

Cookbook for Prairie Heights Comm. School Corp.

Created by HPS Menu Planner

Table of Contents

Poptart Variety- 2 count

Cheeseburger

Spicy Chicken Sandwich

Toasted Cheese Sandwich

Spaghetti & Meat Sauce

Beef & Noodles

BBQ Chicken Sandwich

Poptart Variety- 2 count

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	865101
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	452082

Preparation Instructions

No Preparation Instructions available.

Cheeseburger

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

Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

Spicy Chicken Sandwich

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

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

Toasted Cheese Sandwich

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

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	100036
380 - Aunt Millie's WG Honey White Bread	2 Each	380
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 Teaspoon	191205

Preparation Instructions

No Preparation Instructions available.

Spaghetti & Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	17 1/2 Pound	100158
SAUCE SPAGHETTI FCY 6-10 REDPK	3 1/4 #10 CAN	852759
Tap Water for Recipes	12 Gallon	000001WTR
PASTA SPAG 51 WGRAIN 2-10	9 1/2 Pound	221460

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
CCP: Heat to 165°F or above for at least 15 seconds.
2. Add spaghetti sauce. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving.
CCP: Hold at 135o F or higher.
3. Bring water to a boil.
4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir noodles into meat sauce.
6. Divide mixture equally into steam table pans (12 x 20 x 4) which have been lightly coated with pan release spray. Use 3 pans for every 100 servings.
7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently.
CCP: Hold at 135°F or higher.

Beef & Noodles

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	DistPart #
Seasoned Beef Tips	21 Pound	5840
BROTH BF NO MSG 12-49Z HRTHSTN	3 1/4 Gallon	504599
SPICE SAGE GRND 8Z TRDE	1 1/2 Teaspoon	513911
SPICE PEPR BLK 30 MESH REG GRIND 5	2 1/4 Teaspoon	225045
SALT IODIZED 25 CARG	2 1/4 Teaspoon	108286
ONION DEHY CHPD 15 P/L	1/4 Cup	263036
FLOUR H&R A/P 2-25 GFS	2 Cup	227528
PASTA NOODL EGG 1/8 MED 2-5 GFS	5 5/16 Pound	270393

Preparation Instructions

No Preparation Instructions available.

BBQ Chicken Sandwich

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	10 Pound	100101
SAUCE BBQ 4-1GAL SWTBRAY	3/4 Gallon	655937
4 inch whole grain hamburger buns - 30 ct	70 bun	3480

Preparation Instructions

No Preparation Instructions available.