

Cookbook for Montague Area Public Schools

Created by HPS Menu Planner

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Sassy Chicken Wrap



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	13 Pound		110530
CHEESE CHED MLD SHRD 4-5# COMM	100 Tablespoon		150250
SEASONING CHIX CANAD 20Z TRDE	12 1/2 Teaspoon		776963
SAUCE SRIRACHA SWT & SPCY 6-.5GAL GFS	12 Cup		640211
TORTILLA FLOUR 10 ULTRGR 12- 12CT	100 e	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Mix chicken and seasoning in 4" hotel pan. Cook in oven at 325* uncovered until 140*. Mix Sriracha and cheese in pan. Portion 1/2 cup into center of tortilla. Fold edges and roll closed. Place in clamshell w/ Katie's cookie

SLE Components

Amount Per Serving

Meat	2.33
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	349.96		
Fat	9.31g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	51.18mg		
Sodium	745.08mg		
Carbohydrates	45.57g		
Fiber	3.10g		
Sugar	16.40g		
Protein	19.33g		
Vitamin A	188.18IU	Vitamin C	0.75mg
Calcium	203.17mg	Iron	1.55mg

Chili Crisпитos



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHILI 72-3.25Z STFAIR	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10 - 12 minutes at 375°F from frozen. 4 - 6 minutes at 375°F from thawed. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9 - 11 minutes at 350°F from frozen. DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 4 - 4 1 2 minutes at 350°F from frozen. 2 1 2 minutes at 350°F from thawed. MICROWAVE Appliances vary, adjust accordingly. Microwave Wrap 2 pieces in a paper towel and heat for 2 1 2 minutes on High from frozen. Heat 1 1 2 minutes on High from thawed.	314463

Preparation Instructions

No Preparation Instructions available.

SLE Components	
Amount Per Serving	
Meat	2.00
Grain	2.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	480.00		
Fat	28.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	680.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.16mg

Italian Calzone

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191
SAUCE SPAGHETTI POUCH 6-106Z PREGO	2 Fluid Ounce	Serve in solo cups. Hold at 140*	315729

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.69
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	315.00
Fat	11.75g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	830.00mg
Carbohydrates	38.50g
Fiber	4.50g
Sugar	11.00g
Protein	20.00g
Vitamin A	750.00IU
Vitamin C	9.60mg

Calcium 371.00mg **Iron** 2.36mg

Beef Nachos

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce		722330
CHIP TORTL RND YEL 5-1.5 KE	22 Piece		163020
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce		135261

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.23
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	448.76
Fat	19.64g
SaturatedFat	5.70g
Trans Fat	0.27g
Cholesterol	43.12mg
Sodium	609.58mg
Carbohydrates	48.07g
Fiber	5.89g
Sugar	1.89g
Protein	18.78g

Vitamin A	710.41IU	Vitamin C	4.73mg
Calcium	218.80mg	Iron	2.61mg

Salad Bar

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Cup		329401
TOMATO 6X6 LRG 10 MRKN	1 Cup		199001
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 Cup		732451
CAULIFLOWER BITE SIZE 2-3 RSS	1 Cup		732486
PEPPERS RED 11 P/L	1 Cup		321141
PEPPERS GREEN LRG 60-70CT MRKN	1 Cup		198757

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	3.00
RedVeg	2.50
OtherVeg	1.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	170.20		
Fat	1.50g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	100.30mg		
Carbohydrates	39.00g		
Fiber	13.10g		
Sugar	19.00g		
Protein	8.50g		
Vitamin A	18120.42IU	Vitamin C	539.12mg
Calcium	148.50mg	Iron	4.14mg

Fruit Bar

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
APPLE DELICIOUS GOLDEN 125-138CT MRKN	1 Each		597481
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup		189979
PEAR DCD XL/S 6-10 GFS	1/2 Cup		290203
PEACH SLCD XL/S 6-10 GFS	1/2 Cup		224448

