

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.

Chicken Pattie on Bun, Spicy

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	150 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	150 Each		517810

Preparation Instructions

Directions:

Remove Chicken from freezer lay on sheet pans

Return to freezer till cooking time

Remove from freezer to oven

Cook at 375° for 8-10 min

Cook to 165° for 15 seconds

CCP: Heat to 165° F or higher for at least 15 seconds

Place patties in serving pans and place on lines

Assemble Sandwiches as customers come through serving line

1 Spicy chicken pattie

1 Hamburger bun

CCP: Hold for hot service at 135° F or higher

Notes:

Philly Cheese Steak

Servings:	76.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.92Z 6-5 JTM	10 Pound		720861
PEPPERS GREEN LRG 5 MRKN	1 3/5 Pound	Medium dice	592315
ONION VIDALIA SWT 10 P/L	1 1/2 Pound	Medium dice	558133
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Pound		722110
BUN SUB SLCD WGRAIN 5 12-8CT GFS	76 Each		276142

Preparation Instructions

PREPARATION

Prep Time: 25 min.

- 1.Heat Seasoned Beef Steak with diced onions and diced green peppers in oven on sheet pan for 8 - 10 minutes at 350°F.
- 2.Heat Queso Blanco in steamer or water bath to 145°F for 15 seconds and hold hot at 145°F or higher. (HACCP)
- 3.Blend Seasoned Beef Steak, diced onions, diced green peppers
4. Put a garnish of the Queso cheese

On a steamed hoagie, roll 3.81 oz. of the southwestern cheese-steak mixture.

3.81 oz. by weight or a #8 scoop or 1/2 cup by volume provides: 2.0 oz. M/MA + 2.0 oz. Grain Equivalent + 1/8 cup Other Vegetable

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

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