

Cookbook for CENTRAL ELEMENTARY

Created by HPS Menu Planner

Table of Contents

RAVIOLI A-15

HOT DOG ON WG BUN A-57

FRESH CARROTS B-8

GREEN BEANS B-1

MANDARIN ORANGES C-10

GARLIC TWISTED BREADSTICK D-5

RAVIOLI A-15



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	1 Cup	HEAT_AND_SERVE	496286

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	3.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	260.00		
Fat	8.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	16.00g		
Vitamin A	6.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	15.00mg

HOT DOG ON WG BUN A-57



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4500

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	BAKE	2918
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913

Preparation Instructions

BOIL

Heat water to a rolling boil.

GRILL

Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature.

MICROWAVE

Place hot dog in bun and wrap in paper towel.

READY_TO_EAT

Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F.

STEAM

Place pan in steamer, close door, set timer and steam until done.

Place hot dog on bun.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 0.00			
Amount Per Serving			
Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	770.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	44.11mg	Iron	10.76mg

FRESH CARROTS B-8

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9815

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	3/4 Cup		510637

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	33.53		
Fat	0.11g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	74.59mg		
Carbohydrates	7.88g		
Fiber	2.81g		
Sugar	4.50g		
Protein	0.56g		
Vitamin A	13194.35IU	Vitamin C	2.49mg
Calcium	30.62mg	Iron	0.86mg

GREEN BEANS B-1



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1/2 Cup		221990

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	200.00IU	Vitamin C	3.60mg
Calcium	20.00mg	Iron	0.72mg

MANDARIN ORANGES C-10

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4580

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GFS	1/2 Cup	BAKE	612448

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	1.00g		
Vitamin A	8.00IU	Vitamin C	30.00mg
Calcium	2.00mg	Iron	2.00mg

GARLIC TWISTED BREADSTICK D-5



Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9800

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	160.00		
Fat	4.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.48mg	Iron	1.60mg