

# Cookbook for Elk Rapids Public Schools

Created by HPS Menu Planner

# Table of Contents

Walking Taco

Mashed Potato Bowl

cheese pretzel bosco

lasagna roll up

French bread cheese pizza

# Walking Taco

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	1 Ounce		722330
CHIP NACHO CHS 104-SSV DORITOS	1 Package	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.	105060
FRUIT MIXED CUP JCE 36- 4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	131980

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.00
<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: 100.00

Serving Size: 0.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	2.55		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.11mg		
<b>Sodium</b>	3.02mg		
<b>Carbohydrates</b>	0.37g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.19g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	3.03IU	<b>Vitamin C</b>	0.29mg
<b>Calcium</b>	0.13mg	<b>Iron</b>	0.01mg

# Mashed Potato Bowl

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED DELUX 4-6# SIMPLYPOT	1 Ounce		836762
CHIX POPCORN BITE BRD ORIG 2-5 TYS	1 Piece	DEEP_FRY Appliances vary, adjust accordingly. UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER. Deep Fry 3 - 3 1 2 minutes at 350°F from frozen.	793205
CORN CUT 1-20 SIMPLOT	1 Ounce	STEAM Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. Cook quickly, uncovered to bring up to 165°F. Do not overcook or allow product to sit in water for an extended time period.	890100
GRAVY CHIX RSTD 12- 49Z HRTHTSTN	1 Cup		516309

## Preparation Instructions

No Preparation Instructions available.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00 Each

#### Amount Per Serving

<b>Calories</b>	2.30
<b>Fat</b>	0.12g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.09mg
<b>Sodium</b>	12.79mg
<b>Carbohydrates</b>	0.27g

<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	1.57IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	0.10mg	<b>Iron</b>	0.00mg

# cheese pretzel bosco

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4" 4-36CT BOSCO	1		521220
FRIES WAFFLE 6-4.5 MCC	1 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201081

## Preparation Instructions

No Preparation Instructions available.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	0.46		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.26mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# lasagna roll up

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP CHS 53-3Z BERNI	1 Each	<b>BAKE</b> Preparation Type: Cooking Instructions Conventional Oven Instructions: Conventional Oven: Distribute 3 4 cup of room temperature sauce in the bottom of a 7 1 2" x 11" glass oven-safe baking dish that has been sprayed with non-stick cooking spray. Place 4 frozen (-10°F to +10°F) rollups in dish and cover with 3 4 cup room temperature sauce. Spread sauce evenly over pasta to cover. Cover dish tightly with aluminum foil that has been sprayed with non-stick cooking spray. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Preparation Notes: For food safety, follow these cooking instructions. Conventional Oven Instructions: Bake in a preheated 350°F conventional oven for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully remove foil.	180815
SAUCE MARINARA 6-10 REDPK	1 Cup	<b>READY_TO_EAT</b> None	502181
BREADSTICK BRN & SRV 12-12 CT HGLND	1 Each		854970

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00 Each

Amount Per Serving			
<b>Calories</b>		4.70	
<b>Fat</b>		0.15g	
<b>SaturatedFat</b>		0.06g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.25mg	
<b>Sodium</b>		7.30mg	
<b>Carbohydrates</b>		0.75g	
<b>Fiber</b>		0.07g	
<b>Sugar</b>		0.23g	
<b>Protein</b>		0.15g	
<b>Vitamin A</b>	13.00IU	<b>Vitamin C</b>	0.12mg
<b>Calcium</b>	2.10mg	<b>Iron</b>	0.05mg



# French bread cheese pizza

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
French Bread Cheese Pizza Whole Wheat	1		553700
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.01
<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: 100.00

Serving Size: 0.00 Each

#### Amount Per Serving

<b>Calories</b>	0.90		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.30mg		
<b>Carbohydrates</b>	0.22g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.18g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	0.80mg	<b>Iron</b>	0.00mg