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	5.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		405.30	
Fat		0.60g	
SaturatedFat		0.10g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		25.50mg	
Carbohydrates		102.00g	
Fiber		11.10g	
Sugar		77.00g	
Protein		2.70g	
Vitamin A	407.04IU	Vitamin C	64.44mg
Calcium	25.58mg	Iron	0.84mg

Pizza Station



Servings:	5.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 12X16WGRAIN STFD CRST 10CT	1 Piece	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Pizza on a baking sheet. 3. THAWED: 11-13 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: PIZZA MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>CAUTION: FILLING MAY BE HOT!</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Pizza covered while thawing. 3. Pizza may be thawed in packaging. 4. Pizza has 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>CAUTION: FILLING MAY BE HOT!</p>	235481
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1 Piece	<p>BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	575522

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Piece	<p>BAKE</p> <p>COOKING INSTRUCTIONS: COOK BEFORE SERVING. COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. Bake directly on belt. CONVECTION OVEN: 350°F for 13-17 minutes on high fan. CONVENTIONAL OVEN: 450°F for 13-15 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	237071
PIZZA CHS 16 WGRAIN R/E BOLD 9CT	1 Piece	<p>BAKE</p> <p>COOKING INSTRUCTIONS: COOK BEFORE SERVING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F for 13-17 minutes on High Fan. Place pizza on parchment lined baking tray. For even cooking, rotate pans part way through baking time. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	236591
FRENCH BRD WGRAIN PEPP 60- 5.19Z TONY	1 Piece	<p>BAKE</p> <p>FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.</p>	154420

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

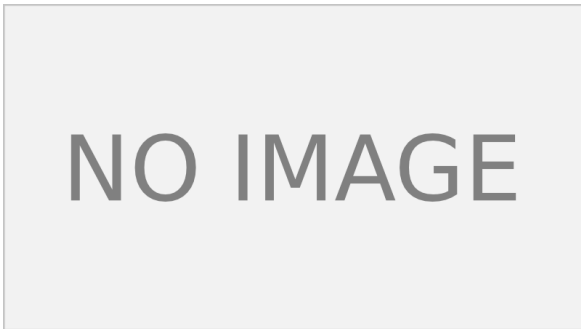
Servings Per Recipe: 5.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	314.60
Fat	12.62g
SaturatedFat	5.68g
Trans Fat	0.00g
Cholesterol	28.40mg
Sodium	479.70mg
Carbohydrates	33.00g
Fiber	3.10g
Sugar	5.60g
Protein	17.40g
Vitamin A	280.00IU
Vitamin C	0.96mg

Calcium 314.00mg **Iron** 2.12mg

All American Sandwiches



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY 2.45Z 6-5 JTM	1 Each		661851
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	3 Each		517810
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
CHIX PTY HOT&SPCY WGRAIN 3.49Z 6-5	1	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.	327080
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1	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.	281622
CHIX BRST GRLLD CKD 3Z 2-5 TYS	1		152121
DRESSING ITAL REDC CAL 4-1GAL LTHSE	1	READY_TO_EAT Open, pour and enjoy!	365880
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 e		696831

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1 e		315729
CHEESE MONTRY JK JALAP SLCD 6-1.5	1 Slice		777587

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.57
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	414.05		
Fat	17.35g		
SaturatedFat	4.51g		
Trans Fat	0.19g		
Cholesterol	47.88mg		
Sodium	837.15mg		
Carbohydrates	41.38g		
Fiber	7.88g		
Sugar	8.63g		
Protein	23.90g		
Vitamin A	384.25IU	Vitamin C	1.20mg
Calcium	147.88mg	Iron	3.10mg

Chicken Alfredo with Broccoli

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 10 oz	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 51 WGRAIN 2-10	12 1/2 Pound		221482
CHIX DCD 40 COMM	12 Pound		110530
SAUCE ALFREDO FZ 6-5 JTM	15 Pound		155661
BROCCOLI FLORET BITE SIZE 2-3 RSS	4 Pound		732451

