

Cookbook for SUPPER PROGRAM-JHS

Created by HPS Menu Planner

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Spanish rice



Servings:	108.00	Category:	Grain
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1665

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z GCHC	36 1/2 Cup	Oven Method: combine 11 cups Boiling Water to 1-36oz box of dry spanish rice. to yeild 18 servings. 1 case prepared = 108 servings	834850

Preparation Instructions

Serving size 4 oz- use # 8 Scoop

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.68
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

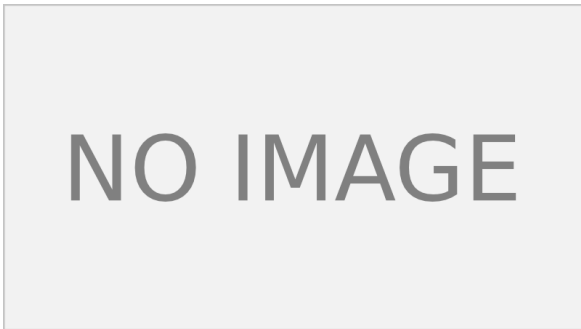
Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.33 Cup

Amount Per Serving			
Calories	215.07		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	522.31mg		
Carbohydrates	46.09g		
Fiber	2.05g		
Sugar	2.05g		
Protein	4.10g		
Vitamin A	768.10IU	Vitamin C	18.43mg
Calcium	20.48mg	Iron	1.84mg

Hamburger w/cheese on WG Bun



Servings:	170.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2512

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	Steamer:Place cooking bag inside 6" steam table pan- put frozen patties in side bag close and cover with lid. Steamer for 15-20 minutes or until internal temperature reaches 165 degrees F when using a meat thermometer.	658622
CHEESE AMER 160CT SLCD 6-5# BONGARDS	1 Slice	Keep in cooler until use	235541
Hamburger bun, Whole Grain, White	170 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration.	Wilkens Food Service

Preparation Instructions

Serve:

Place 1 hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

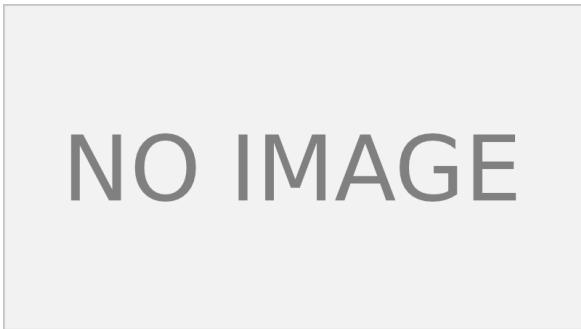
Servings Per Recipe: 170.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	250.21
Fat	9.51g
SaturatedFat	3.51g
Trans Fat	0.50g
Cholesterol	40.04mg
Sodium	351.29mg
Carbohydrates	24.01g

Fiber		3.00g	
Sugar		5.01g	
Protein		13.02g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	1.08mg

Hamburger on WG Bun



Servings:	170.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2513

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	Keep Frozen until ready to cook. For Best Results use Steamer Place frozen beef patties in a cooking bag, place in a 6" steam table pan, close bag and place lid on pan. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F when using a meat thermometer. After cooking place covered pan in steam table or in hot holding until ready to serve. Please do not leave in hot holding more than 20 minutes. 170 per case	658622
Hamburger bun, Whole Grain, White	170 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. 120/2oz per case 12 per bag/10 bags per case	Wilkens Food Service

Preparation Instructions

Serve:

Place 1-2.0 oz hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 170.00			
Serving Size: 2.00 Ounce			
Amount Per Serving			
Calories	250.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	350.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Veg-Broccoli

NO IMAGE

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2624

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	384 Ounce	1 case=384 oz = 96 servings Place frozen bags in 6" steam table pans heat in oven or steamer for 15-25 minutes or until until internal temperature reaches 165 degrees F.	610902

Preparation Instructions

1 serving = 4 oz Use #8 SCOOP or 1/2 Cup slotted spoodle

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.67
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.67mg		
Carbohydrates	5.33g		
Fiber	2.67g		
Sugar	2.67g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	40.00mg
Calcium	26.67mg	Iron	0.00mg

Breaded Chicken Patty Sandwich-Spicy



Servings:	128.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3039

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	128 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
Hamburger bun, Whole Grain, White	128 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. 120 per case-12 per bag/10 bags per case	Wilkens Food Service

Preparation Instructions

To prepare:

place bottom of hamburger bun on tray, add spicy chicken patty, then add top of bun

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 128.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
<hr/>			
Calories	330.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	580.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	22.00g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg
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Nacho Grande



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4172

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	203 Ounce	Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2.03oz serving=3oz scoop/ladle	674312
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	25 cups=200 ounce(2 Bags) Place 1 plastic cooking bag lining inside a 4" half pan-pour 1 bag of cheese sauce in pan, cover with lid and put in steamer for 10-15 minutes or until the internal temperature reaches 165 degrees F for 15 seconds or longer. Portion size:2oz of warm cheese sauce- Use a #10 Scoop	135261
CHIP TORTL RND YEL 5-1.5 KE	1100 Piece	1100 chips = 1 case 11 chips per serving size	163020
Beans, Refried, Low sodium, canned	3 #10 CAN	BAKE Open can and heat according to recipe or instructions on can or until internal temperature reaches 165 degrees F. Portion size of .50 Cup	100362
Tomato, Red, ripe-med	12 1/2 Pound	READY_TO_EAT Using the slicer- dice Wash tomatoes in cool water-12.5#=25 cups	Wilkens Food Service
CILANTRO CLEANED 4-1 RSS	3 Pound	1lbs bag=32 (1/2oz) servings Wash and air dry on paper towel. Rough chop and place in 1/2 pan and cover. keep in cooler until serving time.	219550
SEASONING TACO 21Z TRDE	4 Cup	Mix 4 Cups of Seasoning to the beef crumbles and heat.	413429

