

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

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brunch

BANANA BREAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	260.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	45.00g
Fiber	2.00g
Sugar	24.00g

Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	1.00mg

BEEF WALKING TACO



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11602

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	100 Each		815803
CHEESE CHED MLD SHRD 4-5# COMM	50 Ounce		150250
4-5 Lettuce Shrd 1/4	50 Ounce		755173
Diced Tomatoes cnd	50 Ounce	BAKE	100329
SALSA CUP 84-3Z REDG	100 Each	READY_TO_EAT None	677802
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	50 Ounce		466240
100158 - Beef, Find Ground, 85/15, Frozen	180 Ounce	UNPREPARED	100158
SPICE GARLIC GRANULATED 20 TRDE	3 Tablespoon		228435
Black Pepper	1 3/8 Tablespoon	BAKE	24108
TOMATO PASTE CALIF 26 6-10 GCHC	3 1/8 Cup		100196
WATER	2 Quart		H2O
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE CHILI POWDER MILD 80Z TRDE	1/4 Cup		195164

Description	Measurement	Prep Instructions	DistPart #
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA SPANISH 16Z TRDE	1 Tablespoon		225002
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993

Preparation Instructions

Directions:

WASH HANDS.

1. Brown ground beef. Drain. Continue immediately.

Add onions, granulated garlic, pepper, tomato paste, water, and seasonings (MAY USE TACO SEASONING). Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.

or use taco meet - seasoning packet

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz shredded cheese.

4. Serve.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.06
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	399.68
Fat	19.56g
SaturatedFat	6.69g
Trans Fat	1.34g
Cholesterol	15.00mg
Sodium	756.18mg
Carbohydrates	36.05g
Fiber	2.96g
Sugar	6.40g
Protein	16.36g
Vitamin A 532.00IU	Vitamin C 8.00mg
Calcium 167.49mg	Iron 0.81mg

CHICKEN WINGS BONELESS



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11890

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	5 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.</p>	561301
SAUCE BBQ CANNONBALL 4-1GAL KENS	1 Each		433388
SAUCE SWT & SOUR 4-1GAL LACHY	1 Each		242292
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Each		704229
SAUCE BBQ CTRUS CHPTL 4-1GAL SWTBRAY	1 Each		770140
SAUCE WNG GARL PARM 4- .5GAL SWTBRAY	1 Each		167403

Preparation Instructions

Directions:

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

TRANSFER TO BOWL AND TOSS WITH CHOSEN FLAVOR OF SAUCE.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Notes:

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.25
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: 4.00 Each

Amount Per Serving			
Calories	335.00		
Fat	12.75g		
SaturatedFat	2.38g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	1252.50mg		
Carbohydrates	37.50g		
Fiber	2.50g		
Sugar	20.50g		
Protein	17.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	31.25mg	Iron	1.61mg

BROCCOLI SALAD



Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11893

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL HELM	1 1/2 Quart		659932
SUGAR BEET GRANUL 25 GFS	1 Quart		108588
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
MILK WHT FF 40-8FLZ RGNLBRND	1 3/8 Cup		806360
BROCCOLI FLORET REG CUT 4-3 RSS	3 5/8 Gallon		732478
ONION RED DCD 1/4 2-5 RSS	12 Ounce		429201
DRIED CRANBERRIES PREM 4 P/L	1 1/4 Gallon		741950

Preparation Instructions

Directions:

Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.

Combine broccoli, walnuts (optional), onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.

Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.

Transfer 3 qt (about 4 lb 8 oz) broccoli salad 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: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 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 #1: No Cook

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup dark green vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup vegetable and 1/8 cup fruit.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.14
RedVeg	0.00
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	165.50		
Fat	3.59g		
SaturatedFat	0.48g		
Trans Fat	0.00g		
Cholesterol	4.86mg		
Sodium	133.41mg		
Carbohydrates	32.10g		
Fiber	2.37g		
Sugar	23.59g		
Protein	1.47g		
Vitamin A	312.28IU	Vitamin C	44.71mg
Calcium	28.39mg	Iron	0.36mg

Apple Poppy Seed Coleslaw Crunch (1-O, .30)

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	1/2 Cup		361300
ONION GREEN 2 RSS	1/8 Cup		596981
DRESSING POPPYSEED DELI 4-1GAL LTHSE	1/8 Cup		112798
SEED SUNFLWR RSTD SLTD 4-4 GFS	1/8 Cup		337910
APPLE RED DCD 3/8 2-5 MI LOCAL	1/2 Ounce		601092

Preparation Instructions

In a large bowl, combine cabbage, apples and green onions. Drizzle with dressing; toss to coat. Refrigerate, covered, at least 1 hour. Just before serving, top with sunflower kernels.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	149.60
Fat	8.84g
SaturatedFat	1.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.86mg
Carbohydrates	17.61g
Fiber	2.65g

Sugar			9.97g
Protein			0.72g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.17mg	Iron	0.17mg

BLUSHING CHILLED PEARS (.5-F, .50)

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR HALVES W/P 6-10 GFS	1/2 Cup		167622
GELATIN MIX CHERRY 12-24Z GFS	1/8 Teaspoon		524611

Preparation Instructions

1. Pour drained pears into serving line pans.
2. Sprinkle cherry gelatin over pears to give blushing color (pink to light red).
3. Cover and chill.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

4. Portion two pear halves. Each portion provides.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	36.28
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.65mg
Carbohydrates	8.31g
Fiber	1.00g

Sugar	7.31g
Protein	0.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.02mg	Iron 0.00mg

brunch

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16906

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each		462519
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
HASHBROWN STARZ .36Z 6-5 LAMB	2 1/2 Ounce		233101
BUN CINN ULTRA IW 72-2.9Z SUPBAK	1 Each		865440

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		493.81	
Fat		23.44g	
SaturatedFat		4.99g	
Trans Fat		0.00g	
Cholesterol		125.00mg	
Sodium		757.78mg	
Carbohydrates		55.87g	
Fiber		4.98g	
Sugar		15.00g	
Protein		10.98g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 82.94mg **Iron** 2.43mg