

Cookbook for West Carroll School District 314

Created by HPS Menu Planner

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Servings:	1.00	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	10 Each	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: 1.00

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

Popcorn Chicken

Servings:	1.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	12 Each	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	2.40
Grain	1.20
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: 12.00 Each

Amount Per Serving			
Calories	322.80		
Fat	15.60g		
SaturatedFat	3.60g		
Trans Fat	0.00g		
Cholesterol	72.00mg		
Sodium	708.00mg		
Carbohydrates	24.00g		
Fiber	3.60g		
Sugar	0.00g		
Protein	21.60g		
Vitamin A	201.60IU	Vitamin C	1.20mg
Calcium	20.40mg	Iron	2.40mg

Popcorn Chicken

Servings:	1.00	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	10 Each	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: 1.00

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

Breaded Chicken Patty

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531
Bun Hamburger 12/ct Bimbo Bakeries	1 Each		3447

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	376.00		
Fat	10.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	776.00mg		
Carbohydrates	47.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	27.00g		
Vitamin A	188.00IU	Vitamin C	0.00mg
Calcium	221.00mg	Iron	2.80mg

Yogurt Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 4 OZ CUP	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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	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: 1.00 4 OZ CUP

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	0.00mg