

# Cookbook for Woodford County Board of Education

Created by HPS Menu Planner

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# BLT Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	10.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	8 Ounce	1 cup = 1/2 cup serving	305812
BACON TOPPING CRUMBLES 10# HRML	1/4 Ounce		460584
TOMATO GRAPE SWT 10 MRKN	3 Each	wash and drain	129631

## Preparation Instructions

Assemble salad in bowl.

Chill until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<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: 1.00

Serving Size: 10.00

Amount Per Serving			
<b>Calories</b>		96.37	
<b>Fat</b>		2.50g	
<b>SaturatedFat</b>		0.85g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		9.36mg	
<b>Sodium</b>		158.79mg	
<b>Carbohydrates</b>		13.39g	
<b>Fiber</b>		5.70g	
<b>Sugar</b>		3.89g	
<b>Protein</b>		4.21g	
<b>Vitamin A</b>	1124.55IU	<b>Vitamin C</b>	17.21mg
<b>Calcium</b>	94.71mg	<b>Iron</b>	3.36mg

# Little Caesars Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese Pizza	1 Slice		4444444

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	10.00mg

# Spaghetti with Marinara Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup		315729
PASTA SPAGHETTI 10 4-5 GFS	2 Ounce		413370

## Preparation Instructions

1 cup of pasta; 4oz marinara sauce

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	2.40mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.52mg

# Chicken Soft Taco

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	2 Ounce	PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 *F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 *F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 *F.	154900
TORTILLA FLOUR 6 SFST 24-12CT GRSZ	1 Each	TORTILLAS SHOULD BE SEPARATED PRIOR TO WARMING IN A HEATED (DRY) CABINET. REMOVE THE TORTILLAS FROM THE PACKAGE AND SEPARATE THEM INDIVIDUALLY. REPLACE THE STACK INTO THE BAG, OR SOME OTHER CLOSED CONTAINER, AND PLACE INTO THE HEATED CABINET (APPROX 140-170). TOTAL WARMING TIME SHOULD NOT EXCEED 6 HOURS.	713320

## Preparation Instructions

Serve 2oz chicken fajita in each shell.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.18
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	151.76		
<b>Fat</b>	4.35g		
<b>SaturatedFat</b>	2.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.53mg		
<b>Sodium</b>	526.47mg		
<b>Carbohydrates</b>	15.18g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.18g		
<b>Protein</b>	12.59g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg