

# **Cookbook for Gurney Elementary**

**Created by HPS Menu Planner**

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# Chicken Patty Sandwich, 3.5" WGW Bun

<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	<b>Recipe ID:</b>	R-11182

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
3.5" Whole Grain White Hamburger Bun Small Barb	1 Each		1589

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<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>	330.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

# Rockin' Redskin Potatoes

<b>Servings:</b>	36.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11183

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN WDG QTRD 2-10 NSTAR	10 Pound		170887
OIL OLIVE XVRGN ITAL 6-2LTR PG	33/100 Cup		432050
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Teaspoon		565164
SPICE GARLIC POWDER 21Z TRDE	1/2 Teaspoon		224839
Black Pepper	1/2 Teaspoon		24108

## Preparation Instructions

Mix all ingredients together until potatoes are well coated. Divide evenly between two full-size sheet pans. Bake at 375 degrees for 40 minutes until brown and crispy or internal temperature reaches 135 degrees.

### 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>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		286.60	
<b>Fat</b>		2.05g	
<b>SaturatedFat</b>		0.29g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		311.11mg	
<b>Carbohydrates</b>		57.89g	
<b>Fiber</b>		17.78g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		8.89g	
<b>Vitamin A</b>	60.44IU	<b>Vitamin C</b>	14.44mg
<b>Calcium</b>	44.44mg	<b>Iron</b>	2.09mg