

# **Cookbook for Coal City CUSD 1**

**Created by HPS Menu Planner**

# **Cookbook for COAL CITY Early Childhood Center/Elementary School**

**Created by HPS Menu Planner**

# Table of Contents

Blueberry Muffins

# Blueberry Muffins

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12402

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR WHL WHEAT STONE GRND 50# BAYST	14 Ounce		155140
SUGAR CANE GRANUL 25 GFS	2 Cup		108642
BAKING POWDER 6-5 CLABBER GIRL	3 1/3 Tablespoon		361032
SALT IODIZED 12-26Z DIAC	2 Teaspoon		392473
1 % White Milk	3 Cup		
EGG SHL LRG A GRD 10-30CT GCHC	1 Ounce		505412
OIL CANOLA 9-48FLZ P/L	1 1/3 Cup		330252
Blueberries, Frozen	3 Cup	THAW Thaw and use	110624

## Preparation Instructions

### Directions:

Combine flours, sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.

Slowly add milk, eggs, and oil. Mix for 30 seconds on medium speed until smooth.

Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.

Using a No. 24 scoop (2 Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.

Bake until golden brown: Conventional oven: 425° F for 12 minutes Convection oven: 375° F for 13 minutes

Portion is 1 muffin.

No CCP necessary.

### Notes:

1: \* See Marketing Guide

2: A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

3: The grain ingredient used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.12
<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: 50.00

Serving Size: 1.00 1 each

<b>Amount Per Serving</b>			
<b>Calories</b>	68.07		
<b>Fat</b>	0.44g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.23mg		
<b>Sodium</b>	108.15mg		
<b>Carbohydrates</b>	15.14g		
<b>Fiber</b>	1.22g		
<b>Sugar</b>	9.18g		
<b>Protein</b>	1.65g		
<b>Vitamin A</b>	0.60IU	<b>Vitamin C</b>	0.12mg
<b>Calcium</b>	34.76mg	<b>Iron</b>	0.30mg

# **Cookbook for COAL CITY ELEMENTARY SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

No Recipes found

# **Cookbook for COAL CITY HIGH SCHOOL**

**Created by HPS Menu Planner**



# Table of Contents

[Creamy Cole Slaw](#)

# Creamy Cole Slaw

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12642

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	3 Gallon		198226
DRESSING SALAD LT 4-1GAL GFS	3 1/2 Cup		429422
SUGAR CANE GRANUL XFINE 50# P/L	1/4 Cup		563191
SPICE MUSTARD DRY 1 COLMANS	2 Teaspoon		400018

## Preparation Instructions

Directions:

Place cabbage and carrots in large bowl and toss lightly to mix.

Combine reduced calorie mayonnaise, sugar, and dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

### 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	58.80
<b>Fat</b>	2.80g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.20mg
<b>Sodium</b>	113.60mg
<b>Carbohydrates</b>	7.52g

<b>Fiber</b>	1.28g		
<b>Sugar</b>	5.12g		
<b>Protein</b>	0.64g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.40mg	<b>Iron</b>	0.00mg

# **Cookbook for COAL CITY INTERMEDIATE SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

[Blueberry Muffins](#)

[Creamy Cole Slaw](#)

# Blueberry Muffins

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12402

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR WHL WHEAT STONE GRND 50# BAYST	14 Ounce		155140
SUGAR CANE GRANUL 25 GFS	2 Cup		108642
BAKING POWDER 6-5 CLABBER GIRL	3 1/3 Tablespoon		361032
SALT IODIZED 12-26Z DIAC	2 Teaspoon		392473
1 % White Milk	3 Cup		
EGG SHL LRG A GRD 10-30CT GCHC	1 Ounce		505412
OIL CANOLA 9-48FLZ P/L	1 1/3 Cup		330252
Blueberries, Frozen	3 Cup	THAW Thaw and use	110624

## Preparation Instructions

### Directions:

Combine flours, sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.

Slowly add milk, eggs, and oil. Mix for 30 seconds on medium speed until smooth.

Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.

Using a No. 24 scoop (2 Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.

Bake until golden brown: Conventional oven: 425° F for 12 minutes Convection oven: 375° F for 13 minutes

Portion is 1 muffin.

No CCP necessary.

### Notes:

1: \* See Marketing Guide

2: A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

3: The grain ingredient used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.12
<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: 50.00

Serving Size: 1.00 1 each

<b>Amount Per Serving</b>			
<b>Calories</b>	68.07		
<b>Fat</b>	0.44g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.23mg		
<b>Sodium</b>	108.15mg		
<b>Carbohydrates</b>	15.14g		
<b>Fiber</b>	1.22g		
<b>Sugar</b>	9.18g		
<b>Protein</b>	1.65g		
<b>Vitamin A</b>	0.60IU	<b>Vitamin C</b>	0.12mg
<b>Calcium</b>	34.76mg	<b>Iron</b>	0.30mg

# Creamy Cole Slaw

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12642

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	3 Gallon		198226
DRESSING SALAD LT 4-1GAL GFS	3 1/2 Cup		429422
SUGAR CANE GRANUL XFINE 50# P/L	1/4 Cup		563191
SPICE MUSTARD DRY 1 COLMANS	2 Teaspoon		400018

## Preparation Instructions

Directions:

Place cabbage and carrots in large bowl and toss lightly to mix.

Combine reduced calorie mayonnaise, sugar, and dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

### 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	58.80
<b>Fat</b>	2.80g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.20mg
<b>Sodium</b>	113.60mg
<b>Carbohydrates</b>	7.52g



<b>Fiber</b>	1.28g		
<b>Sugar</b>	5.12g		
<b>Protein</b>	0.64g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.40mg	<b>Iron</b>	0.00mg

# **Cookbook for COAL CITY MIDDLE SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

[Creamy Cole Slaw](#)

# Creamy Cole Slaw

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12642

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	3 Gallon		198226
DRESSING SALAD LT 4-1GAL GFS	3 1/2 Cup		429422
SUGAR CANE GRANUL XFINE 50# P/L	1/4 Cup		563191
SPICE MUSTARD DRY 1 COLMANS	2 Teaspoon		400018

## Preparation Instructions

Directions:

Place cabbage and carrots in large bowl and toss lightly to mix.

Combine reduced calorie mayonnaise, sugar, and dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

### 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	58.80
<b>Fat</b>	2.80g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.20mg
<b>Sodium</b>	113.60mg
<b>Carbohydrates</b>	7.52g

<b>Fiber</b>	1.28g		
<b>Sugar</b>	5.12g		
<b>Protein</b>	0.64g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.40mg	<b>Iron</b>	0.00mg