

Cookbook for Boyle County High School

Created by HPS Menu Planner

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BOSCO BREAKFAST STICKS

Meatless Monday

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

Meatless Monday

Nutrition Information

Calories	1.56	Protein	0.06g
Fat	0.01g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.33g	Fiber	0.07g
Sugar	0.08g	Sodium	0.07mg
Iron	0.02mg	Vitamin C	0.09mg
Vitamin A	18.16IU	Calcium	0.73mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	654590	PASTA SPAGHETTI 100 WHLWHE 2-5 GFS	
1 Serving	587882	Marinara Sauce	
1 Cup	755826	LETTUCE BLND ROMAINE MXD 4-5 RSS	
1 Cup	610791	BEAN GREEN CUT 6-4 GFS	
1 Serving	110361	Applesauce Cup	READY_TO_EAT
1 Serving	834941	DRESSING RANCH LT 4-1GAL KENS	

Preparation Instructions

Buffalo Chicken Tenders

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

Buffalo Chicken tenders

Nutrition Information

Calories	86.67	Protein	5.00g
Fat	5.00g	SaturatedFat	0.83g
Trans Fat	0.00g	Cholesterol	8.33mg
Carbohydrates	5.67g	Fiber	1.00g
Sugar	0.33g	Sodium	130.00mg
Iron	0.60mg	Vitamin C	0.00mg
Vitamin A	33.33IU	Calcium	13.33mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	281731	CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.

Preparation Instructions

walking taco

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

walking taco

Nutrition Information

Calories	0.65	Protein	0.09g
Fat	0.03g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.36mg
Carbohydrates	0.02g	Fiber	0.00g
Sugar	0.00g	Sodium	2.81mg
Iron	0.01mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.13mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	232921	TACO FILLN TURKEY FC 4-7#	Heat n Serve

Preparation Instructions

Whole grain muffin

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

Whole grain muffin

Nutrition Information

Calories	190.00	Protein	3.00g
Fat	6.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	30.00g	Fiber	2.00g
Sugar	16.00g	Sodium	130.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	557970	MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	

Preparation Instructions

Walking Taco

Servings:	125.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Walking Taco

Nutrition Information

Calories	247.88	Protein	10.76g
Fat	11.75g	SaturatedFat	3.85g
Trans Fat	0.00g	Cholesterol	23.50mg
Carbohydrates	24.52g	Fiber	3.01g
Sugar	1.77g	Sodium	439.80mg
Iron	1.36mg	Vitamin C	4.53mg
Vitamin A	627.02IU	Calcium	109.89mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
125 Package	696871	CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.
15 17/27 Pound	776548	TACO FILLING BEEF 4-5 GFS	
7 17/21 Cup	191043	CHEESE CHED MLD SHRD FINE 4-5 GFS	
8 3/4 Pound	452841	SALSA 103Z 6-10 REDG	READY_TO_EAT None
1 19/20 Ounce	242489	LETTUCE SHRD TACO 1/8CUT 4-5 RSS	

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Lutresa's Burger

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

Lutresa's Burger

Nutrition Information

Calories	3.50	Protein	0.23g
Fat	0.09g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.22g	Fiber	0.10g
Sugar	0.06g	Sodium	7.30mg
Iron	0.02mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.80mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	189051	BURGER VEG BLCKBN CHPTL 4-12CT MSTARF	
1 bun	3480	4 inch whole grain hamburger buns - 30 ct	

Preparation Instructions

sharon's nuggets

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

chicken nuggets

Nutrition Information

Calories	2.72	Protein	0.06g
Fat	0.13g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.44mg
Carbohydrates	0.34g	Fiber	0.03g
Sugar	0.20g	Sodium	3.72mg
Iron	0.01mg	Vitamin C	0.01mg
Vitamin A	5.24IU	Calcium	0.25mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	368330	2-5 CHIX NUGGET HEART SHAPED 63356CN-WG	
1 Each	760540	CAKE CARROT MINI 24CT 2.6Z BISTRO	

Preparation Instructions

EveryDay Fruit Juice

Servings:	100.00
Serving Size:	1.00 Ounce
Meal Type:	Breakfast
Category:	Fruit
HACCP Process:	No Cook

Everyday Fruit Juice

Nutrition Information

Calories	1.50	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.31g	Fiber	0.00g
Sugar	0.34g	Sodium	0.15mg
Iron	0.01mg	Vitamin C	1.15mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	118980	JUICE PINEAP 100 72-4FLZ SUNCUP	
1 Each	781320	JUICE CUP ORANGE 100% 96-4Z	
1 1 each		Grape Juice 100% Fresh	

Preparation Instructions

Taco Walking

Servings:	100.00
Serving Size:	1.00 1 each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Taco Walking

Nutrition Information

Calories	148.70	Protein	3.75g
Fat	4.75g	SaturatedFat	1.25g
Trans Fat	0.00g	Cholesterol	7.50mg
Carbohydrates	21.49g	Fiber	2.00g
Sugar	0.75g	Sodium	247.65mg
Iron	0.36mg	Vitamin C	1.49mg
Vitamin A	207.91IU	Calcium	82.69mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	696871	CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.
6 1/4 Pound	191043	CHEESE CHED MLD SHRD FINE 4-5 GFS	
7 Pound	452841	SALSA 103Z 6-10 REDG	READY_TO_EAT None

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Beans Green

Servings:	288.00
Serving Size:	0.50 Cup
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Beans Green BCHS 707 0914

Nutrition Information

Calories	26.56	Protein	1.11g
Fat	0.39g	SaturatedFat	0.06g
Trans Fat	0.01g	Cholesterol	0.00mg
Carbohydrates	4.70g	Fiber	2.20g
Sugar	2.18g	Sodium	201.84mg
Iron	0.78mg	Vitamin C	3.97mg
Vitamin A	215.75IU	Calcium	22.12mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
12 #10 CAN	221990	BEAN GREEN CUT MXD SV LO SOD 6-10	
2 Tablespoon	108308	SALT IODIZED 24-26Z GFS	
8 Ounce	209810	BUTTER SUB 24-4Z BTRBUDS	
4 Fluid Ounce	292702	OIL SALAD VEG SOY CLR NT 6-1GAL GFS	
2 Cup	223255	ONION DEHY SUPER TOPPER 6-2 P/L	

Preparation Instructions

Wipe lids of cans with a clean cloth.