Preparation Instructions

Place beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 11 tortilla chips in boat,

add refried beans-1/2 Cup use #8 scoop

then add 2.03 oz beef using #10 Scoop,

Next add 1/4Cup cheese sauce using #10 scoop,

Top with 1/8 Cup diced tomatoes using #16 scoop

Topped with 1 Tbl. Cilantro-

Can be served with sour Cream

SLE Components

Amount Per Serving

Meat	3.05
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.01
Legumes	0.01
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	1671.23		
Fat	63.61g		
SaturatedFat	13.05g		
Trans Fat	0.00g		
Cholesterol	45.38mg		
Sodium	2082.78mg		
Carbohydrates	228.92g		
Fiber	22.55g		
Sugar	1.65g		
Protein	38.78g		
Vitamin A	960.15IU	Vitamin C	0.00mg
Calcium	649.09mg	Iron	5.40mg

Breaded Chicken Patty Sandwich

NO IMAGE

Servings:	128.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4512

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	128 Each	BAKE 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. 128-3.75oz patty/case CONVECTION 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
Hamburger bun, Whole Grain, White	128 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. case 12 per bag/10 bags per case	Wilkens Food Service

Preparation Instructions

To Prepare:

place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 128.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	330.00		
Fat	10.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	540.00mg		
Carbohydrates	33.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Refried Beans



Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 5/11 #10 CAN	Rinse top of can free from debris. Place 2-#10 cans in 4" steam table pan cover with lid and place in preheated oven at 350 degrees F for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. SHELF LIFE: DRY STORAGE= 730 DAYS.	293962

Preparation Instructions

1/2 cup serving size per portion.

SLE Components

Amount Per Serving

Meat	0.94
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.23
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	131.57		
Fat	1.88g		
SaturatedFat	0.47g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	498.10mg		
Carbohydrates	21.62g		
Fiber	5.64g		
Sugar	0.94g		
Protein	7.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 42.29mg **Iron** 1.88mg

Steamed Carrots

NO IMAGE

Servings:	157.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

Preparation Instructions

1/2 cup per serving.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	18.92		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.15mg		
Carbohydrates	4.20g		
Fiber	1.05g		
Sugar	2.10g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Green Beans

NO IMAGE

Servings:	168.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8585

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 can in slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until the internal temperature reaches 135 degrees for 15 seconds or longer.	100307

Preparation Instructions

1/2 cup serving size per portion.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.46
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	14.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	129.33mg		
Carbohydrates	2.77g		
Fiber	1.85g		
Sugar	0.92g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Italian Beef Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11189

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF ITAL SLCD CKD W/GRVY 16.6	300 Ounce		144471
ROLL CLUB SLCD 4 6-12CT GFS	100 Each		230944
CHEESE MOZZ LMPS SHRD FTNR 4-5#	200 Ounce		265041

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
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	440.00		
Fat	18.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	1310.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	34.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	20.00mg	Iron	3.60mg

Pepper Steak over Rice-supper program



Servings:	300.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12083

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 10-3# ADV	750 Ounce	<p>BAKE From Frozen: Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and fill up 3 4 with hot water. Heat for 1 hour. From Thawed: Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes. 19-2.5oz servings per bag 192 servings per case(480 oz) 2.5oz per serving</p>	598762
SPICE PAPRIKA SMOKED 19Z TRDE	3 Cup		860430
BUTTER SUB 24-4Z BTRBUDS	6 Cup	1-4oz pouch yields 18 tablespoon	209810
GARLIC MINCED IN WTR 6-32Z ITALR	1 49/50 Cup		874910
Multit-Color Pepper	768 Ounce	<p>READY_TO_EAT 128oz = 8#</p>	3858
RICE PARBL LONG GRAIN 6-10 PRDCR	37 1/2 Cup	<p>1/4C dry= 1 cup prepared 1.) In a pan combine water with rice. Bring to a boil. 2) Reduce heat to low, cover tightly, and simmer 20-25 minutes or until all water is absorbed. 3.)Remove from heat. Fluff with a fork before serving. See recipe book for cooking instructions.</p>	699181
ONION SLCD 3/16 2-5 RSS	49 4/5 Cup		591122

Description	Measurement	Prep Instructions	DistPart #
Brown Gravy	66 1/2 Cup	RECONSTITUTE Pour hot water into mixing bowl, pour mix into water while vigorously stirring with a wire whisk or a mixer on low speed. Continue stirring until mix is completely dissolved and gravy is smooth. stir before using.	9389
TOMATO DCD I/JCE MW 6-10 GFS	7 4/5 #10 CAN	Drain liquid from can prior to mixing into meat.	246131

Preparation Instructions

1. sprinkle thawed meat with paprika, in a large skillet add butter buds to medium high heat, add sliced beef and minced garlic and water. Simmer, covered for 30 minutes. Add sliced multi-colored pepper strips and sliced onions. Cover and continue to simmer for 5 minutes.
2. stir brown gravy into meat mixture. cook and stir until all meat is coated with gravy. Gently stir in drained diced tomatoes heat until internal temperature reaches 165 degrees F for 15 seconds or longer.
3. Place 1 cup of cooked rice on plate top with 6oz of pepper steak mixture per serving.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	379.87		
Fat	9.19g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	518.73mg		
Carbohydrates	60.51g		
Fiber	9.01g		
Sugar	19.70g		
Protein	22.62g		
Vitamin A	1298.33IU	Vitamin C	7.13mg
Calcium	124.18mg	Iron	4.87mg