

Cookbook for West Cheatham Elementary

Created by HPS Menu Planner

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Nick's BBQ Sandwich

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	2.67 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork Bar-B-Q with vinegar sauce	2 2/3 Package		
SAUCE BBQ SWEET 6-.5GAL GFS	2 2/3 Cup		786690
Hamburger Buns	80 bun		

Preparation Instructions

Remove the Bar-B-Q from the box and place in a steam pan. Break Up loosely so it will cook evenly.

Add 1 cup of BBQ sauce to every bag.

Cook in the steamer for about 30 min. Remove and check the temperature before placing on the serving line.

Portion with a 3 oz laddle onto a hamburger bun.

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold for hot service at 140 degrees or higher

SLE Components

Amount Per Serving

Meat	2.01
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: 80.00

Serving Size: 2.67 Ounce

Amount Per Serving			
Calories		310.01	
Fat		7.81g	
SaturatedFat		2.11g	
Trans Fat		0.00g	
Cholesterol		38.10mg	
Sodium		631.54mg	
Carbohydrates		38.24g	
Fiber		3.11g	
Sugar		9.07g	
Protein		24.70g	
Vitamin A	38.43IU	Vitamin C	0.56mg
Calcium	20.44mg	Iron	21.56mg

2-Baked Beans

NO IMAGE

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 5/7 #10 CAN		100364
BEAN KETTLE BRN SUGAR 6-10 HRTHSTN	1 5/7 #10 CAN		822477

Preparation Instructions

Do not drain the liquid off the beans! It is necessary for the crediting!

Pour 1 can of vegetarian bans and 1 can of baked beans into a 4 inch half size pan and stir.

Place a lid on the pan and steam for about 20 min.

Serve with sauce in a 1/2 c (#8) scoop.

CCP: Heat to 140 degrees or higher for at least 15 seconds.

CCP: HOId at 140 degrees or higher for service

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.73
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	105.80
Fat	0.73g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	227.04mg
Carbohydrates	20.16g

Fiber		5.27g	
Sugar		5.73g	
Protein		5.81g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.48mg	Iron	0.67mg

5-creamy coleslaw



Servings:	90.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING COLESLAW 4-1GAL LTHSE	6 3/4 Cup	READY_TO_EAT Open, pour and enjoy!	132151
ONION DCD IQF 6-4 GFS	4 1/2 Cup		261521
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	45 Cup		198234

Preparation Instructions

Place cabbage mix and onion in large bowl. Pour dressing over cabbage mixture and stir well to combine. Cover immediately.

Refrigerate for at least 24 hours and serve in 1/2 cup portions.

CCP: Hold at 40 degrees or lower for cold service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	87.24
Fat	5.40g
SaturatedFat	0.90g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	240.75mg
Carbohydrates	8.71g

Fiber		0.67g	
Sugar		6.89g	
Protein		0.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	Iron	0.12mg

F- Fruit Variety

NO IMAGE

Servings:	80.00	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	6 2/39 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	6 2/39 Each		540005
PEACH DCD IN JCE 6-10 GFS	6 2/39 Cup		610372
Sliced Peaches 6-10	6 2/39 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	6 2/39 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	6 2/39 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	6 2/39 Cup		117897
BANANA TURNING 40 P/L	6 2/39 Each		200999
Sliced Pears 6-10	6 2/39 Cup		100224
Wild Blueberries fzn	6 2/39 Cup		100243
Strawberries, diced, Cups, frozen	6 2/39 Cup		100256
Peaches, diced, cups, Frozen	6 2/39 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	6 2/39 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	6 2/39 Each		544426
Apples, Gala	6 2/39 Each		14J93

Description	Measurement	Prep Instructions	DistPart #
Grapes	6 2/39		14P36
Pear, fresh	6 2/39		14P12
Oranges, whole	6 2/39 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: 80.00

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