

Cookbook for Greenville Public Schools

Created by HPS Menu Planner

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Beef Tacos

Servings:	1.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Reduced fat seasoned beef filling in a tortilla , served with lettuce, cheese, and slasa

Nutrition Information

Calories	327.93	Protein	21.11g
Fat	16.14g	SaturatedFat	9.20g
Trans Fat	0.27g	Cholesterol	63.12mg
Carbohydrates	25.23g	Fiber	4.14g
Sugar	4.89g	Sodium	681.25mg
Iron	3.68mg	Vitamin C	17.41mg
Vitamin A	2346.14IU	Calcium	264.85mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION. PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.
1 Each	882690	TORTILLA FLOUR ULTRGR 6 30-12CT	
1/4 Cup	150250	CHEESE CHED MLD SHRD 4-5# COMM	

Measurement	DistPart #	Description	Preparation Instructions
1/4 Cup	451730	LETTUCE ROMAINE RIBBONS 6-2# RSS	
1 Each	677802	SALSA CUP 84- 3Z REDG	READY_TO_EAT None

Preparation Instructions

Meat:

Thawing Instructions THAW UNDER REFRIGERATION, DO NOT THAW AT ROOM TEMPERATURE.

Preparation Instructions REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. MICROWAVE AND DEEP FRYING ARE NOT RECOMMENDED.
CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES.

Place cheese in portioned cups and maintain temp between 35-40 degrees till serving

Hold lettuce between 35 - 40 degrees till serving

Hold salsa between 35 - 40 degrees till serving

Pepperoni Calzone

Servings:	1.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

These calzones include a whole grain crust and a filling of 100 percent mozzarella cheese, and Italian beef pepperoni.

Nutrition Information

Calories	340.00	Protein	20.00g
Fat	13.00g	SaturatedFat	5.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	35.00g	Fiber	3.00g
Sugar	5.00g	Sodium	510.00mg
Iron	1.80mg	Vitamin C	8.40mg
Vitamin A	500.00IU	Calcium	250.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	135191	CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	PRODUCT MUST BE SLACKED AND THAWED PRIOR TO COOKING. TAKING THE PRODUCT OUT OF THE FREEZER THE NIGHT BEFORE AND THEN SLACKING IT OFF PRIOR TO COOKING IS THE BEST METHOD.

Preparation Instructions

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.

French Toast Sticks

Servings:	1.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

This cinnamon-glazed french toast features whole grain bread dipped in egg batter and covered with a sweet cinnamon-sugar glaze.

Nutrition Information

Calories	210.00	Protein	8.00g
Fat	8.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	125.00mg
Carbohydrates	28.00g	Fiber	3.00g
Sugar	8.00g	Sodium	320.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Each	548722	FRENCH TST STIX WGRAIN 300-.96Z SNYFR	BAKE convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen

Preparation Instructions

Elem Hot Dog

Servings:	1.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Hot Dog on a Whole Grain Bun

Nutrition Information

Calories	190.00	Protein	9.00g
Fat	8.50g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	21.00g	Fiber	4.00g
Sugar	3.00g	Sodium	625.00mg
Iron	1.42mg	Vitamin C	0.03mg
Vitamin A	8.86IU	Calcium	100.66mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	143537	FRANKS TURKEY CN 10/# 4-5# KE	FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F
1 Each	517830	BUN HOT DOG WHEAT WHL 12- 12CT GFS	

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F.
INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F

Elem Chicken Tenders

Servings:	1.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

These fully cooked, whole-grain breaded chicken tenders are made from white meat, whole muscle chicken

Nutrition Information

Calories	240.00	Protein	19.50g
Fat	12.00g	SaturatedFat	2.25g
Trans Fat	0.00g	Cholesterol	45.00mg
Carbohydrates	12.00g	Fiber	1.50g
Sugar	3.00g	Sodium	330.00mg
Iron	1.62mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Piece	533830	CHIX TNDR BRD WGRAIN 1.41Z 6-5#	

Preparation Instructions

Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.

Marketing Tips