

Cookbook for Great Lakes Elementary

Created by HPS Menu Planner

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Better Butter & Jelly Sandwich Combo Meal

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2720

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	50 Each	Thaw and Serve	630302
CHEESE STRING MOZZ IW 168-1Z LOL	50 Each	Serve	786580
Whole Grain Dinner Roll	50	BAKE	4372

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 460.00

Fat 22.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 545.00mg

Carbohydrates 47.00g

Fiber 6.00g

Sugar 14.00g

Protein 19.00g

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

Calcium 278.00mg **Iron** 2.70mg

Yogurt Combo Meal

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2722

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	50 Package	Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	50 Each	Ready to eat	869921
CHEESE STRING MOZZ IW 168-1Z LOL	50 Each	Ready to eat	786580
Whole Grain Dinner Roll	50	BAKE	4372

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 360.00

Fat 7.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 525.00mg

Carbohydrates 58.00g

Fiber 4.00g

Sugar 22.00g

Protein 16.00g

Vitamin A 500.00IU **Vitamin C** 6.00mg

Calcium 448.00mg **Iron** 4.50mg

Crazy Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2725

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	100 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502
TACO FILLING BEEF REDC FAT 6-5# COMM	200 Ounce		722330
CHEESE CHED MLD SHRD 4-5# COMM	100 Ounce		150250

Preparation Instructions

Open the bag of cool ranch doritos. Add one - 2z scoop of taco meat. Top with 1z shredded cheese.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 310.28

Fat 17.09g

SaturatedFat 7.64g

Trans Fat 0.18g

Cholesterol 52.08mg

Sodium 524.16mg

Carbohydrates 24.15g

Fiber 3.26g

Sugar 1.26g

Protein 16.08g

Vitamin A 406.94IU **Vitamin C** 3.15mg

Calcium 260.87mg **Iron** 1.26mg

Mini Maple Waffles with Sausage Links

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2727

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	100 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260
SAUSAGE LNK PORK 1.2Z 250CT COMM	200 Each	BAKE Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 340.00

Fat 15.00g

Saturated Fat 4.00g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 690.00mg

Carbohydrates 37.00g

Fiber 3.00g

Sugar 13.00g

Protein 18.00g

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

Calcium 41.00mg **Iron** 1.52mg

Crispy Chicken Sandwich on Whole Grain Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3111

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Hamburger Bun	100 Each	READY_TO_EAT	3159
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 400.00

Fat 15.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 650.00mg

Carbohydrates 44.00g

Fiber 5.00g

Sugar 5.00g

Protein 20.00g

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

Calcium 35.00mg **Iron** 12.00mg

Flame Broiled Steak Burger on Whole Grain Bun

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3113

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Hamburger Bun	50 Each	READY_TO_EAT	3159
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 360.00

Fat 16.00g

Saturated Fat 6.00g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 320.00mg

Carbohydrates 29.00g

Fiber 2.00g

Sugar 4.00g

Protein 24.00g

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

Calcium 0.00mg **Iron** 11.80mg

Chicken Drumstick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Each	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 190.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 450.00mg

Carbohydrates 5.00g

Fiber 1.00g

Sugar 0.00g

Protein 16.00g

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

Calcium 20.00mg **Iron** 1.08mg

Boneless Wings

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	600 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	240.00		
Fat	10.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	405.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.50mg	Iron	1.50mg

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3129

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	50 Cup		570710

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	130.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	10.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Hashbrown Triangle

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3130

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 GFS	50 Each		518557

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	13.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.00mg

Crinkle Cut French Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	7.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3131

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES C/C COLOSSAL 6-4.5 GEN7	700 Each		821128

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 7.00 Each

Amount Per Serving

Calories	420.00		
Fat	16.33g		
SaturatedFat	4.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	466.67mg		
Carbohydrates	60.67g		
Fiber	4.67g		
Sugar	2.33g		
Protein	4.67g		
Vitamin A	5.60IU	Vitamin C	0.00mg
Calcium	38.50mg	Iron	0.00mg

Mashed Potatoes with Gravy

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
GRAVY MIX CHIX 8- 22.6Z TRIO	50 Ounce		290025
Tap Water for Recipes	12 1/2 Cup	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 102.67

Fat 1.47g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 592.03mg

Carbohydrates 20.53g

Fiber 0.80g

Sugar 0.00g

Protein 1.60g

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

Calcium 8.00mg **Iron** 0.24mg