

Cookbook for School Town of Highland

Created by HPS Menu Planner

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Elementary Chef Salad

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	1 Cup		182570
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
Grape Tomatoes	3 Each		749041
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce	#20scoop	150250
BREADSTICK WGRAIN 1Z 12-20CT	2 Each		406321

Preparation Instructions

1. Cut romaine
2. Place 1 cup romaine in clam shell
3. Top with cherry tomatoes, ham & cheese
4. Offer with dressing & two breadsticks (2oz grain)

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.50

RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 salad

Amount Per Serving

Calories	238.22
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	34.93mg
Sodium	461.08mg
Carbohydrates	30.83g
Fiber	3.00g
Sugar	4.00g
Protein	11.65g

Vitamin A	0.00IU	Vitamin C	0.40mg
Calcium	126.14mg	Iron	1.08mg

Hot Dog on WG Bun MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	100 Each		517830
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792

Preparation Instructions

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

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

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

SLE Components	
Amount Per Serving	
Meat	2.00
Grain	1.50
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	18.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	675.00mg		
Carbohydrates	21.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	48.47mg	Iron	1.31mg

Assorted Canned Fruit



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup		256760

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	300.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	0.36mg

Asst Fresh Fruit (Banana)



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

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: 1.00
Serving Size: 1.00

Amount Per Serving			
Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Taco Walking MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP YEL RND TORTL 80-1.5Z BARREO FUN	100 Each		643621
TACO FILLING BEEF REDC FAT 6-5 COMM	12 1/2 Pound		722330
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Pound		150250
SALSA CUP 84-3Z REDG	7 Pound	READY_TO_EAT None	677802

Preparation Instructions

Directions:

WASH HANDS.

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

1. .PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	2.28
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.15
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	384.22		
Fat	20.24g		
SaturatedFat	8.24g		
Trans Fat	0.18g		
Cholesterol	52.58mg		
Sodium	561.33mg		
Carbohydrates	34.45g		
Fiber	4.26g		
Sugar	1.54g		
Protein	18.19g		
Vitamin A	720.00IU	Vitamin C	3.97mg
Calcium	234.58mg	Iron	2.44mg

Dinner Roll - WG



Servings:	240.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL WHEAT 240-1.5Z RICH	1 Each		511269

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		100.00	
Fat		1.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		170.00mg	
Carbohydrates		19.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Refried Beans



Servings:	138.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	4 Ounce		183910

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 138.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		107.78	
Fat		0.90g	
SaturatedFat		0.30g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		389.22mg	
Carbohydrates		18.56g	
Fiber		5.99g	
Sugar		0.00g	
Protein		5.99g	
Vitamin A	0.42IU	Vitamin C	0.59mg
Calcium	33.50mg	Iron	1.44mg

Tomatoes, Cherry



Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		32.40	
Fat		0.40g	
SaturatedFat		0.10g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		9.00mg	
Carbohydrates		7.00g	
Fiber		2.20g	
Sugar		5.00g	
Protein		1.60g	
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	18.00mg	Iron	0.49mg

Chicken Smackers

NO IMAGE

Servings:	300.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1 Serving	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 10.00 Each

Amount Per Serving

Calories	269.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	590.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	18.00g		
Vitamin A	168.00IU	Vitamin C	1.00mg

Calcium 17.00mg **Iron** 2.00mg

Mashed Potato

NO IMAGE

Servings:	360.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	4 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
BUTTER SUB 24-4Z BTRBUDS	48 Ounce		209810

Preparation Instructions

Prepare water to boiling.

Add potato pearls and butter buds.

Whisk to desired texture. Hold in warmer 145 degrees or higher.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 1.00

Amount Per Serving	
Calories	100.93
Fat	1.43g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	493.71mg
Carbohydrates	20.27g

Fiber		1.43g	
Sugar		0.00g	
Protein		2.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.29mg	Iron	0.43mg

Broccoli Steamed

NO IMAGE

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1/2 Cup		610902
OIL OLIVE XVGRN SPRAY 6-12FLZ OLIVARI	1 Ounce		617531
SEASONING A/P HERB NO SALT 13Z TRDE	1/2 Ounce		647240

Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees or higher.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving	
Calories	40.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.67mg
Carbohydrates	5.33g
Fiber	2.67g

Sugar	2.67g
Protein	1.33g
Vitamin A 0.00IU	Vitamin C 40.00mg
Calcium 26.67mg	Iron 0.00mg

Salad Mixed Green MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	1 Cup	+/- 100 Shredded Cups	305812
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup	+/- 10 lbs	198587
Grape Tomatoes	2 Ounce		749041
DRESSING RANCH LT 4-1GAL KENS	3 Tablespoon		834941

Preparation Instructions

WASH HANDS.

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

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes.
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

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

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	48.85		
Fat	0.21g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	4.90mg		
Carbohydrates	10.03g		
Fiber	4.30g		
Sugar	1.02g		
Protein	0.32g		
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	88.62mg	Iron	1.59mg

Macaroni & Cheese

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS 3-5 GFS	1 Cup		540061
1.75oz Dinner Roll	1 Each	READY_TO_EAT	DBDR272

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	460.00		
Fat	16.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	1385.00mg		
Carbohydrates	62.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	17.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg

Calcium 200.00mg **Iron** 1.08mg

Cereal and Yogurt



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

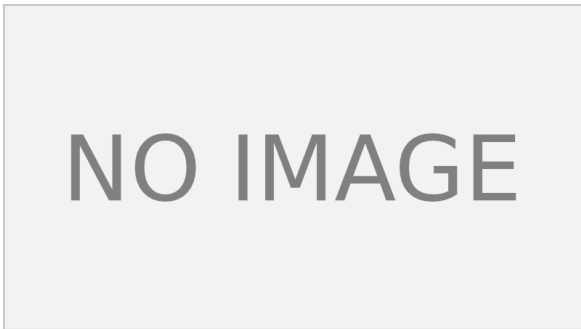
Serving Size: 1.00 1

Amount Per Serving

Calories	180.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	39.00g
Fiber	2.00g
Sugar	18.00g
Protein	6.00g

Vitamin A	500.00IU	Vitamin C	6.00mg
Calcium	250.00mg	Iron	4.50mg

Pop Tart and Yogurt



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	Ready to eat Serve with yogurt	452062
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	4 Ounce	READY_TO_EAT	885750

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	260.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	52.00g		
Fiber	3.00g		
Sugar	25.00g		
Protein	7.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg

Calcium 250.00mg **Iron** 1.80mg