

# Cookbook for West Cheatham Elementary

Created by HPS Menu Planner

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# Mini Corn Dogs



<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	600 Each		497360

## Preparation Instructions

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES.

THAWED, 10 MINUTES.

\*\*FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING.

CCP: HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 150.00

Serving Size: 4.00 Each

Amount Per Serving	
<b>Calories</b>	180.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

<b>Calcium</b>	100.00mg	<b>Iron</b>	1.44mg
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# Sausage Biscuit

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	100 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
SAUSAGE PTY LO SOD CKD 80-2Z JDF	100 Each		277722

## Preparation Instructions

No Preparation Instructions available.

### 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>	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: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	400.00		
<b>Fat</b>	30.00g		
<b>SaturatedFat</b>	11.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# 1-Broccoli & Cheese

NO IMAGE

<b>Servings:</b>	164.00	<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 #
Broccoli, No salt added, Frozen	30 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound		100036

## Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. \*\*\*\*CAUTION: DO NOT OVER COOK.\*\*\*\*

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.49
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<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: 164.00  
 Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	69.12		
<b>Fat</b>	2.44g		
<b>SaturatedFat</b>	1.46g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.32mg		
<b>Sodium</b>	57.26mg		
<b>Carbohydrates</b>	7.15g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.98g		
<b>Protein</b>	5.93g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# 3-Baked Potato



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	160 Tablespoon	reconstitute in water and let stank a few minutes to thicken	209810
POTATO BAKER IDAHO 90CT MRKN	360 Ounce	Wash potato in prep sink using cool water. Use the small produce brush and scrub skins good. Put cool water in the other prep sink and as you get a potato clean, put it into the clean water. Once all potatoes have been scrubbed, rinse them again. Allow potatoes to dry.	233277
SPICE GARLIC POWDER 21Z TRDE	20 Teaspoon		224839

## Preparation Instructions

Pour margarine on a sheet pan and spread with a brush.

Sprinkle garlic powder on top of the margarine.

Turn the potato long ways and cut it in half.

Lay the cut side on the potato face down on the pan. Brush the skins with margarine.

Bake in a preheated oven at 350 degrees for 30-40 min.

CCP: Heat to 135 degrees.

CCP: Hold at 135 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
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 potato

<b>Amount Per Serving</b>			
<b>Calories</b>	112.25		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	127.65mg		
<b>Carbohydrates</b>	26.50g		
<b>Fiber</b>	2.85g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	2.55g		
<b>Vitamin A</b>	2.55IU	<b>Vitamin C</b>	25.13mg
<b>Calcium</b>	15.30mg	<b>Iron</b>	0.99mg

# 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