

Cookbook for School District of Brodhead

Created by HPS Menu Planner

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everyday milk

Cheese Pizza

Salad Spinach Side MTG

everyday milk

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 50.00 | Category: | Milk |
| Serving Size: | 8.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| .5 pint 1% chocolate milk | 1 Cup | | |
| .5 pint FF White milk | 1 Cup | | |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.06 |
| Grain | 0.04 |
| Fruit | 0.02 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | | 4.20 | |
| Fat | | 0.05g | |
| SaturatedFat | | 0.03g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.40mg | |
| Sodium | | 6.00mg | |
| Carbohydrates | | 0.62g | |
| Fiber | | 0.00g | |
| Sugar | | 0.36g | |
| Protein | | 0.32g | |
| Vitamin A | 0.40IU | Vitamin C | 0.08mg |
| Calcium | 1.20mg | Iron | 0.00mg |

Cheese Pizza

| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 8.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| PIZZA CHS 16 WGRAIN HAND TOSSED 9CT | 8 Slice | BAKE COOKING INSTRUCTIONS: COOK BEFORE SERVING. COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. Bake directly on belt. CONVECTION OVEN: 350°F for 13-17 minutes on high fan. CONVENTIONAL OVEN: 450°F for 13-15 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion. | 237071 |

Preparation Instructions

CONVECTION OVEN: 350°F Low FAN FOR 13-17 MINUTES. BAKE ON PERFORATED SCREEN FOR BEST RESULTS. DECK OVEN: 450°F FOR 10-13 MINUTES. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. COOK BEFORE EATING.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.13 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 340.00 | | |
| Fat | 14.00g | | |
| SaturatedFat | 7.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 420.00mg | | |
| Carbohydrates | 36.00g | | |
| Fiber | 4.00g | | |
| Sugar | 7.00g | | |
| Protein | 18.00g | | |
| Vitamin A | 73.00IU | Vitamin C | 0.00mg |
| Calcium | 335.00mg | Iron | 2.00mg |

Salad Spinach Side MTG

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|--------------|-------------------|------------|
| SPINACH BABY CLND 2-2 RSS | 6 1/4 Gallon | | 560545 |
| TOMATO 6X6 LRG 10 MRKN | 8 1/2 Cup | +/- 7 lbs | 199001 |
| CUCUMBER SELECT 6CT MRKN | 30 Cup | +/- 10 lbs | 592323 |

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 1.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 10.09 |
| Fat | 0.06g |
| SaturatedFat | 0.01g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 26.07mg |
| Carbohydrates | 2.20g |

| | | | |
|------------------|----------|------------------|--------|
| Fiber | 1.28g | | |
| Sugar | 0.73g | | |
| Protein | 0.23g | | |
| Vitamin A | 143.83IU | Vitamin C | 2.53mg |
| Calcium | 24.03mg | Iron | 0.81mg |