

# **Cookbook for North Branch Area Schools**

**Created by HPS Menu Planner**

# **Cookbook for NORTH BRANCH ELEMENTARY SCHOOL**

**Created by HPS Menu Planner**

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# Chicken Patty on WG Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4142

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
Hamburger Bun, 3.5 inch, Whole Grain 18 oz/12 ct	1 Each	READY_TO_EAT	3354
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

## Preparation Instructions

**BAKE**  
Appliances vary, adjust accordingly.  
Conventional Oven  
8-10 minutes at 400°F from frozen.

**CONVECTION**  
Appliances vary, adjust accordingly.  
Convection Oven  
6-8 minutes at 375°F from frozen.

Bring chicken patty to temperature and then put on bun and cover with plastic wrap. Put in warmer, till service. Serve with mayo pkg.

## 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>	0.00
<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 1

<b>Amount Per Serving</b>			
<b>Calories</b>		395.00	
<b>Fat</b>		18.00g	
<b>SaturatedFat</b>		2.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		541.40mg	
<b>Carbohydrates</b>		37.00g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		19.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.00mg
<b>Calcium</b>	37.00mg	<b>Iron</b>	10.00mg

# Spaghetti with Cheesy Garlic Breadstick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC GRANULATED 24Z TRDE	1/16 Teaspoon		513881
SEASONING SPAGHETTI ITAL 12Z TRDE	1/16 Teaspoon		413453
BEEF GRND CKD 6-5 COMM	1 1/2 Ounce		135081
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 Cup		852759
CHEESE PARM GRTD 12-1 PG	1/4 Tablespoon		164259
PASTA SPAGHETTI 10 2-10 KE	1 1/2 Ounce		654560
BREADSTICK CHS WGRAIN 105-4Z	1/4 Each		723880

## Preparation Instructions

Directions:

Place ground beef in a steam kettle or tilt skillet and water mash beef up, add spices and cook till done

CCP: Heat to 155° F or higher for at least 15 seconds

Add 5 # 10 cans of spaghetti sauce

CCP: Heat to 165° F or higher for at least 15 seconds

Place spaghetti sauce in hotel pans cover with paper liner and seal with foil wrap place in warmer till serving time or add pasta if serving together

Add spaghetti pasta and hold at 135 or higher

CCP: Hold at 135° F or higher. Serve with Bread Stick.

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	2.16
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.83
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		359.64	
<b>Fat</b>		7.88g	
<b>SaturatedFat</b>		3.10g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		49.10mg	
<b>Sodium</b>		643.65mg	
<b>Carbohydrates</b>		51.04g	
<b>Fiber</b>		5.85g	
<b>Sugar</b>		8.83g	
<b>Protein</b>		23.81g	
<b>Vitamin A</b>	678.33IU	<b>Vitamin C</b>	6.67mg
<b>Calcium</b>	156.44mg	<b>Iron</b>	3.69mg

# Beef Taco with Cheese

NO IMAGE

<b>Servings:</b>	1.00	<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-6871

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526
TACO FILLING BEEF REDC FAT 6-5# COMM	2 1/2 Ounce	Heat in steamer 4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5# COMM	2 Tablespoon	1/5# bags use scoop #30	150250
TOMATO ROMA DCD 3/8 2-5 RSS	1 Ounce	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Put 3 oz of beef in taco shell, top with cheese, serve with lettuce, tomatoes, salsa and cream cheese.



