

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

SALAD MIXED GREEN

SESAME GREEN BEANS

Pizzaburger

BBQ Chicken Leg (2-M, .5-G)

Sweet and Sour Pork

Lo Mein (2-G)

Chinese Style Vegetables

Pasta Bar

Chicken and Waffle

SALAD MIXED GREEN



Servings:	68.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grape Tomatoes	68 Each		749041
LETTUCE ROMAINE CHOP 6-2 RSS	8 Pound		735787
CARROT SHRD MED 2-5 RSS	4 Ounce		313408
DRESSING FREN RED LT 4-1GAL GCHC	68 Tablespoon		330817

Preparation Instructions

- 1) MIX ROMAINE AND CARROTS.
- 2) PLACE 1 CUP INTO SQUAT BOWL.
- 3) TOP WITH GRAPE TOMATO.
- 4) PLACE 1 TBSP FF RANCH DRESSING ON TOP OF SALAD.

CCP: Hold for cold service at 41° F or lower

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.47

RedVeg	0.17
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 68.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		38.07	
Fat		0.70g	
SaturatedFat		0.10g	
Trans Fat		0.02g	
Cholesterol		0.00mg	
Sodium		142.18mg	
Carbohydrates		7.04g	
Fiber		1.14g	
Sugar		4.58g	
Protein		0.11g	
Vitamin A	5014.57IU	Vitamin C	29.50mg
Calcium	20.85mg	Iron	0.73mg

SESAME GREEN BEANS



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11664

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	1/8 Pound		857424
OIL OLIVE PURE 4-3LTR GCHC	1/8 Tablespoon		432061
SALT SEA 36Z TRDE	1/8 Teaspoon		748590
SPICE SESAME SEED HULLED 19Z TRDE	1/8 Tablespoon		513806

Preparation Instructions

Directions:

WASH HANDS.

1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Notes:

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: 1.00			
Serving Size: 0.25 Cup			
Amount Per Serving			
Calories	4.61		
Fat	0.16g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	44.66mg		
Carbohydrates	0.80g		
Fiber	0.30g		
Sugar	0.40g		
Protein	0.20g		
Vitamin A	75.90IU	Vitamin C	1.34mg
Calcium	4.07mg	Iron	0.11mg

Pizzaburger

NO IMAGE

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15316

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ 3-10 GFS	20 Pound		510599
ONION DEHY CHPD 15 P/L	5 Cup		263036
SPICE GARLIC GRANULATED 24Z TRDE	2 1/2 Tablespoon		513881
SALT SEA 36Z TRDE	3 1/4 Tablespoon		748590
SPICE PEPR BLK REST GRIND 16Z TRDE	3 1/4 Teaspoon		225061
TOMATO PASTE CALIF 26 6-10 GCHC	10 1/2 Cup		100196
WATER	24 Cup		H2O
SEASONING PIZZA ITAL MIX 12Z TRDE	3/4 Cup		413461
CHEESE MOZZ SHRD 4-5 LOL	20 Cup		645170
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	160 Each		517810

Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately.

Add onions, granulated garlic, salt, pepper, tomato paste, water, and seasonings. Mix. CCP: Heat to 155° F or higher for at least 15 seconds.

Place split rolls on sheet pan (18" x 26" x 1"), 25 halves per pan.

Portion meat mixture with 4 oz onto half rolls.

Top all half rolls with ¼ oz (1 Tbsp) shredded cheese.

Bake until heated through and cheese is melted: Conventional oven: 400° F for 8 minutes Convection oven: 350° F for 6 minutes

CCP: Hold for hot service at 135° F or higher. Serve 1 open-faced halves

Notes:

1: Comment:

2: *See Marketing Guide.

3: Italian Seasoning Mix (see

4: G-01, Sauces, Gravies, and

5: Seasoning Mixes) may be used to

6: replace these ingredients. For

7: 50 servings, use ½ cup 1 Tbsp

8: Italian Seasoning Mix. For 100

9: servings, use 1 cup 2 Tbsp

10: Italian Seasoning Mix.

11: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	349.89
Fat	16.01g
SaturatedFat	6.75g
Trans Fat	0.75g
Cholesterol	45.00mg
Sodium	454.78mg
Carbohydrates	31.41g
Fiber	4.73g
Sugar	6.71g
Protein	19.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 174.21mg	Iron 2.53mg

BBQ Chicken Leg (2-M, .5-G)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16647

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ CANNONBALL 4-1GAL KENS	1 Tablespoon		433388
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

Preparation Instructions

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

1. Preheat oven to 375°F.

2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.

