

# **Cookbook for Lakeside Elementary Menu**

**Created by HPS Menu Planner**

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# Side Salad

|                      |              |                       |           |
|----------------------|--------------|-----------------------|-----------|
| <b>Servings:</b>     | 150.00       | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-782     |

## Ingredients

| Description                           | Measurement  | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| LETTUCE ROMAINE RIBBONS 6-2 FRSHW     | 1/4 Cup      |                   | 577842     |
| Grape Tomatoes                        | 4/25 Cup     |                   | 749041     |
| CHEESE CHED REDC FAT SHRD 6-5 COMM    | 1 Ounce      |                   | 448010     |
| DRESSING RNCH BTRMLK PKT 500-12GM GFS | 1 Tablespoon |                   | 160080     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.25 |
| <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: 150.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.60   |                  |        |
| <b>Fat</b>           | 0.04g  |                  |        |
| <b>SaturatedFat</b>  | 0.03g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.13mg |                  |        |
| <b>Sodium</b>        | 1.40mg |                  |        |
| <b>Carbohydrates</b> | 0.01g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.05g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

# Chef Salad

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 0.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-1161           |

## Ingredients

| Description   | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| LETTUCE CHL<br>ROMAINE CHOP 6/2 LB<br>BG              | 2 Cup       |   | 15D44      |
| Grape Tomatoes  | 1/4 Cup     |   | 749041     |
| CHEESE CHED REDC<br>FAT SHRD 6-5 COMM                 | 1 Ounce     |   | 448010     |
| CROUTON CHS GARL<br>WGRAIN 250-.5Z                    | 1 Ounce     |   | 661022     |
| CUCUMBER 6CT P/L                                      | 2 Ounce     |   | 100435     |
| BEAN GARBANZO 6-10<br>GCHC                            | 1/4 Cup     |   | 118753     |
| DRESSING RNCH CLSC<br>120-1.5FLZ LTHSE                | 1 Serving   | READY_TO_EAT<br>Open, pour and enjoy!   | 741451     |
| CARROT SHRED MUTLI<br>COLOR ORGNC 2-5                 | 2 Ounce     |   | 741050     |
| CHIP MULTIGR ORIG<br>104-1Z SUNCHIP                   | 1 Package   | READY_TO_EAT<br>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.  | 864640     |
| HAM, 97% FAT FREE,<br>COOKED, WATER-<br>ADDED, SLICED | 1 Slice     |   | 100187     |
| Turkey Breasts, Sliced,<br>Oven Roasted, Frozen       | 1 Ounce     | THAW<br>Keep product frozen at 0°F. or below until ready to use. Defrost product slowly and thoroughly in a refrigerator for 24 hours. Never defrost at room temperature. Upon completion of the thawing process, product should be used within 5 days. Open packages and use sliced meat in various sandwich applications. | 877671     |

# Preparation Instructions

No Preparation Instructions available.

## SLE Components

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.67  |
| <b>Grain</b>    | 1.75  |
| <b>Fruit</b>    | 0.00  |
| <b>GreenVeg</b> | 0.13  |
| <b>RedVeg</b>   | 24.37 |
| <b>OtherVeg</b> | 0.28  |
| <b>Legumes</b>  | 0.25  |
| <b>Starch</b>   | 0.00  |

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 647.69    |                  |        |
| <b>Fat</b>           | 38.50g    |                  |        |
| <b>SaturatedFat</b>  | 9.25g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 59.67mg   |                  |        |
| <b>Sodium</b>        | 1332.00mg |                  |        |
| <b>Carbohydrates</b> | 51.47g    |                  |        |
| <b>Fiber</b>         | 6.71g     |                  |        |
| <b>Sugar</b>         | 11.73g    |                  |        |
| <b>Protein</b>       | 24.88g    |                  |        |
| <b>Vitamin A</b>     | 9551.94IU | <b>Vitamin C</b> | 5.28mg |
| <b>Calcium</b>       | 85.61mg   | <b>Iron</b>      | 2.08mg |

# Taco Salad

|                      |       |                       |                  |
|----------------------|-------|-----------------------|------------------|
| <b>Servings:</b>     | 0.00  | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch | <b>Recipe ID:</b>     | R-9838           |

## Ingredients

| Description                                    | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY TACO MEAT FC 4-7 JENNO                  | 2 Ounce     |                   | 768230     |
| Lettuce 1/8 Shredded 5#                        | 1 Ounce     |                   | 2793       |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1 Ounce     | UNPREPARED        | 100012     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.32 |
| <b>Grain</b>    | 0.00 |
| <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: 0.00

Serving Size: 1.00

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 169.21   |                  |        |
| <b>Fat</b>           | 9.30g    |                  |        |
| <b>SaturatedFat</b>  | 4.99g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 56.30mg  |                  |        |
| <b>Sodium</b>        | 198.02mg |                  |        |
| <b>Carbohydrates</b> | 2.32g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 17.56g   |                  |        |
| <b>Vitamin A</b>     | 66.01IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 13.20mg  | <b>Iron</b>      | 0.71mg |

# Sub Sandwich

|                      |       |                       |                  |
|----------------------|-------|-----------------------|------------------|
| <b>Servings:</b>     | 0.00  | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch | <b>Recipe ID:</b>     | R-9875           |

## Ingredients

| Description                                    | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| 8" WHOLE GRAIN WHITE SUB BUN                   | 1           | READY_TO_EAT      | 1742       |
| HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED | 1 Slice     |                   | 100187     |
| Turkey Sliced Oven Roasted                     | 1 Slice     |                   | 230394     |
| American Cheese Sliced RF                      | 1 Slice     |                   | 666204     |
| TOMATO ROMA SLCD 2-5                           | 2 Slice     |                   | 772000     |
| Lettuce 1/8 Shredded 5#                        | 1 Ounce     |                   | 2793       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 3.00 |
| <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: 0.00

Serving Size: 1.00

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 282.00   |                  |        |
| <b>Fat</b>           | 6.50g    |                  |        |
| <b>SaturatedFat</b>  | 2.25g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.50mg  |                  |        |
| <b>Sodium</b>        | 442.00mg |                  |        |
| <b>Carbohydrates</b> | 43.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 6.50g    |                  |        |
| <b>Protein</b>       | 16.50g   |                  |        |
| <b>Vitamin A</b>     | 30.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 100.00mg | <b>Iron</b>      | 0.00mg |