

# Cookbook for Prairie Heights Comm. School Corp.

Created by HPS Menu Planner

# Table of Contents

[Hot Dog on Bun](#)

[Harvest Fries](#)

[BBQ Beans](#)

# Hot Dog on Bun



<b>Servings:</b>	428.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	428 Each	BOIL boil to internal temp of 165	570662
Hot Dog Bun, Whole Grain 24 oz/12 ct	428 Each	READY_TO_EAT No baking necessary.	4040

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 428.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		290.00	
<b>Fat</b>		13.00g	
<b>SaturatedFat</b>		4.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		50.00mg	
<b>Sodium</b>		322.60mg	
<b>Carbohydrates</b>		34.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		7.00g	
<b>Protein</b>		13.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 76.67mg **Iron** 10.88mg

# Harvest Fries

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	1/4 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	273660
FRIES 3/8 R/C CRSPY COAT 6-5 LAMB	1/4 Cup		547115

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	151.40
<b>Fat</b>	6.82g
<b>SaturatedFat</b>	1.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	236.20mg
<b>Carbohydrates</b>	21.72g

<b>Fiber</b>		1.83g	
<b>Sugar</b>		4.42g	
<b>Protein</b>		1.33g	
<b>Vitamin A</b>	1500.00IU	<b>Vitamin C</b>	3.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.48mg

# BBQ Beans

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GFS	2 #10 CAN		298913
SAUCE TOMATO MW 6-10 GCHC	3 Cup		306347
ONION DEHY CHPD 15 P/L	2 33/50 Ounce		263036
SPICE MUSTARD GRND 14Z TRDE	2 Tablespoon		224928
SUGAR BROWN MED 25 GFS	1 Cup	UNSPECIFIED	108626
VINEGAR APPLE CIDER 5 4-1GAL GFS	1/2 Cup		430795
SAUCE BBQ SWEET 6-80FLZ SWTBRAY	1/2 Gallon		212071
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	268.89		
<b>Fat</b>	0.53g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	961.44mg		
<b>Carbohydrates</b>	58.05g		
<b>Fiber</b>	5.57g		
<b>Sugar</b>	34.44g		
<b>Protein</b>	8.41g		
<b>Vitamin A</b>	120.00IU	<b>Vitamin C</b>	0.58mg
<b>Calcium</b>	57.86mg	<b>Iron</b>	2.73mg