

Cookbook for KING MIDDLE SCHOOL

Created by HPS Menu Planner

Table of Contents

MC Special

Carrot/Celery Cup

Chilled Peaches

Canned Fruit Mandarin Oranges

Grapes Red MTG

Banana

Canned Fruit Pineapple Chunk

MC Special

Servings:	1.32	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 8/25 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 16/25 Ounce		722110
RICE BRN PERFECTED 25 UBEN	33/50 Cup		146404

Preparation Instructions

1. sprinkle taco seasoning on frozen chicken, 2. bake chicken at 375° for 10-12min 3. cook rice 4. steam queso to internal temp of 165° is met for 15 sec. Directions, place 4oz of rice in the bottom of a 12oz bowl. place chicken in on an angel, and spoon 2oz of cheese over top of chicken and cheese.

Carrot/Celery Cup

Servings:	131.58	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	23 13/19 Pound		510637
CELERY STIX 4-3 RSS	23 13/19 Pound		781592
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 6/19 Each		499521

Preparation Instructions

Wash Hands:

1. Get fresh Vegetable out of cooler
2. Wash Vegetable off
3. Portion 3oz of each in a 9 ounce clear cup (792220)
4. Place a ranch on top
5. Place dome lid on top (820360)
6. place back in cooler

CCP:

keep all Vegetable under 41°
do not keep out more than 4hrs

Chilled Peaches

Servings:	221.05	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	110 10/19 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

Canned Fruit Mandarin Oranges

Servings:	236.84	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	236 5/6 .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:

Grapes Red MTG

Servings:	131.58	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES GREEN SEEDLESS 17AVG P/L	32 17/19 Pound		197858

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Wash grapes under cool running water, drain well.

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

2. Portion into serving dishes using 4 oz spoodle.

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

Updated October 2013

Notes:

Banana

Servings:	197.37	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	197 3/8 Each		197769

Preparation Instructions

Directions:

Notes:

Canned Fruit Pineapple Chunk

Servings:	135.53	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	25/38 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