## SLE Components

Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	1.10
<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

<b>Amount Per Serving</b>			
<b>Calories</b>	462.85		
<b>Fat</b>	25.36g		
<b>SaturatedFat</b>	8.42g		
<b>Trans Fat</b>	0.23g		
<b>Cholesterol</b>	42.60mg		
<b>Sodium</b>	530.21mg		
<b>Carbohydrates</b>	41.44g		
<b>Fiber</b>	4.08g		
<b>Sugar</b>	7.08g		
<b>Protein</b>	19.09g		
<b>Vitamin A</b>	658.68IU	<b>Vitamin C</b>	3.94mg
<b>Calcium</b>	159.83mg	<b>Iron</b>	3.94mg

# Roasted Broccoli

NO IMAGE

<b>Servings:</b>	13.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8140

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	13 Cup	1-5# bag = 10 cups	549292
MARGARINE SLD 30-1 GCHC	1/2 Cup		733061
SEASONING SALT NO MSG 5 TRDE	2 Tablespoon		514039
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881
SALT IODIZED 25 CARG	1 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon		225037

## Preparation Instructions

Put frozen broccoli on paper lined sheet pan sprayed with pan release spray, make sure you spray the edges of the pan. Then sprinkle with 1/2 cup melted margarine. Then sprinkle with seasoning mixture. Bake at 425\* for 10 minutes.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 6.00 1

### Amount Per Serving

<b>Calories</b>	118.34
<b>Fat</b>	6.77g
<b>SaturatedFat</b>	2.77g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	958.53mg
<b>Carbohydrates</b>	11.85g
<b>Fiber</b>	6.18g
<b>Sugar</b>	2.00g
<b>Protein</b>	6.18g
<b>Vitamin A</b> 461.54IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 1.56mg	<b>Iron</b> 0.09mg

# Refried Bean Dip

NO IMAGE

<b>Servings:</b>	54.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8261

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
WATER SPRNG 4-1GAL GFS	1 Gallon		686860
SALSA 103Z 6-10 REDG	6 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	3 Tablespoon	Mix with beans.	605062
CHEESE CHED SHRD 6- 5 COMM	27 Tablespoon	1 Tablespoon = 1/2 ounce of cheese.	199720

## Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165\* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.

8. Serve refried beans in souffle cup with 6 ea Tortilla Chips.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.15
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 0.50 1

#### Amount Per Serving

<b>Calories</b>	42.69		
<b>Fat</b>	2.28g		
<b>SaturatedFat</b>	1.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	124.74mg		
<b>Carbohydrates</b>	2.80g		
<b>Fiber</b>	0.31g		
<b>Sugar</b>	0.59g		
<b>Protein</b>	1.73g		
<b>Vitamin A</b>	105.48IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	11.24mg	<b>Iron</b>	0.14mg

# Garden Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8262

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757

## Preparation Instructions

Wash hands thoroughly.

Clean and chop vegetables.

Toss together and serve 1 cup servings.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	27.50
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.63mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	2.25g
<b>Sugar</b>	2.50g

<b>Protein</b>		0.80g	
<b>Vitamin A</b>	5526.33IU	<b>Vitamin C</b>	66.48mg
<b>Calcium</b>	30.31mg	<b>Iron</b>	1.01mg

# Caesar Salad

NO IMAGE

<b>Servings:</b>	33.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8263

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Pound		735787
CHEESE PARM GRTD 12-1 PG	1/2 Cup		164259
CROUTON MULTIGR CHS GARL 10-2 GFS	1 Cup		748510
DRESSING CAESAR 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Use as a dressing or dip	132141

## Preparation Instructions

Wash hands thoroughly.

Toss together and serve 1 cup servings.

Makes 33 - 1 cup servings.

Serve with Cesar dressing or choice of dressings.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.18
<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: 33.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	10.76
<b>Fat</b>	0.71g
<b>SaturatedFat</b>	0.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.29mg
<b>Sodium</b>	20.25mg
<b>Carbohydrates</b>	0.79g



<b>Fiber</b>	0.36g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.49g		
<b>Vitamin A</b>	1842.39IU	<b>Vitamin C</b>	10.91mg
<b>Calcium</b>	21.86mg	<b>Iron</b>	0.26mg

# Submarine Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8267

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	1 Each		517830
TURKEY ITAL COMBO SLCD 12-1 JENNO	2 Ounce		199721
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.
3. Serve with Mayo Olive Oil and or Mustard packet.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	1.50
<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 1

Amount Per Serving

<b>Calories</b>	237.20
<b>Fat</b>	10.53g
<b>SaturatedFat</b>	3.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.17mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	21.33g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.50g

<b>Protein</b>		15.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.13mg
<b>Calcium</b>	66.67mg	<b>Iron</b>	1.60mg

# Grilled Cheese Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8274

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
BUTTER SPREAD 6-5 SMRT BAL	2 Teaspoon		684300
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Spread margarine on bottom slice of bread, add 4 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake till golden brown.

