

# Cookbook for Woodford County Board of Education

Created by HPS Menu Planner

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# Spaghetti Noodles



<b>Servings:</b>	80.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	10 Pound	1 bag equals 80 (1 cup) servings 2oz dry pasta equals 1 cup cooked.	221460

## Preparation Instructions

FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL.  
GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL.  
LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL.  
STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING.  
TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS.  
PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY.  
DO NOT RINSE IF SERVING RIGHT AWAY.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		210.00	
<b>Fat</b>		1.50g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		41.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		7.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

# Ham & Cheese Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	2 Ounce		110600
BREAD WGRAIN HNY WHT 16-24Z GFS	2 1 piece/ 34 grams		204822
CHEESE AMER 160CT SLCD 6-5 COMM	1		150260
MUSTARD PKT 1000-1/5Z HNZ	1		302112
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1		131011

## Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.

Store in cooler.

Offer with daily fruits, vegetables, milk choices, mustard and mayo.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.17
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

<b>Amount Per Serving</b>			
<b>Calories</b>		331.67	
<b>Fat</b>		13.33g	
<b>SaturatedFat</b>		4.17g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		996.67mg	
<b>Carbohydrates</b>		41.33g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		8.17g	
<b>Protein</b>		17.33g	
<b>Vitamin A</b>	137.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	161.50mg	<b>Iron</b>	2.16mg

# Nacho Lunch Kit



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS CHED DIP CUP 140-3Z LOL	1	Place in warmer.	528690
SALSA CUP 84-3Z REDG	1	READY_TO_EAT None	677802

## Preparation Instructions

Assemble in 784910 (black 12 oz container)

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

<b>Amount Per Serving</b>			
<b>Calories</b>		420.00	
<b>Fat</b>		17.00g	
<b>SaturatedFat</b>		7.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		930.00mg	
<b>Carbohydrates</b>		47.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		14.00g	
<b>Protein</b>		13.00g	
<b>Vitamin A</b>	646.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	385.00mg	<b>Iron</b>	1.00mg



# Meat Sauce



<b>Servings:</b>	55.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	7 Pound	Thaw beef 2-3 days prior to serving.	110520
SAUCE SPAGHETTI POUCH 6-106Z PREGO	106 Ounce	1 bag	315729

## Preparation Instructions

Cook 10 lbs. of beef until 165°F. for a yield of 7 lbs of edible cooked beef.

Crumble beef and mix with sauce. Hold at 140\*- 160\* F.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.52
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	4.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	394.43
<b>Fat</b>	14.90g
<b>SaturatedFat</b>	4.97g
<b>Trans Fat</b>	1.52g
<b>Cholesterol</b>	39.51mg
<b>Sodium</b>	1888.17mg
<b>Carbohydrates</b>	50.11g
<b>Fiber</b>	11.56g
<b>Sugar</b>	38.55g

<b>Protein</b>	18.35g		
<b>Vitamin A</b>	1927.27IU	<b>Vitamin C</b>	9.25mg
<b>Calcium</b>	77.09mg	<b>Iron</b>	2.78mg

# Fresh Roasted Veggies



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grape Tomatoes	1/8		749041
SQUASH MED YEL 1-20#AVG P/L	1/8		364752
ZUCCHINI 1 10 CASTELLINI	1/8		588483
ONION RED 1-25 CHIPOTLE	1/8		202700
POTATO A SIZE YUKON GOLD 1-50	1/8		517322
BROCCOLI CRWN ICELESS 20 MRKN	1/8		704547
CAULIFLOWER 6-4 GFS	1/8		610882
CARROT BABY WHL PETITE 12-2 GFS	1/8		599921
SPICE BLND ORIG 3-21Z MDASH	1/20		265103
SEASONING ACCENT 2 B&G	1/20		110442
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1/20		651171
PEPPERS RED 5 P/L	1/8		597082

## Preparation Instructions

Choose 3 different colored vegetables.

Slice if necessary. Spray sheet tray with non stick spray. Assemble vegetables on tray in a single layer. Spray with butter spray and season with accent and Ms. Dash

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

<b>Amount Per Serving</b>			
<b>Calories</b>		27.94	
<b>Fat</b>		0.16g	
<b>SaturatedFat</b>		0.03g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		50.36mg	
<b>Carbohydrates</b>		6.02g	
<b>Fiber</b>		1.48g	
<b>Sugar</b>		2.98g	
<b>Protein</b>		0.91g	
<b>Vitamin A</b>	1679.22IU	<b>Vitamin C</b>	45.65mg
<b>Calcium</b>	18.42mg	<b>Iron</b>	0.28mg

# Spinach Berry Salad



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH 12-8Z	1/2	wash	560712
LETTUCE ROMAINE CHOP 6-2 RSS	1/2	wash	735787
STRAWBERRY CLAMSHELL 8 MRKN	1/8	wash	212768
Blueberries, Frozen	1/100	THAW Thaw and use	110624

## Preparation Instructions

Place 1 cup romaine/ spinach mix in 8 oz bowl. Top with 4 blueberries and 2 quartered strawberries.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.25
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>	12.00		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.22mg		
<b>Carbohydrates</b>	2.63g		
<b>Fiber</b>	0.93g		
<b>Sugar</b>	1.05g		
<b>Protein</b>	0.13g		
<b>Vitamin A</b>	2502.32IU	<b>Vitamin C</b>	26.39mg
<b>Calcium</b>	13.10mg	<b>Iron</b>	0.44mg