

Cookbook for Harpeth Middle School

Created by HPS Menu Planner

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Cereal

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL REESES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
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CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories 108.00

Fat 1.35g

SaturatedFat 0.15g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 146.00mg

Carbohydrates 23.30g

Fiber 2.00g

Sugar 7.80g

Protein 1.80g

Vitamin A 420.00IU **Vitamin C** 6.84mg

Calcium 76.00mg **Iron** 4.68mg

Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

Amount Per Serving			
Calories		295.00	
Fat		13.00g	
SaturatedFat		5.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		250.00mg	
Carbohydrates		41.00g	
Fiber		2.00g	
Sugar		20.00g	
Protein		4.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.26mg

Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each		262362

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00

Amount Per Serving

Calories 190.00

Fat 7.00g

SaturatedFat 1.33g

Trans Fat 0.07g

Cholesterol 10.00mg

Sodium 116.67mg

Carbohydrates 29.33g

Fiber 1.33g

Sugar 15.00g

Protein 2.33g

Vitamin A 4.80IU **Vitamin C** 0.02mg

Calcium 11.10mg **Iron** 0.98mg

Breakfast Pizza

Servings:	2.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660
PIZZA BFAST SAUS 2X6 WGRAIN 192CT MAX	1 Each	NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: BAKE AT 375°F FOR 11 TO 13 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 12 TO 16 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F	340351

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

Amount Per Serving

Calories	185.00
Fat	7.50g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	390.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	3.50g

Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	142.50mg	Iron	1.22mg

Pancake Wrapped Sausage

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	240.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	360.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Tso's Smackers

Servings:	108.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	1 Package	Conventional Oven for 10-12 minutes at 350 degrees. Convection Oven for 6-8 minutes at 350 degrees.	
SAUCE GEN TSO 4-.5GAL ASIAN	1 Gallon	Heat Sauce	802850

Preparation Instructions

Place chicken on metal sheet pan with liner and cook on 350 until temp reaches 165 degrees. Heat sauce then mix (1) 5 pound bottle of sauce to 3 bags of chicken in pan.

Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	350.70		
Fat	12.94g		
SaturatedFat	2.99g		
Trans Fat	0.00g		
Cholesterol	59.74mg		
Sodium	989.99mg		
Carbohydrates	38.86g		
Fiber	2.99g		
Sugar	16.58g		
Protein	17.92g		
Vitamin A	167.26IU	Vitamin C	1.00mg
Calcium	16.93mg	Iron	1.99mg

Teriyaki Chicken

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	10 Pound		
SAUCE TERYK MRND LO SOD 6-.5GAL KIKK	1 Gallon		176721

Preparation Instructions

Bake chicken in a 350 degree oven until the internal temperature reaches 165 degrees. Heat sauce separately. Mix (1) gallon bottle of teriyaki sauce to 10 pounds of chicken.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	119.95		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	1079.02mg		
Carbohydrates	9.59g		
Fiber	0.00g		
Sugar	9.59g		
Protein	15.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

4-Roasted Green Beans

Servings:	128.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN WHL 6-4 GFS	4 Pound		610851
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon	mix seasonings in a bowl.	224839
Black Pepper	1 1/2 Teaspoon		24108
CHEESE PARM GRTD 12-1 PG	2/3 Cup		164259
Vegetable Oil	3 Tablespoon		100441comm

Preparation Instructions

Heat oven to 400 degrees. Prepare sheet pan by placing a pan liner on the pan and spraying it with pan release.

Place green beans in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly.

Sprinkle seasoning mix over green beans and toss to combine.

Lay green beans in a single layer on the sheet pan and cook for approximately 15 minutes. (CCP: Heat to 135 degrees or higher).

Put in a 4" hotel pan for service.

Use a #8 scoop for 1/2 cup portions.

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 71.13

Fat 0.49g

SaturatedFat 0.13g

Trans Fat 0.00g

Cholesterol 0.42mg

Sodium 5.86mg

Carbohydrates 13.33g

Fiber 8.00g

Sugar 2.67g

Protein		2.83g	
Vitamin A	8.38IU	Vitamin C	0.00mg
Calcium	100.99mg	Iron	1.60mg

1-Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1 Tablespoon		
TOMATO CHERRY 11 MRKN	3 Each		569551

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 108.10

Fat 6.10g

SaturatedFat 3.52g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 206.25mg

Carbohydrates 4.25g

Fiber 0.55g

Sugar 1.25g

Protein 8.40g

Vitamin A 374.70IU **Vitamin C** 6.16mg

Calcium 19.50mg **Iron** 0.12mg

1-Broccoli & Cheese

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.