Wrap in paper and hold at 135\* or higher.

### 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

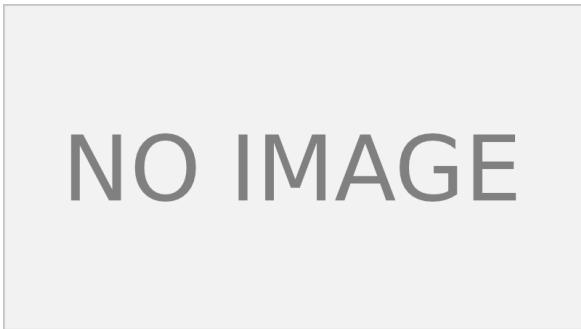
Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	386.67
<b>Fat</b>	17.33g
<b>SaturatedFat</b>	7.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1140.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	20.00g

<b>Vitamin A</b>	333.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	464.27mg	<b>Iron</b>	2.16mg

# Turkey & Cheese Wrap



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8361

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
  2. Place 5 turkey slices, 1 slice of cheese & 1/2 cup of lettuce into 10" tortilla
  3. Wrap, label and date for 3 days.
  4. Serve with Ranch Dressing.
- CCP: Keep cold 41F or below.

## SLE Components

### Amount Per Serving

<b>Meat</b>	2.17
<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 1

<b>Amount Per Serving</b>			
<b>Calories</b>		321.67	
<b>Fat</b>		13.25g	
<b>SaturatedFat</b>		5.33g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		50.00mg	
<b>Sodium</b>		743.33mg	
<b>Carbohydrates</b>		29.50g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		2.50g	
<b>Protein</b>		21.67g	
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.00mg	<b>Iron</b>	1.92mg

# Breakfast Bagel with Cream Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8589

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each		549762

## Preparation Instructions

Wash hands thoroughly.

Warm bagels in warmer and put with 1 -1oz cup of cream cheese and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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

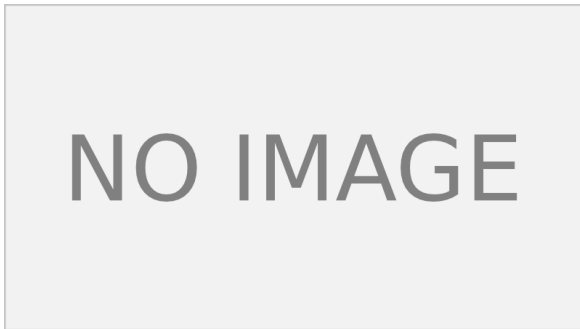
Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	275.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.80mg



# Doughnut & String Cheese Stick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8593

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT SUP WGRAIN IW 80-1.9Z SUPBAK	1 Each		509942
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly.

Warm donut in warmer and put with cheese stick to serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	230.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 2700.00IU	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 400.00mg	<b>Iron</b> 6.30mg

# Chocolate Chip Muffin w/String Cheese Stick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8594

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly.  
Warm muffin in warmer and serve with cheese stick.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 1.00  
Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 240.00mg **Iron** 1.44mg

# X-ray Vision Carrots



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8705

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	1 Cup		150390

## Preparation Instructions

Wash hands thoroughly.

Steam vegetable only till crisp tender. Be careful not to over cook, because holding then will cook them even more.

Add vegetable seasoning and butter buds for flavor.

