

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

Nachos Supreme



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	#16 scoop	722330
CHIP YEL RND TORTL 12-16Z BRRLOFUN	2 Ounce	20 chips per serving	725320
LETTUCE SHRD 3/8 CUT 4-5 RSS	13/100 Cup	Garnish	678791
SOUR CREAM L/F 4-5 RGNLBRND	2 Tablespoon	#30 scoop	534331
SALSA 103Z 6-10 REDG	1/4 Cup	#16 scoop	452841
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Portion #16 scoop of meat, 3oz cheese sauce on top of 20 tortilla chips
3. Offer with lettuce, salsa & sour cream

SLE Components

Amount Per Serving

Meat	2.76
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.42

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		536.58	
Fat		28.09g	
SaturatedFat		10.39g	
Trans Fat		0.18g	
Cholesterol		62.08mg	
Sodium		1143.48mg	
Carbohydrates		53.91g	
Fiber		5.39g	
Sugar		3.73g	
Protein		21.58g	
Vitamin A	647.43IU	Vitamin C	6.07mg
Calcium	419.70mg	Iron	3.25mg

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

Chicken Drummie & WG Roll



Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
White Wheat Dinner Rolls	1 Each		33119

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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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: 72.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	217.51
Fat	11.51g
SaturatedFat	2.62g
Trans Fat	0.01g
Cholesterol	50.00mg
Sodium	505.14mg
Carbohydrates	9.85g
Fiber	1.46g
Sugar	0.42g
Protein	17.07g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.97mg	Iron	1.34mg

Mini Pancakes and Sausage Links



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220
SAUSAGE LNK CKD .5Z 10 JDF	2 Each		733024

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
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		190.20	
Fat		7.50g	
SaturatedFat		1.42g	
Trans Fat		0.00g	
Cholesterol		5.30mg	
Sodium		141.30mg	
Carbohydrates		28.08g	
Fiber		2.16g	
Sugar		8.64g	
Protein		3.94g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.40mg	Iron	0.52mg

Breaded Chicken Sandwich

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 #
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 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.	558061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
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	570.00
Fat	22.50g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	1095.00mg
Carbohydrates	61.50g
Fiber	7.50g

Sugar		6.00g	
Protein		30.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	4.32mg