

# Cookbook for Marion Community Schools

Created by HPS Menu Planner

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POPCORN CHICKEN

FISH STICKS

BREADED SHRIMP

# POPCORN CHICKEN

<b>Servings:</b>	1.00
<b>Serving Size:</b>	4.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

CHICKEN

## Nutrition Information

<b>Calories</b>	620.00	<b>Protein</b>	30.00g
<b>Fat</b>	17.00g	<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	85.00g	<b>Fiber</b>	12.00g
<b>Sugar</b>	27.00g	<b>Sodium</b>	920.00mg
<b>Iron</b>	2.35mg	<b>Vitamin C</b>	42.04mg
<b>Vitamin A</b>	1601.90IU	<b>Calcium</b>	107.08mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
11 Each	327120	CHIX POPCORN BRD WGRAIN FC .28Z 4-8	
1 Each	152131	DOUGH ROLL DNNR WGRAIN 180- 2.1Z RICH	
33/50 Ounce	146581	POTATO PRLS EXCEL 12-26.5Z SMART SERV	RECONSTITUTE  1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.
2 Tablespoon	574732	GRAVY MIX CHIX LO SOD 6-32Z HHL	
1/2 Cup	249761	Pears Sliced Extra Light Sucrose	

<b>Measurement</b>	<b>DistPart #</b>	<b>Description</b>	<b>Preparation Instructions</b>
<b>1 Cup</b>	518840	GREENS COLLARD CHPD 6-2# P/L	
<b>1 Serving</b>		Prairie Farms Skim White Milk Carton	

## Preparation Instructions

# FISH STICKS

<b>Servings:</b>	1.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

FISH STICKS

## Nutrition Information

<b>Calories</b>	802.42	<b>Protein</b>	37.21g
<b>Fat</b>	14.56g	<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	65.00mg
<b>Carbohydrates</b>	128.68g	<b>Fiber</b>	6.23g
<b>Sugar</b>	35.03g	<b>Sodium</b>	1501.06mg
<b>Iron</b>	5.28mg	<b>Vitamin C</b>	54.18mg
<b>Vitamin A</b>	2006.52IU	<b>Calcium</b>	87.76mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 Piece	272231	POLLOCK ULTIM BRD STIX WGRAIN 10	BAKE  COOK FROM FROZEN.; FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER; CONVECTION OVEN : BAKE AT 400° F. FOR 9 TO 11 MINUTES.; CONVENTIONAL OVEN : 475° F. FOR 11 - 13 MINUTES.; COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u201CBONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.
1/2 Cup	834850	RICE SPANISH 6- 36Z GCHC	
1/2 Cup	152811	ORANGES MAND BRKN L/S 6-10 GFS	

<b>Measurement</b>	<b>DistPart #</b>	<b>Description</b>	<b>Preparation Instructions</b>
<b>1/2 Cup</b>	221990	BEANS GREEN R/SOD 6-10 P/L	
<b>1 Serving</b>		Prairie Farms Skim White Milk Carton	

## Preparation Instructions

# BREADED SHRIMP

<b>Servings:</b>	1.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

BREADED SHRIMP

## Nutrition Information

<b>Calories</b>	572.42	<b>Protein</b>	19.21g
<b>Fat</b>	4.39g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	18.33mg
<b>Carbohydrates</b>	110.18g	<b>Fiber</b>	6.06g
<b>Sugar</b>	35.36g	<b>Sodium</b>	1129.39mg
<b>Iron</b>	4.80mg	<b>Vitamin C</b>	50.58mg
<b>Vitamin A</b>	1856.52IU	<b>Calcium</b>	64.42mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	834850	RICE SPANISH 6-36Z GCHC	
1/2 Cup	152811	ORANGES MAND BRKN L/S 6-10 GFS	
1/2 Cup	221990	BEANS GREEN R/SOD 6-10 P/L	
1 Ounce	275752	SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	
1 Serving		Prairie Farms Skim White Milk Carton	

## Preparation Instructions