

# **Cookbook for Chassell Elementary**

**Created by HPS Menu Planner**

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# Breakfast Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4211

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	<b>READY_TO_EAT</b> Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

## Preparation Instructions

Hair net,

Wash hands,

Place oven on at 350.

Get the egg patty and place quantity of eggs patty on a pan. Cook to directions.

When all items are to temp place together. Bun, Egg, Cheese, Bun.

Wrap in wax paper, Place back on flat pan, place in warmer till ready to serve

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

**Calories** 225.00

**Fat** 9.50g

**SaturatedFat** 3.50g

**Trans Fat** 0.00g

**Cholesterol** 112.50mg

**Sodium** 525.00mg

**Carbohydrates** 23.00g

**Fiber** 1.00g

**Sugar** 1.50g

**Protein** 11.50g

**Vitamin A** 100.00IU      **Vitamin C** 0.00mg

**Calcium** 110.00mg      **Iron** 1.96mg

# Chicken Alfredo on Noodles

<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11688

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	720 Ounce	Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	491074

## Preparation Instructions

Hair net, Wash hands, Follow package directions,

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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: 120.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	6.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	39.00mg		
<b>Sodium</b>	1140.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	473.00IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	402.00mg	<b>Iron</b>	1.00mg

# Turkey & Cheese Sub on Pretzel Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11696

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	THAW AT ROOM TEMPERATURE OR CONVENTIONAL OVEN: 350 DEGREES F FOR 3-5 MINUTES. MICROWAVE: ON HIGH FOR 30-60 SECONDS	500162
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	FULLY COOKED - THAW AND SERVE	244190
CHEESE SLCD YEL 6- 5 COMM	2 Slice	PASTEURIZED PROCESS CHEESE IS MILDER IN FLAVOR AND SOFTER IN BODY THAN THE NATURAL CHEESE FROM WHICH IT WAS MADE AND HAS GOOD MELTING PROPERTIES. COOK DISHES CONTAINING CHEESE AT LOW TEMPERATURES SINCE CHEESE TOUGHENS AND GETS STRINGY AT HIGH TEMPERATURES.	334450

## Preparation Instructions

Assemble bagel sandwich place 3 slices turkey and 2 slice of American Cheese on a pretzel bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<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: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	325.00		
<b>Fat</b>	13.75g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	495.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.98mg

# Lasagna Roll-up Pasta, WG

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.30 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12858

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	Remove from Frig day of service.	234041
SAUCE SPAGHETTI 6-10 P/L	1 Cup	Take amount of cans needed off of shelf.	744520
PAN COAT SPRAY BUTTERY 6- 14Z VEGLN	1 Gram	Spray the bottom of the stainless steel, Full steam table pan before food is placed in.	827021

## Preparation Instructions

Place hair net on. Wash hands and fingernails with hot water and soap for 30 seconds before handling food. Use a single use towel to dry hands. Use Stainless steel, Full steam table pans or aluminum pan. Spray bottom of the pans with pan coat spray, then distribute 3 cups of room temperature, canned Sauce in the bottom of a stainless steel, full steam table pan. Place single layer (18 Pieces) of Frozen (-10F +10 F) roll-ups in pan and cover with 5 cups of room temperature, canned sauce. Spread sauce over pasta to cover.

Cover pan tightly with aluminum foil. Bake in preheated 375 F convection oven (high fan setting) for 45 minutes. Cook until reaching a minimum internal temperature of 165 F for at least 15 seconds in the coldest spot.

2 m/ma

1oz grain

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	2.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.30 Ounce

#### Amount Per Serving

<b>Calories</b>	369.20		
<b>Fat</b>	8.80g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	674.00mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	6.00mg

**Calcium** 352.00mg **Iron** 3.08mg