3. Heat for 25-30 minutes.
4. Place BBQ Sauce in metal mixing bowl
5. Hand Dip Chicken leg into BBQ sauce and return to pan
- 6 Return to oven to finish cooking. 5-10 minutes

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.50
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: 1.00 Piece

Amount Per Serving

Calories	220.00		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	645.00mg		
Carbohydrates	12.50g		
Fiber	1.00g		
Sugar	6.50g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.26mg

Sweet and Sour Pork

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16776

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1 Cup		524948
PORK SRLN CUBE .5X.5 2-6 HALP	20 Pound		517700
SPICE GARLIC POWDER 16Z BADIA	5 Ounce		708481
SPICE GINGER GRND 16Z TRDE	1/2 Cup		513695
SPICE ONION POWDER 14Z BADIA	1/2 Cup		430888
SPICE PEPR WHITE GRND 17Z TRDE	2 3/4 Tablespoon		513776
BROTH CHIX NO MSG 12-5 HRTSTN	1 1/2 Gallon		261564
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	1 Quart	READY_TO_EAT Use directly from the bottle.	868830
SUGAR BRN LT 6-22Z	2 Cup		347292
SAUCE SOY 1-5GAL KIKK	2 Cup		425079
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	3 Cup		100129
JUICE PINEAPPLE 100 12-46FLZ DOLE	2 1/2 Quart	READY_TO_EAT Ready to Eat	566144
STARCH CORN 24-1 ARGO	2 3/4 Cup		108413
PEPPERS GREEN DCD 1/2 2-3 RSS	1 1/8 Quart		283959
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992

Description	Measurement	Prep Instructions	DistPart #
CELERY DCD 1/2 2-5 RSS	1 1/4 Quart		503924
CARROT SHRD MED 2-5 RSS	2 Pound		313408
PINEAPPLE TIDBITS IN JCE 6-10 GFS	3 1/4 Quart		189979

Preparation Instructions

Directions:

Heat oil in a large stock pot.

Add pork and spices. Cook uncovered over medium-high heat for 5-7 minutes or until brown. Set aside for step 6.

In a medium stock pot add chicken broth, vinegar, brown sugar, soy sauce, and ketchup. Simmer uncovered over medium heat for 20 minutes.

Combine pineapple juice and cornstarch in a small bowl. Stir well. Add to stock pot. Simmer uncovered over medium heat for 15 minutes or until sauce has thickened.

Add bell peppers and celery. Simmer uncovered for 8 minutes or until vegetables are tender.

product: 242292 can be used

Add carrots, pineapples, and pork. Simmer uncovered over medium heat for 8-10 minutes or until heated through.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer 1 gal 1 qt 3 cups (about 12 lb 11 oz) sweet and sour pork to a steam table pan (12 x 20 x 2 1/2).

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 6 fl oz spoodle (3/4 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) provides: 2 oz equivalent meat/meat alternate, 1/8 cup additional vegetable, and 1/8 cup fruit.

5: CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) provides: 2 oz meat/meat alternate, 1/8 cup vegetable, and 1/8 cup fruit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.13
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.12
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

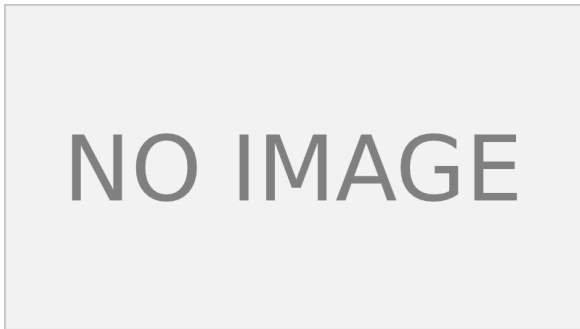
Serving Size: 0.75 Cup

Amount Per Serving

Calories	226.50
Fat	7.29g
SaturatedFat	1.93g
Trans Fat	0.02g
Cholesterol	69.33mg
Sodium	578.43mg
Carbohydrates	12.92g
Fiber	0.84g
Sugar	6.87g

Protein	26.49g
Vitamin A 1819.78IU	Vitamin C 22.33mg
Calcium 19.20mg	Iron 0.96mg

Lo Mein (2-G)



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16780

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE LO MEIN 4-5 AMOY	8 Ounce		529110
SAUCE SWT & SOUR 4-1GAL LACHY	2 Tablespoon		242292

Preparation Instructions

BLANCH

Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. -

Toss noodles in sauce and serve

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 Cup

Amount Per Serving

Calories	684.00
Fat	6.40g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	606.00mg
Carbohydrates	132.40g
Fiber	3.20g
Sugar	12.60g
Protein	24.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.00mg	Iron	2.88mg

