

Cookbook for Coal City CUSD 1

Created by HPS Menu Planner

Table of Contents

Grilled Cheese

Sloppy Joe

Salad Bar

Spaghetti and Meat Sauce

Black Beans and Corn

Black Beans and Corn

Garden Salad

Turkey Poor Boy

Grilled Cheese

Servings:	1.00
Serving Size:	1.00 1 sandwich
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Grilled Cheese

Nutrition Information

Calories	390.00	Protein	13.00g
Fat	18.00g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	15.00mg
Carbohydrates	42.00g	Fiber	4.00g
Sugar	6.00g	Sodium	870.00mg
Iron	2.16mg	Vitamin C	0.00mg
Vitamin A	1250.00IU	Calcium	230.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Slice	231053	BREAD WGRAIN SLCD 1/2 7-32Z GFS	
2 Slice	722360	CHEESE AMER 160CT SLCD R/F 6- 5 LOL	
1 Tablespoon	733061	MARGARINE SLD 30-1 GFS	

Preparation Instructions

Assemble sandwich with 2 pieces of wheat bread and 2 slices of American cheese

Lightly butter each piece of bread

Bake in oven (or cook on flat top) at 350 for approx. 10 minutes or until bread is toasted and cheese is melted

Serve

Sloppy Joe

Servings:	80.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Sloppy Joe

Nutrition Information

Calories	176.20	Protein	15.32g
Fat	4.00g	SaturatedFat	1.60g
Trans Fat	0.00g	Cholesterol	55.00mg
Carbohydrates	18.56g	Fiber	4.64g
Sugar	13.92g	Sodium	771.20mg
Iron	2.84mg	Vitamin C	0.00mg
Vitamin A	696.00IU	Calcium	14.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 Pound	135081	BEEF GRND CKD 6-5 COMM	Heat meat to 155 degrees F. Hold for 15 seconds.
46 2/5 Cup	860166	SAUCE SLOPPY JOE 4- 10 MANWICH	Add 1 can of Manwich to 10# of meat. Heat to a minimum of 135 degrees F and hold for serving.

Preparation Instructions

Serve using 3/8 cup using a #10 or tan scoop.

Provides 2 oz of meat/meat alternate and 1/4 cup red vegetable.

Salad Bar

Servings:	1.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Salad Bar Middle School

Nutrition Information

Calories	423.61	Protein	32.14g
Fat	17.48g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	218.50mg
Carbohydrates	42.00g	Fiber	8.08g
Sugar	6.67g	Sodium	781.94mg
Iron	5.46mg	Vitamin C	47.30mg
Vitamin A	12471.35IU	Calcium	176.31mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	100012	Cheese, Cheddar Reduced fat, Shredded	
1 Ounce	100101	Chicken, diced, cooked, frozen	
1 Each	644051	BREADSTICK GARL WGRAIN TWST 54-2.1Z	
1/2 Cup	200344	LETTUCE ROMAINE 12CT MRKN	
1/4 Cup	600504	LETTUCE BLND ICEBERG/ROMN 4-5 RSS	
1/4 Cup	732451	BROCCOLI FLORET BITE SIZE 2-3 RSS	
1 Ounce	609620	TOMATO GRAPE/CHERRY 20	
1/4 Cup	238653	CUCUMBER 1-24CT P/L	
1 Ounce	199834	HAM DCD W/A 1/4 3-4 GFS	

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	209003	EGG SHL MED A GRD 12-30CT GCHC	
1 Ounce	198161	CARROT MATCHSTICK SHRED 2-3 RSS	
1/4 Cup	649020	SPRING MIX 4-3 MRKN	

Preparation Instructions

Directions:

Wash and clean all fresh items listed

Pan items

Return to cooler and hold till serving

CCP: Hold for cold service at 41° F or lower.

Heat Breadsticks

Hold in warmer

CCP: Heat to 165° F or higher for at least 15 seconds

CCP: Hold at 135° F or higher.