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

Chicken Fajita

Servings:	40.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	1 Package		100101
SEASONING FAJITA MIX 6-8.9Z LAWR	1/2 Package		518298
Tap Water for Recipes	1 Cup		000001WTR

Preparation Instructions

Put a 5# bag of diced chicken into a 6 inch deep half pan (with holes if not using a steamer). Place in steamer (or pan with a little water) and cook uncovered for 15 min.

Take out and stir in 1/2 pack of the fajita mix. Return to steam for 10 min. (If not using a steamer, you may need additional water in the bottom pan at this point).

Note: If the meat is too dry, add some additional water.

CCP: Heat to 165 degrees or higher.

CCP: Hold at 140 or higher for service.

Serve in 2 oz portions.

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	81.45		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	314.32mg		
Carbohydrates	1.89g		
Fiber	0.00g		
Sugar	0.63g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

2-Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	5.30 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT QUESO 4-5 BIB JTM	3 Cup		701201
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Package		668341

Preparation Instructions

RECONSTITUTE

- 1: Pour 1 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Heat cheese from frozen or thawed state in steamer or boiling water to 160 degrees and pour on top of beans. (Serve the rest of the bag of cheese as an additional option for that day).

Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 5.30 Ounce

Amount Per Serving

Calories	240.50		
Fat	5.99g		
SaturatedFat	3.60g		
Trans Fat	0.20g		
Cholesterol	15.32mg		
Sodium	469.11mg		
Carbohydrates	31.10g		
Fiber	10.16g		
Sugar	1.33g		
Protein	13.82g		
Vitamin A	0.00IU	Vitamin C	0.89mg
Calcium	164.54mg	Iron	2.46mg

3-Corn, Commodity

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	30 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	1/2 Package		209810

Preparation Instructions

Spray pan with food release spray.

Mix butter buds according to package.

Pour butter buds over the pans of corn.

Cook until corn reaches a temperature of 140 or higher. (It shouldn't take more than 8-10 minutes).

Place one pan on the serving line. Cover any additional pans and place in the warmer.

CCP: Hold at 140 degrees or higher.

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 69.04

Fat 1.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 18.45mg

Carbohydrates 16.58g

Fiber 2.00g

Sugar 3.00g

Protein 2.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.00mg

Jamwich Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peanut Butter and Grape Jelly Sandwich	1 Sandwich	THAW Best if thawed in refrigerator overnight.	
Mozzarella String Cheese	1 stick		
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	510.00		
Fat	27.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	650.00mg		
Carbohydrates	54.00g		
Fiber	6.00g		
Sugar	11.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.00mg	Iron	8.00mg

Chicken Smacker Wrap Box

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	10 Piece	BAKE Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TOMATO 5X6 XL 25 MRKN	1/4 Cup	dice tomato and use 1/4 cup	206032
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
CARROTS BABY PLD 72-3Z P/L	3 Ounce		241541

Preparation Instructions

Prepare Chicken Smackers according to directions above. CCP: Heat to 165 degrees or higher.

Once cooked, place chicken into cooler and let cool to 40 degrees.

While chicken is cooking/cooling, label and date salad trays.

Place 10 smackers into tortilla shell with lettuce and tomato. Wrap shell around chicken. Place wrap into a sandwich bag.

Add 1 pack of carrots neatly to the tray.

Place into cooler for til serving time.

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 539.65

Fat 17.10g

SaturatedFat 4.03g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 1240.25mg

Carbohydrates 71.50g

Fiber 13.90g

Sugar 15.75g

Protein 24.75g

Vitamin A 35426.01IU **Vitamin C** 216.48mg

Calcium 201.74mg **Iron** 4.78mg

Turkey and Cheese Sub Box

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
Wheat Deli Buns	1 bun		78700-80020
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
LETTUCE LEAF BTTR BRGR 2-5 RSS	1/2 Cup		416593
TOMATO 5X6 XL 25 MRKN	1/8 Cup		206032
CARROT SNACK CLEANED 200-1Z RSS	1 Package		613967
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Cut Sliced Turkey and cheese in half

Put 3 slices of turkey and 2 slices of cheese on a deli bun.

Put sub in a sandwich bag.

Put 1 pickle pear, 1 (1/4" thick) slice of tomato cut in half and 4 oz of leaf lettuce in a small fry tray.

put 1 pack of baby carrots and 1/4 cup broccoli florets in a 4oz squat.

Put all of this neatly into a clear plastic salad tray.

CCP: Hold at 40 degrees or less for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	456.71		
Fat	15.40g		
SaturatedFat	4.26g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	982.05mg		
Carbohydrates	51.08g		
Fiber	8.50g		
Sugar	12.48g		
Protein	27.64g		
Vitamin A	331.98IU	Vitamin C	22.83mg
Calcium	60.01mg	Iron	11.92mg

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	1 oz = 2 slice	100036
Wheat Deli Buns	1 bun		78700-80020
HAM SLCD NAT CHC 6-2 HRML	4 Slice		645340

Preparation Instructions

Take all bottoms of buns and put on pan. Add 2 slices of cheese (cut in half) to all of the bottom buns.

