

Cookbook for West Cheatham Elementary

Created by HPS Menu Planner

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Tso's Smackers

Servings:	200.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	1 23/27 Package	Conventional Oven for 10-12 minutes at 350 degrees. Convection Oven for 6-8 minutes at 350 degrees.	
SAUCE GEN TSO 4-.5GAL ASIAN	1 23/27 Gallon	Heat Sauce	802850

Preparation Instructions

Place chicken on metal sheet pan with liner and cook on 350 until temp reaches 165 degrees. Heat sauce then mix (1) 5 pound bottle of sauce to 3 bags of chicken in pan.

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	350.70		
Fat	12.94g		
SaturatedFat	2.99g		
Trans Fat	0.00g		
Cholesterol	59.74mg		
Sodium	989.99mg		
Carbohydrates	38.86g		
Fiber	2.99g		
Sugar	16.58g		
Protein	17.92g		
Vitamin A	167.26IU	Vitamin C	1.00mg
Calcium	16.93mg	Iron	1.99mg

Teriyaki Chicken

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	10 Pound		
SAUCE TERYK MRND LO SOD 6-.5GAL KIKK	1 Gallon		176721

Preparation Instructions

Bake chicken in a 350 degree oven until the internal temperature reaches 165 degrees. Heat sauce separately. Mix (1) gallon bottle of teriyaki sauce to 10 pounds of chicken.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 119.95

Fat 2.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 42.00mg

Sodium 1079.02mg

Carbohydrates 9.59g

Fiber 0.00g

Sugar 9.59g

Protein 15.20g

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

Calcium 0.00mg **Iron** 0.00mg

4-Roasted Cauliflower

Servings:	80.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	2 1/2 Pound	Break large florets into bite sized pieces.	610882
SPICE GARLIC POWDER 21Z TRDE	1 1/4 Tablespoon	mix seasonings in a bowl.	224839
Black Pepper	15/16 Teaspoon		24108
CHEESE PARM GRTD 12-1 PG	5/12 Cup		164259
Vegetable Oil	1 7/8 Tablespoon		100441comm

Preparation Instructions

Heat oven to 400 degrees. Prepare sheet pan by placing a pan liner on the pan and spraying it with pan release. Place cauliflower florets in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly.

Sprinkle seasoning mix over cauliflower and toss to combine.

Lay cauliflower in a single layer on the sheet pan and cook for approximately 15 minutes until edges are golden. (CCP: Heat to 135 degrees or higher).

Put in a 4" hotel pan for service.

Use a #8 scoop for 1/2 cup portions.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 44.47

Fat 0.49g

SaturatedFat 0.13g

Trans Fat 0.00g

Cholesterol 0.42mg

Sodium 45.85mg

Carbohydrates 8.00g

Fiber 4.00g

Sugar 4.00g

Protein		4.17g	
Vitamin A	8.38IU	Vitamin C	0.00mg
Calcium	9.02mg	Iron	0.00mg

4-Roasted Green Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN WHL 6-4 GFS	3 1/8 Pound		610851
SPICE GARLIC POWDER 21Z TRDE	1 9/16 Tablespoon	mix seasonings in a bowl.	224839
Black Pepper	1 11/64 Teaspoon		24108
CHEESE PARM GRTD 12-1 PG	25/48 Cup		164259
Vegetable Oil	2 11/32 Tablespoon		100441comm

Preparation Instructions

Heat oven to 400 degrees. Prepare sheet pan by placing a pan liner on the pan and spraying it with pan release.

Place green beans in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly.

Sprinkle seasoning mix over green beans and toss to combine.

Lay green beans in a single layer on the sheet pan and cook for approximately 15 minutes. (CCP: Heat to 135 degrees or higher).

Put in a 4" hotel pan for service.

Use a #8 scoop for 1/2 cup portions.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 71.13

Fat 0.49g

SaturatedFat 0.13g

Trans Fat 0.00g

Cholesterol 0.42mg

Sodium 5.86mg

Carbohydrates 13.33g

Fiber 8.00g

Sugar 2.67g

Protein		2.83g	
Vitamin A	8.38IU	Vitamin C	0.00mg
Calcium	100.99mg	Iron	1.60mg

F- Fruit Variety

Servings:	250.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	18 10/11 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	18 10/11 Each		540005
PEACH DCD IN JCE 6-10 GFS	18 10/11 Cup		610372
Sliced Peaches 6-10	18 10/11 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	18 10/11 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	18 10/11 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	18 10/11 Cup		117897
BANANA TURNING 40 P/L	18 10/11 Each		200999
Sliced Pears 6-10	18 10/11 Cup		100224
Wild Blueberries fzn	18 10/11 Cup		100243
Strawberries, diced, Cups, frozen	18 10/11 Cup		100256
Peaches, diced, cups, Frozen	18 10/11 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	18 10/11 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	18 10/11 Each		544426
Apples, Gala	18 10/11 Each		14J93
Grapes	18 10/11		14P36
Pear, fresh	18 10/11		14P12
Oranges, whole	18 10/11 Each		16W62

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 123.90

Fat 0.07g

SaturatedFat 0.02g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 7.22mg

Carbohydrates 30.03g

Fiber 2.67g

Sugar 22.77g

Protein 1.00g

Vitamin A 144.24IU **Vitamin C** 12.50mg

Calcium 12.75mg **Iron** 0.77mg
