

Cookbook for Moreland Hills Elementary School

Created by HPS Menu Planner

Table of Contents

Chicken Sandwich

Chef Salad (Elem and Middle School)

Turkey and Cheese Sandwich

PB&J, Cheese Stick, Goldfish

Yogurt and Fruit Parfait (All)

Green Beans

Lettuce and Tomato

Pear cup, Shelf Stable

Peach cup, shelf stable

Applesauce Cup, Plain

Lt. Ranch Dip

Chicken Sandwich

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16441

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	200 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	200 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	517810

Preparation Instructions

Lay Chicken Patties in Single layer on Sheet Pan

Bake at 375 degrees F for 8 min or until the internal temperature reaches at least 165 degrees F.

Place one chicken patty on 1 Hamburger Bun. Place the top of the bun on the chicken patty and wrap in foil wrap.

Hold at 135 degrees F or greater until service.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 400.00

Fat 17.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 525.00mg

Carbohydrates 41.00g

Fiber 8.00g

Sugar 4.00g

Protein 21.00g

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

Calcium 80.00mg **Iron** 2.88mg

Chef Salad (Elem and Middle School)



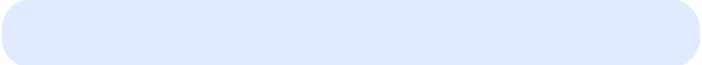
Servings:	15.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools	22 1/2 Cup	BAKE	16P33
CARROT SHRD MED 2-5 RSS	3 3/4 Ounce		313408
CUCUMBER 6CT P/L	30 Slice		100435
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	90 Slice		244190
EGG HARD CKD PLD DRY PK 12-12CT PAP	7 1/2 Each		853800
CHEESE CHED SHRD 6-5 COMM	3 3/4 Ounce		199720
CROUTON CHS GARL WGRAIN 250-.5Z	15 Package		661022
CRACKER GLDFSH CHED WGRAIN 300-.75Z	15 Package		736280

Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.
Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.
Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.
Serving size: 1 salad



SLE Components

Amount Per Serving

Meat	3.25
Grain	1.50
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.15
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.73	
Fat		14.75g	
SaturatedFat		4.25g	
Trans Fat		0.00g	
Cholesterol		137.50mg	
Sodium		753.75mg	
Carbohydrates		27.02g	
Fiber		3.42g	
Sugar		2.88g	
Protein		27.01g	
Vitamin A	7335.49IU	Vitamin C	4.09mg
Calcium	152.03mg	Iron	3.47mg

Turkey and Cheese Sandwich



Servings:	55.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16554

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	330 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	55 Slice		722360
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	110 Each		710650

Preparation Instructions

Lay 2 slices of bread on work space. Place 6 slices of turkey and 1 slice of cheese on 1 side of bread. Place other slice on top of bread and slice in half. Wrap and place in cooler and store at 41 degrees F or below until service.

Serving size: 1 sandwich

SLE Components

Amount Per Serving

Meat	2.50
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: 55.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00
Fat	8.50g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	750.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	3.50g
Protein	25.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	156.00mg	Iron	1.80mg

PB&J, Cheese Stick, Goldfish

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16558

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	10 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	10 Each		786801
CRACKER GLDFSH CINN 300-2CT PEPPFM	10 Package		194510

Preparation Instructions

Thaw PB&J uncrustable in cooler. Place 1 uncrustable, 1 cheese Stick and 1 goldfish cracker in bag. Serve.
Serving size: 1 bag

SLE Components

Amount Per Serving

Meat	2.00
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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	23.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	620.00mg
Carbohydrates	53.00g
Fiber	5.00g
Sugar	23.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 342.00mg **Iron** 3.00mg

Yogurt and Fruit Parfait (All)



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16561

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	80 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY CUP 96-4.5Z COMM	10 Each		655010
GRANOLA BAG IW 144-1Z FLDSTN	20 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Place 8 oz (1 c) yogurt in parfait cup. Place insert, add 1 pkg. Strawberries. Place lid on parfait cup and serve with 1 pkg. Granola
Hold at 41 degrees F or lower until serving.
Serving size: 1 parfait w/ 1 pkg. Granola

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 530.00

Fat 8.50g

SaturatedFat 1.00g

Trans Fat 0.00g

Cholesterol 5.00mg

Sodium 255.00mg

Carbohydrates 101.00g

Fiber 7.00g

Sugar 58.00g

Protein 14.00g

Vitamin A 1000.00IU **Vitamin C** 0.00mg

Calcium 200.00mg **Iron** 3.24mg

Green Beans

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16442

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans frozen	75 Cup	WASH HANDS Place green beans in vented 4" steamtable pan and put in preheated steam unit. Heat until temperature reaches 140 ° or higher and hold in warmer for hot service for no longer than 4 hours	100351

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	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	28.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.50mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Lettuce and Tomato

NO IMAGE

Servings:	180.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16443

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	180 Piece		877510
TOMATO SLCD 1/4 5 RSS	180 Slice		786535

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	9.05		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.13mg		
Carbohydrates	1.88g		
Fiber	0.28g		
Sugar	0.63g		
Protein	0.20g		
Vitamin A	2687.43IU	Vitamin C	18.08mg
Calcium	22.25mg	Iron	0.42mg

Pear cup, Shelf Stable



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16462

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD CUP 72-4.5Z ZEE ZEES	100 Each		136752

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.00mg

Peach cup, shelf stable



Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16461

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD CUP 72-4.5Z ZEE ZEE	60 Each		136741

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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.00mg

Applesauce Cup, Plain



Servings:	40.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 96-4.5Z COMM	40 Each	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682

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: 40.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	51.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Lt. Ranch Dip



Servings:	25.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16603

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	25 Each		499521

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	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	125.00mg		
Carbohydrates	5.00g		
Fiber	0.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg