast cereal

Nutrition Information

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

Ingredients

50 4-24 GEN MILLS BOWL PACK CEREAL 32415

Preparation Instructions

Breakfast Pizza

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Breakfast turkey sausage pizza.

Nutrition Information

Calories	223.00	Protein	10.60g
Fat	7.50g	SaturatedFat	2.10g
Trans Fat	0.00g	Cholesterol	16.00mg
Carbohydrates	28.00g	Fiber	2.10g
Sugar	6.00g	Sodium	500.00mg
Iron	1.98mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	160.00mg

Ingredients

50 Each PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z

Preparation Instructions

Basic Preparation

PLACE FROZEN PIZZAS IN 18"X26"X1/2" LIGHTLY GREASED BUN PANS. CONVECTION OVEN: 350F FOR 15 TO 17 MINUTES. CONVENTIONAL OVEN: 400F FOR 16 TO 19 MINUTES. REFRIGERATE OR DISCARD ANY UNUSED PORTION. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

Fruit Frudels

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

cherry-filled strudel pastries

Nutrition Information

Calories	210.00	Protein	5.00g
Fat	6.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	37.00g	Fiber	2.00g
Sugar	11.00g	Sodium	260.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

50 Each PASTRY CHRY FILLD IW 72-2.29Z FRUDEL

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

Preparation Instructions

Apple

Servings: 100.00

Meal Type: Lunch

Category: Fruit

HACCP Process: Same Day Service

These are heart-shaped apples with a deep, ruby-red skin that is sometimes streaked with green. They have a mild, sweet flavor, juicy texture, with little tartness

Nutrition Information

Calories	71.80	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	19.00g	Fiber	3.00g
Sugar	14.00g	Sodium	0.00mg
Iron	0.17mg	Vitamin C	6.35mg
Vitamin A	74.52IU	Calcium	8.28mg

Ingredients

100 Each APPLE DELICIOUS RED 113CT MRKN

Preparation Instructions

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.

WALKING TACO

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

TACO BEEF & DORITO WALKING TACO

Nutrition Information

Calories	393.28	Protein	18.08g
Fat	19.09g	SaturatedFat	8.14g
Trans Fat	0.18g	Cholesterol	52.08mg
Carbohydrates	34.15g	Fiber	4.26g
Sugar	1.93g	Sodium	714.16mg
Iron	2.33mg	Vitamin C	34.74mg
Vitamin A	5528.76IU	Calcium	96.57mg

Ingredients

100 Package CHIP NACHO CHS TOP N GO 21-1.4Z DORIT

200 Ounce TACO FILLING BEEF REDC FAT 6-5# COMM

2 oz. per serving.

100 Ounce CHEESE CHED SHRD 6-5 COMM

1 oz. per serving

100 Ounce SALSA 103Z 6-10 REDG

READY_TO_EAT

None

100 Cup LETTUCE ROMN CUT 9-2# P/L

1/2 cup per order

Preparation Instructions