Chinese Style Vegetables

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16784

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1/4 Cup		524948
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 7/8 Gallon		732451
SQUASH MED YEL S/N 17AVG MRKN	1 5/8 Quart		198935
PEPPERS RED DOMESTIC 23 MRKN	3 Quart		560715
CARROT JUMBO 10 P/L	3 1/8 Quart		592293
WATER	1 Cup		H2O
SAUCE SOY 4-1GAL GCHC	1 Cup		124524
SPICE GARLIC POWDER 16Z BADIA	1 Ounce		708481
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
GINGER FRSH 5 P/L	2 3/4 Tablespoon		552321
SPICE ALLSPICE GRND 16Z TRDE	1 3/8 Tablespoon		513601

Preparation Instructions

Directions:

Heat oil in a large stock pot.

Add broccoli. Simmer uncovered over medium-high heat for 2-3 minutes.

Add squash. Simmer uncovered over medium-high heat for 3-4 minutes.

Fold in bell peppers. Simmer uncovered over medium-high heat for 2-3 minutes.

Add carrots, water, soy sauce, garlic powder, pepper, ginger, and Asian spice. Simmer uncovered over medium-high heat for 2-3 minutes.

Critical Control Point: Heat to 135 °F or higher.

Pour 2 qt 2 cups (about 2 lb 15 oz) vegetable mixture into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 16 scoop (1/4 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Seasonal Vegetable Replacement Options

4: : Cauliflower, Celery, Onions, Cabbage, Green Beans, Green Peas, Zucchini, Snow Peas, Pimientos, and Water Chestnuts

5: Serving

6: NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/8 cup red/orange vegetable and 1/4 cup additional vegetable.

7: CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 3/8 cup vegetable.

8: Skip to nutrition information

9: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

10: Cooking Process #2: Same Day Service

11: Seasonal Vegetable Replacement Options

12: : Cauliflower, Celery, Onions, Cabbage, Green Beans, Green Peas, Zucchini, Snow Peas, Pimientos, and Water Chestnuts

13: Serving

14: NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/8 cup red/orange vegetable and 1/4 cup additional vegetable.

15: CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 3/8 cup vegetable.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.29
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

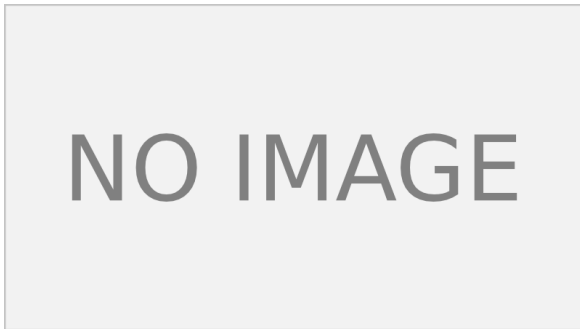
Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	27.66
Fat	0.76g
SaturatedFat	0.09g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	104.45mg
Carbohydrates	5.04g
Fiber	1.54g
Sugar	2.42g
Protein	1.07g
Vitamin A 3869.30IU	Vitamin C 51.56mg

Calcium 21.91mg **Iron** 0.36mg

Pasta Bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16853

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	1 Ounce		221460
PASTA PENNE RIGATE 51 WGRAIN 2-10	1 Ounce		221482
SAUCE MARINARA 6-10 REDPK	3/4 Cup	READY_TO_EAT None	502181
SAUCE ALFREDO FZ 6-5 JTM	1/4 Cup		155661
MEATBALL CKD .65Z 6-5 COMM	1 Each		785860
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1/2 Each		786520

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.20
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	517.75
Fat	15.00g
SaturatedFat	4.88g
Trans Fat	0.15g
Cholesterol	60.50mg
Sodium	835.50mg
Carbohydrates	65.75g

Fiber	7.25g		
Sugar	17.50g		
Protein	28.00g		
Vitamin A	272.25IU	Vitamin C	0.25mg
Calcium	254.00mg	Iron	8.26mg

Chicken and Waffle

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16862

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CONE WAFFLE LRG 9-22CT COLOSSO	1 Each		222704
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	10 Each		394053

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
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 Each

Amount Per Serving

Calories	347.14		
Fat	13.86g		
SaturatedFat	2.14g		
Trans Fat	0.00g		
Cholesterol	57.14mg		
Sodium	520.71mg		
Carbohydrates	34.29g		
Fiber	1.43g		
Sugar	7.00g		
Protein	23.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg