

Cookbook for Stow-Munroe Falls City Schools

Created by HPS Menu Planner

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Assorted Fresh Fruit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	3/50 Each		200999
APPLE DELICIOUS GOLDEN 125-138CT MRKN	3/50 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	3/50 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	3/50 Each		198021
STRAWBERRY CLAMSHELL 8 MRKN	3/50 Cup		212768
KIWI 33-39CT P/L	3/50 Each		287008
PEAR 95-110CT MRKN	3/50 Ounce		198056
MELON MUSK CANTALOUPE 12CT MFC	3/50 Cup		200565

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 26.73

Fat 0.09g

SaturatedFat 0.01g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.57mg

Carbohydrates 6.76g

Fiber 0.83g

Sugar 3.96g

Protein 0.40g

Vitamin A	33.49IU	Vitamin C	41.49mg
Calcium	8.54mg	Iron	0.12mg

CHICKEN NUGGETS STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	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.	281831

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	1.05		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.10mg		
Sodium	1.60mg		
Carbohydrates	0.07g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.07g		
Vitamin A	0.50IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.01mg

CHEESE PIZZA

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving

Calories 45.00

Fat 2.00g

SaturatedFat 0.88g

Trans Fat 0.00g

Cholesterol 4.38mg

Sodium 61.25mg

Carbohydrates 4.38g

Fiber 0.38g

Sugar 1.13g

Protein 2.63g

Vitamin A 11.63IU **Vitamin C** 0.00mg

Calcium 55.13mg **Iron** 0.26mg

PB&J SANDWICH & CHEESESTICK

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00		
Fat	20.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	480.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	224.00mg	Iron	1.00mg

SIDE SALAD

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
CABBAGE SHRED RED 1/8 2-3 RSS	1 Ounce		212679

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	24.51
Fat	0.03g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	29.81mg
Carbohydrates	5.42g
Fiber	2.39g
Sugar	2.33g
Protein	1.00g
Vitamin A 6.19IU	Vitamin C 6.45mg
Calcium 26.76mg	Iron 0.57mg

ASSORTED FRUIT CUPS

Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
PEACH CUP 96-4.4Z COMM	1 Each		232470
APPLESAUCE CHERRY CUP 96-4.5Z COMM	1 Each		726570
PEAR DCD CUP 72-4.5Z ZEE ZEE	1 Each		136752
FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG	1 Ounce		731041
APPLESAUCE MANG PCH CUP 96-4.5Z P/L	1		849531
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Each		726560
APPLESAUCE UNSWT 96-4.5Z COMM	1 Each	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1 Each		136701

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories 10.98

Fat 0.00g

SaturatedFat 0.00g

Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.74mg		
Carbohydrates	2.74g		
Fiber	0.12g		
Sugar	2.27g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	4.80mg
Calcium	0.00mg	Iron	0.00mg

1.5 OZ DRESSINGS

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 60-1.5FLZ LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	745371
DRESSING ITAL LT PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135871
DRESSING HNY MSTRD PKT 102-1Z LTHSE	1 Each	READY_TO_EAT Use as a dressing or dip	135581
DRESSING GRK PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135971
DRESSING SESM TSTD FF 60-1.5FLZ PMLL	1 Each		825030

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories 11.40

Fat 0.92g

SaturatedFat 0.14g

Trans Fat 0.00g

Cholesterol 0.40mg

Sodium 34.20mg

Carbohydrates 0.76g

Fiber 0.00g

Sugar 0.58g

Protein 0.04g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium	0.20mg	Iron	0.00mg
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CONDIMENTS

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 1ea=5.5gm	READY_TO_EAT None	700051
MAYONNAISE LT PKT 200-12GM GFS	1 12 gm	READY_TO_EAT None	188741
SAUCE BBQ PKT 200-12GM PPI	1 Each	READY_TO_EAT None	772080
SOUR CREAM IMIT PKT 100-1Z DSTAR	1 Each	READY_TO_EAT Ready to Eat or used as an ingredient	698731
SAUCE TACO MILD PKT 200-9GM GFS	1 Each	READY_TO_EAT None	192007
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	READY_TO_EAT None	499521
CARAMEL DIP L/F CUP 200-1Z LTHSE	1 Ounce	READY_TO_EAT Open, pour and enjoy!	450430
SAUCE HNY MSTRD LT DIP CUP 100-1Z	1 Each	READY_TO_EAT None	499410
SAUCE BBQ CUP DUNK LO SOD 250-1Z REDG	1 Each	READY_TO_EAT None	141201

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	8.22		
Fat	0.42g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.50mg		
Sodium	16.82mg		
Carbohydrates	1.04g		
Fiber	0.00g		
Sugar	0.68g		
Protein	0.02g		
Vitamin A	1.60IU	Vitamin C	0.05mg
Calcium	0.40mg	Iron	0.00mg