When done with each pan, put in cooler. Only keep one pan out at a time.

Place 4 slices of ham on each sub and place the top bun on the sub.

Wrap with plastic wrap or put in appropriate container.

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories 360.00

Fat 8.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 720.30mg

Carbohydrates 41.00g

Fiber 6.00g

Sugar 8.00g

Protein 28.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 30.00mg **Iron** 10.36mg

Chef Salad Box - Ham

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
HAM DCD W/A 1/4 3-4 GFS	1 1/2 Ounce		199834
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the diced ham on top in the center.

Serve with 2 packs of croutons.

****NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.***

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 348.15

Fat 12.20g

SaturatedFat 4.30g

Trans Fat 0.00g

Cholesterol 42.50mg

Sodium 989.50mg

Carbohydrates 36.50g

Fiber 11.73g

Sugar	5.25g		
Protein	21.73g		
Vitamin A	900.41IU	Vitamin C	33.22mg
Calcium	196.42mg	Iron	4.31mg

Chef Salad Box - Turkey

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner).

Dice turkey. Put the diced turkey on top in the center.

Serve with 2 packs of croutons.

NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 350.65

Fat 12.58g

SaturatedFat 4.30g

Trans Fat 0.00g

Cholesterol	42.50mg		
Sodium	672.00mg		
Carbohydrates	36.50g		
Fiber	11.73g		
Sugar	5.25g		
Protein	21.98g		
Vitamin A	900.41IU	Vitamin C	32.32mg
Calcium	196.42mg	Iron	5.04mg

Chef Salad Box - Ceasar

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Chicken, diced, cooked, frozen	2 Ounce		100101
CHEESE PARM PKT 200-3.5GM GFS	1 Each		254959
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Thaw diced chicken and toss 1 oz. diced chicken with 0.5 tsp. Mrs. Dash to coat.

Add seasoned chicken to the top of the lettuce.

Serve with 2 pkgs croutons and 1 pkg parm. cheese.

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

****NOTE: HS this is not for a reimbursable meal.***

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	267.00
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	47.00mg
Sodium	421.00mg
Carbohydrates	30.00g
Fiber	10.00g
Sugar	2.00g

Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Chef Salad Box - Smackers

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
Chicken Smackers	10 Piece	BAKE Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

Wash all produce.

Cook Chicken according to the directions above.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the smackers on top in the center.

Serve with 2 packs of croutons.

CCP: Hold at 40 degrees or lower for service.

NOTE: This is a reimbursable meal at all grade levels.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	514.65
Fat	21.33g
SaturatedFat	6.55g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	957.00mg
Carbohydrates	49.50g
Fiber	13.73g
Sugar	4.25g
Protein	29.48g
Vitamin A 1068.41IU	Vitamin C 33.32mg
Calcium 213.42mg	Iron 5.68mg

Juice Variety

Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	4 Ounce		
100% Orange Juice	4 Ounce		

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 55.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 13.50g

Fiber 0.00g

Sugar 12.00g

Protein 0.50g

Vitamin A 0.00IU **Vitamin C** 30.00mg

Calcium 5.00mg **Iron** 1.00mg

5-carrot stick cups

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Ounce		768146

Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	46.22		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	78.22mg		
Carbohydrates	10.67g		
Fiber	3.56g		
Sugar	5.33g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.56mg	Iron	0.32mg

4-Celery Stick cups

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592

Preparation Instructions

If sticks are too big, cut them in two.

Place 1/2 cup of celery sticks in cups for service (approximately 7 sticks)

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	9.90		
Fat	0.10g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	49.60mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.45g		
Vitamin A	278.38IU	Vitamin C	1.92mg
Calcium	24.80mg	Iron	0.13mg

Stuffed Crust Pizza

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories 340.00

Fat 14.33g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 18.33mg

Sodium 810.00mg

Carbohydrates 36.00g

Fiber 3.00g

Sugar 3.67g

Protein 15.33g

Vitamin A 0.00IU

Vitamin C 0.00mg

Calcium	260.00mg	Iron	2.03mg
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Hot Dog

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

Preparation Instructions

Thawing Instructions:

Thaw frozen franks to an internal temperature of 35° - 40°. Do NOT thaw at room temperature.

Steamer: Place franks on steam table pan in a single layer. Place pan in steam, close door and steam until internal temperature reaches 140° F (approximately 10 min).

Oven: Lay franks on a sheet pan with a little space between each one.

