

# **Cookbook for Chassell Township Schools**

**Created by HPS Menu Planner**

# **Cookbook for Chassell Elementary**

**Created by HPS Menu Planner**

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**Breakfast Sandwich**

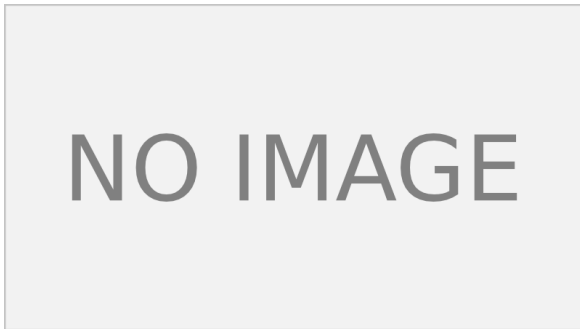
**Chicken Alfredo on Noodles**

**Lasagna Roll-up Pasta, WG**

**Cheese Sandwich and Tomato Soup**

**Soft Taco**

# 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
<b>Starch</b>	0.00

## Nutrition Facts

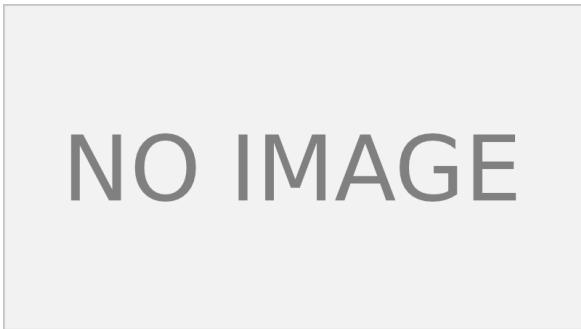
Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	225.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	112.50mg
<b>Sodium</b>	525.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	11.50g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 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

# Lasagna Roll-up Pasta, WG

NO IMAGE

<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 4.30 Ounce			
<b>Amount Per Serving</b>			
<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
<b>Calcium</b>	352.00mg	<b>Iron</b>	3.08mg



# Cheese Sandwich and Tomato Soup



<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>	Lunch	<b>Recipe ID:</b>	R-14915

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2 7-32Z GFS	2 Slice	Remove from freezer.	231053
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED LOW SODIUM	2 Slice		46288
SOUP TOMATO 12-5 HLTHYREQ	1/2 Cup	wash top of lids and open place in pot	488232
BUTTER SPREAD 6-5 SMRT BAL	1 Teaspoon	to be used on the bread to brown for the sandwiches	684300

## Preparation Instructions

Hair net, Wash hands, Gloves

Butter two slices of bread. place 4 slices of Cheese on bread place on flat sheet pan place another flat sheet pan on top and place in oven till golden

Open can of tomato add water if states warm up to 145

Serve in bowl

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.63
<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

<b>Calories</b>	473.33
<b>Fat</b>	15.67g
<b>SaturatedFat</b>	6.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1200.00mg
<b>Carbohydrates</b>	60.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 566.67IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 80.13mg	<b>Iron</b> 2.52mg

# Soft Taco



<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>	Lunch	<b>Recipe ID:</b>	R-15010

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
BEAN REFRIED SEAS DEHY 6-1.75 SANG	1 Ounce	<b>RECONSTITUTE</b> 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steam table pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steam table. 4: Season if desired, stir, serve.	183910
TURKEY TACO MEAT FC 4-7 JENNO	3 3/100 Ounce	<b>BOIL-IN-BAG</b> FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR <b>STEAM-IN-BAG</b> PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	768230

## Preparation Instructions

Hair net and Wash hands

Remove night before the taco meat to defrost. **BOIL-IN-BAG** FILL LARGE POT WITH WATER AND BRING TO A

BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR STEAM-IN-BAG PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.

warm Tortilla shells in warmer.

## 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>	0.30
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	407.78		
<b>Fat</b>	10.90g		
<b>SaturatedFat</b>	3.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	899.22mg		
<b>Carbohydrates</b>	49.56g		
<b>Fiber</b>	8.99g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	26.99g		
<b>Vitamin A</b>	100.42IU	<b>Vitamin C</b>	0.59mg
<b>Calcium</b>	173.50mg	<b>Iron</b>	4.14mg

# **Cookbook for CHASSELL PUBLIC SCHOOLS**

**Created by HPS Menu Planner**

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No Recipes found

# **Cookbook for Chassell Twp School (HS)**

**Created by HPS Menu Planner**

# Table of Contents

**Breakfast Sandwich**

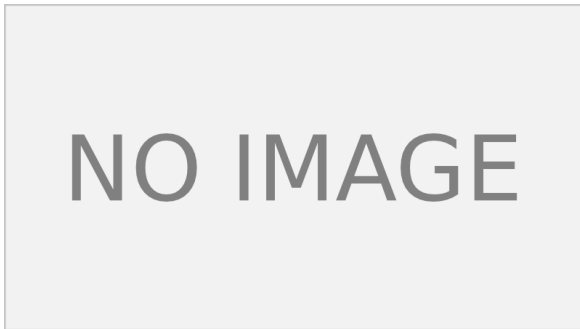
**Chicken Alfredo on Noodles**

**Lasagna Roll-up Pasta, WG**

**Cheese Sandwich and Tomato Soup**



# 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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		225.00	
<b>Fat</b>		9.50g	
<b>SaturatedFat</b>		3.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		112.50mg	
<b>Sodium</b>		525.00mg	
<b>Carbohydrates</b>		23.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		1.50g	
<b>Protein</b>		11.50g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	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

# Lasagna Roll-up Pasta, WG

NO IMAGE

<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 4.30 Ounce			
<b>Amount Per Serving</b>			
<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
<b>Calcium</b>	352.00mg	<b>Iron</b>	3.08mg

# Cheese Sandwich and Tomato Soup



<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>	Lunch	<b>Recipe ID:</b>	R-14915

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2 7-32Z GFS	2 Slice	Remove from freezer.	231053
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED LOW SODIUM	2 Slice		46288
SOUP TOMATO 12-5 HLTHYREQ	1/2 Cup	wash top of lids and open place in pot	488232
BUTTER SPREAD 6-5 SMRT BAL	1 Teaspoon	to be used on the bread to brown for the sandwiches	684300

## Preparation Instructions

Hair net, Wash hands, Gloves

Butter two slices of bread. place 4 slices of Cheese on bread place on flat sheet pan place another flat sheet pan on top and place in oven till golden

Open can of tomato add water if states warm up to 145

Serve in bowl

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.63
<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

<b>Calories</b>	473.33
<b>Fat</b>	15.67g
<b>SaturatedFat</b>	6.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1200.00mg
<b>Carbohydrates</b>	60.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 566.67IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 80.13mg	<b>Iron</b> 2.52mg