

Cookbook for West Cheatham Elementary

Created by HPS Menu Planner

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Stuffed Crust Pizza



Servings:	75.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	25 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	25 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	25 Each		259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		340.00	
Fat		14.33g	
SaturatedFat		4.50g	
Trans Fat		0.00g	
Cholesterol		18.33mg	
Sodium		810.00mg	
Carbohydrates		36.00g	
Fiber		3.00g	
Sugar		3.67g	
Protein		15.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	2.03mg

Breaded Pork Chop



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Breaded Pork Chop	100 Each		

Preparation Instructions

Preheat oven to 375 degrees. Lay out patties on an oven sheet pan in a single layer. Heat for 13-15 minutes or until heated to a minimum of 145 degrees.

CCP: Heat to an internal temperature of 145 degrees minimum

CCP: Hold for service at 140 degrees or higher

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.50
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 Each

Amount Per Serving	
Calories	260.00
Fat	17.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	330.00mg
Carbohydrates	11.00g
Fiber	2.00g
Sugar	1.00g
Protein	16.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 40.00mg **Iron** 2.00mg

5-carrot stick cups



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	400 Ounce		768146

Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.44
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	46.22		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	78.22mg		
Carbohydrates	10.67g		
Fiber	3.56g		
Sugar	5.33g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.56mg	Iron	0.32mg

3-Spriral Cut Seasoned Fries



Servings:	70.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN 6-4	280 Ounce	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		200.00	
Fat		6.67g	
SaturatedFat		1.33g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		33.33g	
Fiber		2.67g	
Sugar		0.00g	
Protein		2.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.96mg

F- Fruit Variety

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	7 22/39 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	7 22/39 Each		540005
PEACH DCD IN JCE 6-10 GFS	7 22/39 Cup		610372
Sliced Peaches 6-10	7 22/39 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	7 22/39 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	7 22/39 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	7 22/39 Cup		117897
BANANA TURNING 40 P/L	7 22/39 Each		200999
Sliced Pears 6-10	7 22/39 Cup		100224
Wild Blueberries fzn	7 22/39 Cup		100243
Strawberries, diced, Cups, frozen	7 22/39 Cup		100256
Peaches, diced, cups, Frozen	7 22/39 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	7 22/39 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	7 22/39 Each		544426
Apples, Gala	7 22/39 Each		14J93

Description	Measurement	Prep Instructions	DistPart #
Grapes	7 22/39		14P36
Pear, fresh	7 22/39		14P12
Oranges, whole	7 22/39 Each		16W62

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.61
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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