

Cookbook for KING MIDDLE SCHOOL

Created by HPS Menu Planner

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Turkey and Cheese Box

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHEESE AMER 160CT SLCD 4-5 GCHC | 1 Slice | | 271411 |
| BUN SUB SLCD WGRAIN 5 12-8CT GFS | 1 Each | | 276142 |
| 6-2 PREM SMKD SLCD TURKEY 8482 | 3 1/5 Ounce | | 572632 |
| CHIP HARV CHED 64-LSSV SUNCHIP | 1 Package | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 712440 |
| APPLE, GRANNY SMITH, FRESH | 1 Each | READY_TO_EAT | 110543 |
| CARROT BABY WHL CLEANED 12-2 RSS | 4 Ounce | | 510637 |
| RANCH LT DIP CUP 100-1Z FLAVOR FRESH | 1 Each | | 499521 |
| MAYONNAISE LT PKT 200- 12GM GFS | 2 Each | | 188741 |
| MUSTARD PKT 200-1/5Z HNZ | 2 Each | | 109908 |

Preparation Instructions

Directions:

Assemble Slice Deli Turkey 3.2 oz

cheese slice 2 each

Hoagie Bun 1 each

Assemble sandwich's using:

3.2 oz Deli Turkey

2 slices cheese

1 Hoagie Bun

CCP: Hold for cold service at 41° F or lower.

Notes:

in a clear 8" clam shell (659003) put sandwich, chips, apple, carrots with ranch, mayo and mustard.

Meatball Sub

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 168.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| MEATBALL CKD .65Z 6-5 COMM | 30 Pound | | 785860 |
| SAUCE PASTA LO SOD 6-6.5 HNZ | 15 Pound | | 177092 |
| BUN SUB SLCD WGRAIN 5 12-8CT GFS | 168 Each | | 276142 |

Preparation Instructions

KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F

Steamed Broccoli

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| SEASONING GARLIC HRB NO SALT 19Z TRDE | 1/4 Cup | | 565164 |
| BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC | 1/2 Cup | | 184622 |
| BROCCOLI CUTS IQF 30 KE | 100 Cup | | 359010 |

Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes:

Peas , Frozen

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 42.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|-------------------|------------|
| PEAS GREEN IQF 30 GFS | 1 | BAKE | 285660 |
| BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC | 1 Tablespoon | | 184622 |

Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Store in refrigerator till time to steam.

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

Canned Fruit Mandarin Oranges

| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 180.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| ORANGES MAND IN JCE 6-10 GFS | 180 .50 cup | BAKE | 612448 |

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

Banana

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 150.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BANANA TURNING SNGL 150CT 40 P/L | 150 Each | | 197769 |

Preparation Instructions

Directions:

Notes:

Chilled Peaches

| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 168.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| PEACH SLCD XL/S 6-10 GFS | 84 Cup | | 224448 |

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

Summer Fruit Salad

| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 250.00 | Category: | Fruit |
| Serving Size: | 5.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|---|------------|
| STRAWBERRY CLAMSHELL 8 MRKN | 8 Quart | Trim and Quarter | 212768 |
| WATERMELON RED SDLSS 2CT P/L | 8 Quart | Trim and Dice into 1/2 inch cubes | 326089 |
| MELON MUSK CANTALOUPE 12CT MFC | 8 Quart | Clean trim and remove seeds, dice into 1/2 inch Cubes | 200565 |
| GRAPES GREEN SEEDLESS 17AVG P/L | 8 Quart | Remove off of stem and clean | 197858 |

Preparation Instructions

After fruit is Cleaned and Prepared, mix thoroughly and measure 5 ounces out into a 9 ounce clear cup (792220)
CCP: 1. Must wash hands and put on disposable gloves. 2. Must store all fruit at 41° or below 3. Must be used with in 3 days.

Canned Fruit Pineapple Chunk

| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 103.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| PINEAPPLE CHUNKS IN JCE 6-10 GFS | 1/2 Cup | | 189952 |

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

Rice Brown

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Grain |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| RICE BRN PERFECTED 25 UBEN | 5 1/2 Pound | | 146404 |
| BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC | 2/3 Cup | | 184622 |

Preparation Instructions

Directions:

WASH HANDS.

1. Use Directions Indicated on bag
2. Mix 5.5 pounds of rice and 5 quarts of water with 3/4 cup of butter and mix
3. put in hotel pan cove and steam for 25 minutes

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

Updated October 2013

Notes: