

Cookbook for West Cheatham Elementary

Created by HPS Menu Planner

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Mini Corn Dogs



Servings:	150.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 4.00 Each

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

Calcium	100.00mg	Iron	1.44mg
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Sausage Biscuit

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	100 Each	BAKE 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

Meat	1.00
Grain	2.00
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	400.00		
Fat	30.00g		
SaturatedFat	11.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	550.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

1-Broccoli & Cheese

NO IMAGE

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.49
Grain	0.00
Fruit	0.00

GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 164.00
 Serving Size: 0.50 Cup

Amount Per Serving

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

3-Baked Potato



Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 potato	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.00
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Grain	0.00
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Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 potato

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

F- Fruit Variety

NO IMAGE

Servings:	50.00	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	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

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: 50.00

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