

Cookbook for KING MIDDLE SCHOOL

Created by HPS Menu Planner

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Side Salad

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 1/2 Cup	Wash and let air dry	165761
TOMATO CHERRY 11 MRKN	4 Each	Wash and let air dry	569551
CARROT BABY WHL CLEANED 12-2 RSS	3 Each	Wash and let air dry	510637
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce		191043

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	236.60
Fat	15.29g
SaturatedFat	5.05g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	383.12mg
Carbohydrates	18.61g

Fiber		5.06g	
Sugar		10.15g	
Protein		9.02g	
Vitamin A	12747.90IU	Vitamin C	14.05mg
Calcium	250.86mg	Iron	1.54mg

Carrot Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637

Preparation Instructions

Directions:

clean carrots hold in cooler

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

Serve 6 sticks = 1/2 cup carrots in correct container

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

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	0.40
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.88mg
Carbohydrates	0.09g
Fiber	0.03g

Sugar			0.05g
Protein			0.01g
Vitamin A	156.38IU	Vitamin C	0.03mg
Calcium	0.36mg	Iron	0.01mg

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

SLE Components	
Amount Per Serving	
Meat	0.00
Grain	0.00

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

Nutrition Facts			
Servings Per Recipe: 103.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	0.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.10mg		
Carbohydrates	0.17g		
Fiber	0.02g		
Sugar	0.17g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.12mg
Calcium	0.00mg	Iron	0.00mg

Summer Fruit Salad

NO IMAGE

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.

SLE Components

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 5.00 Ounce

Amount Per Serving			
Calories		65.59	
Fat		0.30g	
SaturatedFat		0.04g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		4.98mg	
Carbohydrates		16.74g	
Fiber		0.97g	
Sugar		14.21g	
Protein		1.17g	
Vitamin A	844.58IU	Vitamin C	79.22mg
Calcium	14.99mg	Iron	0.42mg

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 168.00
 Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	13.00g
Protein	1.00g

Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Applesauce Unsweetened MTG



Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	24/25 Each		753911

Preparation Instructions

Directions:

WASH HANDS.

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	0.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	0.14g
Fiber	0.01g
Sugar	0.12g
Protein	0.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 0.05mg **Iron** 0.00mg

Oranges MTG

NO IMAGE

Servings:	138.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVAL/VALENCIA FCY 138CT MRKN	139 3/8 Cup		198021

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cut orange into 4 wedges. Serve.

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

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

1. wash and quarter
2. place in a 9oz clear cup with dome lid

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.51
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 138.00
 Serving Size: 1.00 Each

Amount Per Serving

Calories	89.08
Fat	0.51g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	21.21g
Fiber	4.55g
Sugar	0.00g
Protein	1.92g

Vitamin A	418.14IU	Vitamin C	88.17mg
Calcium	72.72mg	Iron	0.16mg