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.23
Grain	2.00
Fruit	0.00
GreenVeg	0.12
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 10 oz

Amount Per Serving	
Calories	400.78
Fat	10.03g
SaturatedFat	3.94g
Trans Fat	0.00g
Cholesterol	65.27mg
Sodium	548.17mg
Carbohydrates	48.26g
Fiber	4.26g
Sugar	6.17g

Protein	26.68g		
Vitamin A	357.88IU	Vitamin C	9.15mg
Calcium	275.59mg	Iron	1.87mg

Cultivate Michigan Salsa

NO IMAGE

Servings:	64.00	Category:	Condiments or Other
Serving Size:	1.00 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	5 Pound		786543
BEAN BLACK 6-10 GRSZ	1 #10 CAN		557714
ONION RED JUMBO 10 P/L	1 e		596973
PEPPERS GREEN LRG 60-70CT MRKN	2 e		198757
PEPPERS RED 11 P/L	2 e		321141
LIME FRSH 2-12CT P/L	4 e		166660
SALSA MILD CHNKY 4-1GAL GFS	4 Cup		598453

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.03
RedVeg	0.38
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 1/2 cup

Amount Per Serving			
Calories		99.86	
Fat		0.02g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		239.17mg	
Carbohydrates		18.85g	
Fiber		4.99g	
Sugar		6.30g	
Protein		3.99g	
Vitamin A	330.38IU	Vitamin C	15.64mg
Calcium	90.40mg	Iron	1.69mg

Sweet and Sour Chicken w/ rice, fortune cookie

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	880 Piece		327120
SAUCE SWT & SOUR 12- 52Z GFS	260 Fluid Ounce		219096
VEG BLND STIR FRY 12- 2 GFS	8 Pound		440884
RICE BRN PERFECTED 25 UBEN	20 Cup	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404
COOKIE FORTUNE WRPD 390CT HSE OF BEE	1 e		898991

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.02

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00
 Serving Size: 1.00 1

Amount Per Serving

Calories 549.04

Fat 16.13g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 848.44mg

Carbohydrates 82.00g

Fiber 6.07g

Sugar 29.74g

Protein 19.07g

Vitamin A	206.67IU	Vitamin C	9.60mg
Calcium	50.68mg	Iron	2.94mg

Italian Meatball Sub

NO IMAGE

Servings:	219.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	6 Cup		329401
OATS QUICK HOT CEREAL 12-42Z GFS	9 Cup		240869
BEEF GRND 80/20 3-10 GFS	54 7/10 Pound		158704
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	3 Cup		100129
MILK WHT FF 9-.5GAL RGNLBRND	6 Cup		205117
CHEESE PARM GRTD 4-5 PG	3 Cup		445401
TOMATO PASTE CALIF 26 6-10 GCHC	1 1/2 Cup		100196
SPICE ONION POWDER 19Z TRDE	1 1/2 Cup		126993
SEASONING POULTRY 10Z TRDE	12 Tablespoon		273996
SAUCE WORCESTERSHIRE 4-1GAL FRENC	12 Tablespoon		109843
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	12 Cup		421812
SAUCE SPAGHETTI POUCH 6-106Z PREGO	12 Cup		315729
BUN SUB SLCD WGRAIN 5 12-8CT GFS	219 e		276142

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.01
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 219.00

Serving Size: 1.00 1

Amount Per Serving

Calories	490.45		
Fat	26.10g		
SaturatedFat	10.57g		
Trans Fat	1.50g		
Cholesterol	80.55mg		
Sodium	416.86mg		
Carbohydrates	35.07g		
Fiber	3.74g		
Sugar	6.47g		
Protein	29.69g		
Vitamin A	265.75IU	Vitamin C	1.17mg
Calcium	152.33mg	Iron	3.88mg