Drain liquid from 9 of cans. Pour beans into a large kettle (s) and put ontop of stove. Divide the remaining cans of beans with liquid among the kettles.

Mix remaining ingredients together and add to kettle (s) ontop of stove.

Cook:

Bring to a boil and then let simmer for 2 - 3 hours.

CCP: Heat to 165° or above.

CCP: Transfer to steam table pans and place in holding cabinet until serving time. Hold for hot service at 135° or above.

Turkey Bagel Sandwich

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

turkey Bagel Sandwich

Nutrition Information

Calories	292.28	Protein	27.40g
Fat	6.72g	SaturatedFat	3.05g
Trans Fat	0.00g	Cholesterol	47.50mg
Carbohydrates	32.20g	Fiber	5.20g
Sugar	6.50g	Sodium	611.52mg
Iron	2.47mg	Vitamin C	12.73mg
Vitamin A	1482.86IU	Calcium	126.59mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	230264	BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	
100 1 piece	271411	CHEESE AMER 160CT SLCD 4-5 GFS	
20 Cup	702595	LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	
100 .50 cup	508616	TOMATO RANDOM 2 25 MRKN	
255 Ounce	416042	TURKEY BRST SHRD CKD 4-5AVG JENNO	

Preparation Instructions

Walking Tall Taco

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

Walking Tall Taco

Nutrition Information

Calories	247.50	Protein	19.75g
Fat	9.25g	SaturatedFat	2.75g
Trans Fat	0.00g	Cholesterol	57.50mg
Carbohydrates	22.25g	Fiber	2.00g
Sugar	0.00g	Sodium	560.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	75.00IU	Calcium	110.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	696871	CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.
303 Ounce	768230	TURKEY TACO MEAT FC 4-7 JENNO	
25 Ounce	191043	CHEESE CHED MLD SHRD FINE 4-5 GFS	

Preparation Instructions

Beef Taco

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

Soft shell beef tacos

Nutrition Information

Calories	307.63	Protein	20.33g
Fat	12.80g	SaturatedFat	6.84g
Trans Fat	0.27g	Cholesterol	52.32mg
Carbohydrates	25.37g	Fiber	3.83g
Sugar	7.56g	Sodium	600.18mg
Iron	3.57mg	Vitamin C	6.33mg
Vitamin A	1623.58IU	Calcium	206.75mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	702633	TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	
18 3/4 Pound	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	4/5# bags Use scoop #16
1 Gallon	150250	CHEESE CHED MLD SHRD 4-5# COMM	1/5# bags use scoop #30
1/2 Cup	755826	LETTUCE BLND ROMAINE MXD 4-5 RSS	6.25 # of lettuce serve 1/2 cup lettuce per taco
6 1/4 Pound	786543	TOMATO ROMA DCD 3/8 2-5 RSS	Use scoop # 30 1 oz. of diced tomatoes per taco

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

BOSCO BREAKFAST STICKS

Servings:	50.00
Serving Size:	1.00 Serving
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

CHEESE, EGG, TURKEY BACON

Nutrition Information

Calories	160.00	Protein	9.00g
Fat	6.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	17.00g	Fiber	2.00g
Sugar	1.00g	Sodium	370.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
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<p>50 Each</p>	<p>856081</p>	<p>BREADSTICK BKFST WGRAIN 6 72-2.5Z</p>	<p>CONVECTION</p> <p>Heating Instructions</p> <p>Convection Oven</p> <ol style="list-style-type: none">1. Preheat convection oven to 350°F with fan on.2. Place Stick on baking sheet.3. Thawed: Bake 8-10 minutes or until a minimum temperature of 165°F has been reached <p>2. Let stand 2 minutes before serving.</p> <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary . Adjust baking time and</p> <p>or temperature as necessary.</p> <p>Product is For Food Service Use Only, must be cooked in accordance with the Food Code and</p> <p>or State and Local requirements.</p> <p>THAW</p> <p>Heating Instructions</p> <p>Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Sticks covered while thawing.3. Sticks have 7 day shelf life when refrigerated. <p>Oven temperatures may vary . Adjust baking time and</p> <p>or temperature as necessary.</p> <p>Product is For Food Service Use Only, must be cooked in accordance with the Food Code and</p> <p>or State and Local requirements.</p>
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Preparation Instructions

CONVECTION

Heating Instructions

Convection Oven

1. Preheat convection oven to 350°F with fan on.
2. Place Stick on baking sheet.
3. Thawed: Bake 8-10 minutes or until a minimum temperature of 165°F has been reached
2. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary . Adjust baking time and or temperature as necessary.

Product is For Food Service Use Only, must be cooked in accordance with the Food Code and or State and Local requirements.

THAW

Heating Instructions

Thawing Instructions

1. Thaw before baking.
2. Keep Sticks covered while thawing.
3. Sticks have 7 day shelf life when refrigerated.

Oven temperatures may vary . Adjust baking time and or temperature as necessary.

Product is For Food Service Use Only, must be cooked in accordance with the Food Code and or State and Local requirements.