Keep at 145F to 165F till service.

### 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>	1.00
<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 1

#### Amount Per Serving

<b>Calories</b>	54.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.00mg		
<b>Sodium</b>	86.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mixed Fruit



<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8716

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 #1 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979

## Preparation Instructions

Wash hands thoroughly.

Mix all 3 cans together with juice.

Use 1/2 cup souffle cups with lids.

Keep cold for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.36
<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: 75.00

Serving Size: 0.50 1

Amount Per Serving

<b>Calories</b>	48.07
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.08mg
<b>Carbohydrates</b>	11.76g
<b>Fiber</b>	0.69g
<b>Sugar</b>	10.34g

<b>Protein</b>		0.04g	
<b>Vitamin A</b>	14.39IU	<b>Vitamin C</b>	3.75mg
<b>Calcium</b>	0.72mg	<b>Iron</b>	0.14mg

# Bowl of Cereal & Cheese Stick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8717

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly.

Group items together and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	190.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b>	600.00IU
<b>Vitamin C</b>	4.80mg

**Calcium** 400.00mg **Iron** 3.60mg



# Mixed Fruit

NO IMAGE

<b>Servings:</b>	72.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8827

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1 #10 CAN	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S 6-10 GFS	1 #10 CAN		152811

## Preparation Instructions

Wash hands thoroughly.

Put Fruit in refrigerator the day before use.

Mix all 3 kinds of canned fruit together, do not drain juice.

Put 1/2 cup servings in souffle cups with lids.

Keep under refrigeration 38F to 42F.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.36
<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: 72.00

Serving Size: 0.50 1

Amount Per Serving	
<b>Calories</b>	54.10
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.39mg
<b>Carbohydrates</b>	12.27g
<b>Fiber</b>	0.36g

<b>Sugar</b>			11.54g
<b>Protein</b>			0.36g
<b>Vitamin A</b>	143.70IU	<b>Vitamin C</b>	6.47mg
<b>Calcium</b>	7.19mg	<b>Iron</b>	0.13mg

# Hamburger on WG Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11295

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

Wash hands thoroughly. Bake hamburgers according to directions. Bun the burgers and wrap. Keep in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<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 1

<b>Amount Per Serving</b>	
<b>Calories</b>	240.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	240.00mg
<b>Carbohydrates</b>	21.00g

<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	9.08mg

# Veggie Bar Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13176

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/8 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
TOMATO 6X6 LRG 25 MRKN	1/8 Cup		199036
PEPPERS RED DOMESTIC 23 MRKN	1/8 Cup		560715
CAULIFLOWER CALIF 12-1CT MRKN	1/8 Cup		198528
CUCUMBER SELECT 24CT MRKN	1/8 Cup		418439
CELERY JUMBO 16-24CT 40 MARKON	1/8 Cup		198536

## Preparation Instructions

- Wash hands thoroughly.
- Wash and chop all vegetables and put in individual containers on the salad bar.
- Put clean tongs or spoons into each container.
- Change out utensils for clean ones for every lunch.

<b>SLE Components</b>	
Amount Per Serving	
<b>Meat</b>	0.00

<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.70
<b>RedVeg</b>	0.59
<b>OtherVeg</b>	0.39
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

<b>Calories</b>	40.47
<b>Fat</b>	0.23g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	47.58mg
<b>Carbohydrates</b>	8.75g
<b>Fiber</b>	3.30g
<b>Sugar</b>	3.67g
<b>Protein</b>	1.39g

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<b>Vitamin A</b>	9775.04IU	<b>Vitamin C</b>	81.34mg
<b>Calcium</b>	52.67mg	<b>Iron</b>	1.44mg

# Sausage Slider



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14722

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

## Preparation Instructions

Wash hands thoroughly.

Cook Sausage patties according to directions.

Cut Roll in half and lay sausage on, then cheese, then wrap up sandwich.

Keep in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 1.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	140.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	180.00mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	9.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg



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