Convection Oven: Cook time 8-10 minutes or until internal temp reaches 140°F

Conventional Oven: Cook time 15-18 minutes or until internal temp reaches 140°F

CCP: Heat to 140 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Place hot dog in bun for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 240.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 365.00mg

Carbohydrates 25.00g

Fiber 5.00g

Sugar 3.00g

Protein 13.00g

Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	2.16mg

F- Fruit Variety

Servings:	13.22	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	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup		100224
Wild Blueberries fzn	1 Cup		100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each		544426
Apples, Gala	1 Each		14J93
Grapes	1		14P36
Pear, fresh	1		14P12
Oranges, whole	1 Each		16W62

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 13.22

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

Quesadillas

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	1 Each		231750
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00
Fat	11.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	705.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	2.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 210.00mg	Iron 2.70mg

Chicken Parm w/ filet

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SHRD FTNR 4-5 P/L	1 Ounce		731366
SAUCE SPAGHETTI 6-10 GCHC	2 Ounce		144207
Chicken Breast Fillet	1 Each		

Preparation Instructions

Cook Chicken patty according to directions.

When patty temps at 165 degrees or higher, place 2oz laddle of spaghetti sauce on top.

CCP: Heat to 165 degrees or higher.

Return to oven for an additional 5 min to heat sauce.

Top with 1 oz of mozzarella cheese and place into warmer to let melt.

Serve with spatula onto lunch tray.

CCP: Hold at 135 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	343.20		
Fat	16.90g		
SaturatedFat	5.00g		
Trans Fat	0.27g		
Cholesterol	77.00mg		
Sodium	818.11mg		
Carbohydrates	21.30g		
Fiber	3.50g		
Sugar	3.00g		
Protein	25.40g		
Vitamin A	766.52IU	Vitamin C	4.50mg

Calcium 236.24mg **Iron** 1.61mg

4-Stir Fry Veggies

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GFS	4 Pound		440884
SAUCE SOY LITE 6-.5GAL KIKK	2 Tablespoon		466425
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Teaspoon		224839
Tap Water for Recipes	1/4 Cup		000001WTR
Vegetable Oil	4 Tablespoon		100441comm
Black Pepper	1/2 Teaspoon		24108

Preparation Instructions

Combine water, soy sauce, and garlic. Set aside.

Heat oil in steam kettle.

Add pepper to oil and stir.

Add vegetables. Cook for 5 minutes stirring constantly.

Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Cover, lower heat, and steam for 3 minutes. (Note: Vegetables should not be overcooked as they will continue to cook on the steam table.)

CCP: Heat to 140 degrees or higher.

CCP: Hold for hot service at 135 degrees or higher.

Portion with a #8 (1/2 cup) scoop.

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 54.58

Fat 3.40g

SaturatedFat 0.52g

Trans Fat 0.00g

Cholesterol	0.00mg		
Sodium	85.21mg		
Carbohydrates	3.46g		
Fiber	1.33g		
Sugar	1.33g		
Protein	1.46g		
Vitamin A	133.33IU	Vitamin C	12.00mg
Calcium	13.33mg	Iron	0.24mg

Grilled Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG White Bread	2 Slice		71673-01212
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice		100036
PAN COAT SPRAY 6-21Z VEGLN	1 Gram		187542

Preparation Instructions

Place a pan liner on a sheet pay.

Spray a heavy amount of pan spray on the liner.

Lay a slices of bread on the pan liner.

Put 4 slices of cheese on each slice of bread. Put another slice of bread on top of the cheese.

Spray the top of the bread with buttery spray.

Cook in preheated oven at 350 degrees for about 7 minutes.

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

CCP: hold at 135 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	200.60mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 4.00mg **Iron** 8.00mg

3-peas

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1 #10 CAN		222000
BUTTER SUB 24-4Z BTRBUDS	2 Tablespoon		209810
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103

Preparation Instructions

- Drain most of the liquid off the peas.
- Pour peas into a half size serving pans. Stir in the ingredients.
- Cook in the steamer uncovered for about 15 min.
- CCP: Heat to 135 degrees or higher.
- CCP: HOld at 135 degrees or higher for service.
- Serve in #8 (1/2 cup) scoop.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	76.03		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.89mg		
Carbohydrates	13.10g		
Fiber	3.23g		
Sugar	6.47g		
Protein	4.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.56mg	Iron	1.55mg

Chicken Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Breast Fillet	4 1/4 Ounce	Bake at 350 degrees uncovered for 20 minutes.	
Chicken Spicy Breast Fillet	4 Ounce	BAKE bake at 350 degrees uncovered for 20 minutes.	
Hamburger Buns	2 bun		

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00
Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	378.50		
Fat	11.60g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	53.50mg		
Sodium	666.00mg		
Carbohydrates	45.65g		
Fiber	5.50g		
Sugar	4.50g		
Protein	25.00g		
Vitamin A	197.00IU	Vitamin C	0.00mg
Calcium	38.50mg	Iron	11.00mg