Assemble salad bar with appropriate

signage for amount sizes

Notes:

Spaghetti and Meat Sauce

Servings:	100.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Spaghetti and Meat Sauce

Nutrition Information

Calories	220.18	Protein	3.98g
Fat	6.51g	SaturatedFat	0.48g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	36.82g	Fiber	2.48g
Sugar	11.56g	Sodium	670.05mg
Iron	0.90mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	10.14mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Gallon	626420	BEEF GROUND PATTY 80/20 80-4Z WOLVR - Wolverine Packing - W	
1 Tablespoon	24108	Black Pepper	BAKE
1 1/2 Gallon	111280	SAUCE SPAGHETTI 6-10 COMM	
2 2/3 Tablespoon	108308	SALT IODIZED 24-26Z GFS	
2 Quart	130885	BASE BEEF LO SOD 12-1 LEGO	
1/2 Cup	428574	SEASONING ITAL HRB 6Z TRDE	
6 1/4 Pound	221460	PASTA SPAG 51 WGRAIN 2-10	

Preparation Instructions

Directions:

Brown ground beef uncovered over medium high heat in a large stock pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to stock pot.

Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.

Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Set aside beef mixture for step 10.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef mixture in stock pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

Black Beans and Corn

Servings:	50.00
Serving Size:	6.00 Ounce
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Black beans and corn k-8

Nutrition Information

Calories	164.77	Protein	8.37g
Fat	1.02g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	32.28g	Fiber	7.03g
Sugar	2.11g	Sodium	143.63mg
Iron	2.30mg	Vitamin C	1.41mg
Vitamin A	193.96IU	Calcium	67.79mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Cup	231981	BEANS BLACK LO SOD 6-10 BUSH	
12 1/2 Cup	283730	CORN CUT IQF 30 KE	
1 Cup	259195	SPICE PARSLEY FLAKES 2Z TRDE	
3/4 Cup	605062	SEASONING TACO SLT FR 19.5Z TRDE	

Preparation Instructions

Drain black beans

Combine beans/corn and seasoning, cover pan with foil

Bake at 350 degrees until temperature reaches 165 degrees

Sprinkle with parsley and serve

serving size 6oz

One serving equals 1/2cup beans and 1/4 cup other vegetable

Black Beans and Corn

Servings:	50.00
Serving Size:	1.00 Cup
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Black beans and corn Highschool

Nutrition Information

Calories	204.56	Protein	9.57g
Fat	1.44g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	40.59g	Fiber	7.88g
Sugar	2.97g	Sodium	146.08mg
Iron	2.56mg	Vitamin C	2.48mg
Vitamin A	283.49IU	Calcium	70.39mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Cup	231981	BEANS BLACK LO SOD 6-10 BUSH	
25 Cup	283730	CORN CUT IQF 30 KE	
1 Cup	259195	SPICE PARSLEY FLAKES 2Z TRDE	
1 Cup	605062	SEASONING TACO SLT FR 19.5Z TRDE	

Preparation Instructions

Drain black beans

Combine beans/corn and seasoning, cover pan with foil

Bake at 350 degrees until temperature reaches 165 degrees

Sprinkle with parsley and serve

serving size 8oz- 1 cup

Garden Salad

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

Garden Salad

Nutrition Information

Calories	48.02	Protein	2.19g
Fat	0.20g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	10.59g	Fiber	3.22g
Sugar	7.47g	Sodium	54.80mg
Iron	0.75mg	Vitamin C	18.99mg
Vitamin A	6416.37IU	Calcium	44.15mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	755826	LETTUCE BLND ROMAINE MXD 4-5 RSS	
2 Each	129631	TOMATO GRAPE SWT 10 MRKN	
2 Ounce	198161	CARROT MATCHSTICK SHRED 2-3 RSS	

Preparation Instructions

Directions:

Wash and clean all vegetables

Follow recipe

CCP: Hold for cold service at 41° F or lower.

Notes:

Turkey Poor Boy

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

Turkey Poor Boy

Nutrition Information

Calories	420.00	Protein	11.67g
Fat	21.00g	SaturatedFat	6.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	39.00g	Fiber	2.00g
Sugar	11.67g	Sodium	810.00mg
Iron	1.32mg	Vitamin C	0.00mg
Vitamin A	750.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	210226	TURKEY ROLL WHITE CKD 2-10 PERD	
2 Piece	831161	BREAD PANINI 192-.82Z PILLS	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.
1 Teaspoon	224839	SPICE GARLIC POWDER 21Z TRDE	

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	733061	MARGARINE SLD 30-1 GFS	

Preparation Instructions

Butter the panini and sprinkle with garlic powder. Top bread with turkey and bake until temperature reaches 165 degrees.