

# Cookbook for West Cheatham Elementary

Created by HPS Menu Planner

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# Macaroni and Cheese

NO IMAGE

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	3 Pound		229941
Tap Water for Recipes	6 Quart		000001WTR
CHEESE AMER 50/50 SHRD 4-5 KE	5 Pound		494372
CHEESE PARM PKT 200- 3.5GM GFS	32 Each		254959
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	16 Ounce		421812
Fat Free Skim Milk	12 Carton		
BUTTER SUB 24-4Z BTRBUDS	1 Package	Reconstitute 1/2 package of butter buds in 2 cups warm water. Let stand. Stir until liquid. Then proceed with recipe.	209810

## Preparation Instructions

1. Our water in stockpot and heat to a rolling boil
2. slowly add macaroni. Heat until water boils again. Cook it 10 minutes or until tender. Stir constantly. DO NOT OVER COOK. Drain well.
3. Spray half-size 6" deep steam table pan with pan release spray.
4. Place milk, reconstituted butter buds, and cheeses in half-size 6" deep steam table pan. Stir cheese mixture until well blended. Cover pan with lid to prevent adding moisture from steamer.

5. Heat in steamer for 6 minutes or until cheese and butter buds are melted and sauce is smooth. Stir cheese sauce.
  6. Add cooked macaroni to the cheese sauce. Stir. Cover with plastic wrap.
  7. Hold for 20 minutes on a 160 degree steam table or warming cabinet to allow sufficient time for mixture to set properly.
- CCP: Heat to 160 degrees or higher for 15 seconds.  
 CCP: Hold for hot service at 135 degrees or higher.
8. Portion with No. 6 scoop (3/4 cup) - 1 scoop per serving.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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: 48.00

Serving Size: 3.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	236.89		
<b>Fat</b>	9.08g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.25mg		
<b>Sodium</b>	412.96mg		
<b>Carbohydrates</b>	26.36g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	12.42g		
<b>Vitamin A</b>	202.50IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	247.50mg	<b>Iron</b>	0.90mg

# Chicken Smackers



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	1000 Piece	<b>BAKE</b> Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	

## Preparation Instructions

Open 1 bag of smackers to 1 sheet pan. (approx. 18 servings per bag and 108 servings per case)

Conventional Oven for 10-12 minutes at 350degrees;

Combi/Convection oven for 6-8 minutes at 350degrees.

Appliances vary; adjust cook times accordingly.

CCP: Heat to 165 degrees or higher

CCP: Hold at 140 degrees or higher for service

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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: 100.00

Serving Size: 10.00 Piece

Amount Per Serving			
<b>Calories</b>		269.00	
<b>Fat</b>		13.00g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		60.00mg	
<b>Sodium</b>		590.00mg	
<b>Carbohydrates</b>		20.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		18.00g	
<b>Vitamin A</b>	168.00IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	17.00mg	<b>Iron</b>	2.00mg

# 4-Green Beans



<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	2 #10 CAN	HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
BUTTER SUB 24-4Z BTRBUDS	1/4 Cup		209810
SPICE BLND ORIG 3-21Z MDASH	1/2 Tablespoon		265103
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

## Preparation Instructions

Wash tops of cans before opening. Clean can opener when done.

Pour cans into 4 inch pan (2 cans per pan). Measure out 1/2 TBSP Mrs. Dash, 1/2 cup onions, and add 1/4 cup of butter buds per pan.

After all is added to beans, cover and place in oven on steam and cook for about 20 min or until temperature reaches 140 degrees.

Place pans into hot holding until service.

Serve with 1/2 cup ladle.

CCP: Hold at 140 degrees or higher.

## 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>	0.51
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	20.96		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	147.60mg		
<b>Carbohydrates</b>	4.48g		
<b>Fiber</b>	2.04g		
<b>Sugar</b>	2.04g		
<b>Protein</b>	1.02g		
<b>Vitamin A</b>	4.08IU	<b>Vitamin C</b>	6.12mg
<b>Calcium</b>	2.04mg	<b>Iron</b>	4.08mg



# 3-Mashed Potatoes

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<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 #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	2 1/2 Package		146581
BUTTER SUB 24-4Z BTRBUDS	1 1/4 Cup		209810
Black Pepper	1 1/4 Teaspoon		24108

## Preparation Instructions

Spray a 4' deep pan with food release spray.

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 4" deep pan. 2: Add all potatoes and seasonings, then stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

CCP: Hold at 140 degrees or higher for service

## 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

Starch

0.50

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		71.66	
<b>Fat</b>		0.50g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		107.35mg	
<b>Carbohydrates</b>		14.45g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		2.01g	
<b>Vitamin A</b>	1.91IU	<b>Vitamin C</b>	10.08mg
<b>Calcium</b>	8.38mg	<b>Iron</b>	0.26mg

# F- Fruit Variety

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	3 61/78 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	3 61/78 Each		540005
PEACH DCD IN JCE 6-10 GFS	3 61/78 Cup		610372
Sliced Peaches 6-10	3 61/78 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	3 61/78 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	3 61/78 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	3 61/78 Cup		117897
BANANA TURNING 40 P/L	3 61/78 Each		200999
Sliced Pears 6-10	3 61/78 Cup		100224
Wild Blueberries fzn	3 61/78 Cup		100243
Strawberries, diced, Cups, frozen	3 61/78 Cup		100256
Peaches, diced, cups, Frozen	3 61/78 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	3 61/78 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	3 61/78 Each		544426
Apples, Gala	3 61/78 Each		14J93

Description	Measurement	Prep Instructions	DistPart #
Grapes	3 61/78		14P36
Pear, fresh	3 61/78		14P12
Oranges, whole	3 61/78 Each		16W62

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.61
<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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	122.92		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.31mg		
<b>Carbohydrates</b>	30.02g		
<b>Fiber</b>	2.90g		
<b>Sugar</b>	22.24g		
<b>Protein</b>	0.97g		
<b>Vitamin A</b>	148.72IU	<b>Vitamin C</b>	12.88mg
<b>Calcium</b>	12.49mg	<b>Iron</b>	0.78mg