CEREAL BOWLS HS

Servings:	20.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving

Calories	17.00		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	3.65g		
Fiber	0.30g		
Sugar	1.35g		
Protein	0.30g		
Vitamin A	50.50IU	Vitamin C	1.10mg
Calcium	10.50mg	Iron	1.70mg

ASSORTED FRUIT JUICES

Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 96-4FLZ COMM	1		939854
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories 2.80

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.50mg

Carbohydrates 0.66g

Fiber 0.00g

Sugar 0.60g

Protein 0.00g

Vitamin A 0.00IU **Vitamin C** 20.02mg

Calcium 0.40mg **Iron** 0.00mg

ASSORTED VEGGIE STICKS

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1 Each		610902
CUCUMBER SELECT SUPER 45 MRKN	1 Cup		198587
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
CELERY STIX 4-3 RSS	1 Cup		781592
CAULIFLOWER BITE SIZE 2-3 RSS	1 Cup		732486

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving

Calories	3.63		
Fat	0.03g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.95mg		
Carbohydrates	0.68g		
Fiber	0.29g		
Sugar	0.35g		
Protein	0.19g		
Vitamin A	226.04IU	Vitamin C	3.21mg
Calcium	4.78mg	Iron	0.05mg

TRIX YOGURT

Servings:	20.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving

Calories	12.00		
Fat	0.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.75mg		
Sodium	9.00mg		
Carbohydrates	2.25g		
Fiber	0.00g		
Sugar	1.35g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.00mg

APPLE CRISP

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 1/2 Pound	Topping: Combine 1 1/3 cups 1 Tbsp 2 tsp (about 6.4 oz) flour, oats, sugar, 2 1/4 tsp cinnamon, nutmeg, and salt in a large bowl. Stir well.	330094
OATS QUICK HOT CEREAL 12-42Z GFS	9 Ounce		240869
SUGAR BROWN MED 25# GFS	1 1/5 Pound		108626
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Tablespoon	2. Set remaining flour aside for step 4. Set remaining cinnamon aside for step 4. Recommended to cook in batches of 25.	224944
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound	3. Add margarine. Using a fork or pastry blender, cut margarine into flour until mixture has a crumbly consistency. Set aside for step 7.	840860
SUGAR CANE GRANUL 25 GFS	1 Teaspoon	4. Filling: Combine remaining flour, remaining cinnamon, 1.5 CUPS water, and sugar in a large bowl. Stir well.	108642
APPLE SLCD 6-10 COMM	1 #10 CAN		120500

Preparation Instructions

- Pour 3 qt (about 6 lb) filling into a steam table pan (12" x 20" x 2 1/2").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.
- Sprinkle 3 3/4 cups (about 1 lb 7 oz) topping over each pan.
- Bake:
Conventional oven: 375 °F for 55-60 minutes. Convection oven: 350 °F for 45-50 minutes.
- Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	59.92		
Fat	0.64g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.45mg		
Carbohydrates	12.48g		
Fiber	1.93g		
Sugar	4.83g		
Protein	1.17g		
Vitamin A	10.00IU	Vitamin C	0.00mg
Calcium	1.25mg	Iron	0.36mg

Taco Walking

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
CHIP TORTL YEL RND WGRAIN 80-1.5Z	2 Ounce		510876
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Ounce		242489
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330

Preparation Instructions

Directions:

WASH HANDS.

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

1. In a tilt-skillet, cook beef and drain fat.

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

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. 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:

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 each

Amount Per Serving

Calories 136.58

Fat 7.59g

SaturatedFat 4.14g

Trans Fat 0.18g

Cholesterol 37.08mg

Sodium 349.15mg

Carbohydrates 5.91g

Fiber 1.39g

Sugar 2.06g

Protein 11.58g

Vitamin A 669.26IU **Vitamin C** 4.74mg

Calcium 138.87mg **Iron** 1.34mg

BBQ RIBBER

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB-Q CN 160-2.4Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake ribs on a pan in a preheated conventional oven at 350 degree f for 15 minutes. Convection oven: from a frozen state, bake ribs on a pan in a preheated convection oven at 350 for 12 minutes. Microwave: microwave on high for approximately 2 minutes. Microwaveovens vary.	108980
SAUCE BBQ SWEET 6-80FLZ SWTBRAY	1 Tablespoon		212071
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 295.00

Fat 9.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 710.00mg

Carbohydrates 36.50g

Fiber 6.00g

Sugar 13.00g

Protein 18.00g

Vitamin A 300.00IU **Vitamin C** 1.20mg

Calcium 60.00mg **Iron** 2.34mg