

# Cookbook for Prairie Heights Comm. School Corp.

Created by HPS Menu Planner

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# Poptart Variety- 2 count

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

## Ingredients

Description	Measurement	Prep Instructions	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	366.67		
<b>Fat</b>	5.67g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	76.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	30.33g		
<b>Protein</b>	4.67g		
<b>Vitamin A</b>	666.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Cheeseburger

<b>Servings:</b>	1.00	<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 #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	<b>BAKE</b> Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	310.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	460.15mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	3.00g

<b>Sugar</b>	5.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<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 #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	327080
4 inch whole grain hamburger buns - 30 ct	1 bun	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	3480

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	430.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.70mg

# Toasted Cheese Sandwich

<b>Servings:</b>	1.00	<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 #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	READY_TO_EAT	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.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	406.67
<b>Fat</b>	19.33g
<b>SaturatedFat</b>	10.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	380.60mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 266.67IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.00mg	<b>Iron</b> 12.00mg

# Spaghetti & Meat Sauce

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

## Ingredients

Description	Measurement	Prep Instructions	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.00



<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		371.15	
<b>Fat</b>		13.68g	
<b>SaturatedFat</b>		4.18g	
<b>Trans Fat</b>		2.09g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		434.22mg	
<b>Carbohydrates</b>		39.78g	
<b>Fiber</b>		5.91g	
<b>Sugar</b>		7.26g	
<b>Protein</b>		22.82g	
<b>Vitamin A</b>	562.92IU	<b>Vitamin C</b>	5.74mg
<b>Calcium</b>	32.43mg	<b>Iron</b>	1.37mg

# Beef & Noodles

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

## Ingredients

Description	Measurement	Prep Instructions	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	5 lb. 5 oz.	270393

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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: 75.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		295.28	
<b>Fat</b>		6.09g	
<b>SaturatedFat</b>		2.31g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		99.99mg	
<b>Sodium</b>		907.02mg	
<b>Carbohydrates</b>		30.63g	
<b>Fiber</b>		0.67g	
<b>Sugar</b>		1.15g	
<b>Protein</b>		28.86g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.88mg **Iron** 1.16mg

# BBQ Chicken Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	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.

### 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: 70.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	338.19		
<b>Fat</b>	4.29g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.00mg		
<b>Sodium</b>	651.33mg		
<b>Carbohydrates</b>	24.66g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	25.92g		
<b>Protein</b>	19.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.49mg