

Cookbook for South Newton Elementary

Created by HPS Menu Planner

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Candied Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16434

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG 30 GFS	15 Pound		285680
HONEY CLOVER 4-6 GCHC	3 Cup		225614
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup		224723
BUTTER SUB 24-4Z BTRBUDS	1 1/2 Cup		209810

Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, melted Butter Buds, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

**Allergens: Milk

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: 96.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	56.24		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	51.73mg		
Carbohydrates	14.71g		
Fiber	2.45g		
Sugar	11.26g		
Protein	0.82g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.65mg	Iron	0.29mg

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16599

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
SAUCE MARINARA A/P 6-10 REDPK	1/2 #10 CAN	READY_TO_EAT None	592714
Cheese, Mozzarella light, Shred FRZ	1 Cup		100034

Preparation Instructions

Put 1/2 of Marinara Sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	298.84
Fat	8.94g
SaturatedFat	3.94g
Trans Fat	0.00g
Cholesterol	22.22mg
Sodium	791.84mg
Carbohydrates	36.05g
Fiber	4.28g
Sugar	9.55g
Protein	17.28g
Vitamin A 841.42IU	Vitamin C 12.83mg
Calcium 318.20mg	Iron 1.08mg

RO - Meatball Sub with Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16600

Ingredients

Description	Measurement	Prep Instructions	DistPart #
8" WHOLE GRAIN WHITE SUB BUN	1	READY_TO_EAT	1742
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 Ounce	#8 Scoop	852759
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170

Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
2. Portion 4 meatballs, #16 scoop of sauce & #16 scoop of mozzarella cheese inside sub bun.

SLE Components

Amount Per Serving

Meat	3.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	465.00		
Fat	17.50g		
SaturatedFat	7.00g		
Trans Fat	0.60g		
Cholesterol	51.00mg		
Sodium	529.00mg		
Carbohydrates	49.00g		
Fiber	6.00g		
Sugar	10.00g		
Protein	28.00g		
Vitamin A	201.00IU	Vitamin C	3.00mg
Calcium	275.00mg	Iron	2.00mg

Meatball Sub

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	28 Pound		135071
CHEESE MOZZ SHRD 4-5 LOL	5 3/5 Pound		645170
BUN SUB SLCD WGRAIN 5 12-8CT GFS	200 Each		276142
SAUCE MARINARA A/P 6-10 REDPK	3 1/2 #10 CAN	READY_TO_EAT None	592714

Preparation Instructions

Steam meatballs in steamer until they reach 165. Add marinara and bake for 30-40 minutes.

Place 4 meatballs on each sub sandwich. Top with 0.4oz mozzarella cheese.

SLE Components

Amount Per Serving

Meat	2.02
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	356.01		
Fat	13.96g		
SaturatedFat	5.05g		
Trans Fat	0.47g		
Cholesterol	36.52mg		
Sodium	683.48mg		
Carbohydrates	37.67g		
Fiber	4.22g		
Sugar	8.10g		
Protein	19.76g		
Vitamin A	283.58IU	Vitamin C	5.08mg
Calcium	189.10mg	Iron	3.57mg

Chicken Bacon Ranch Pasta with Breadstick

Servings:	40.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	1 1/2 Package		155661
PASTA PENNE CKD 4-5 PG	1 1/2 Package		835900
Chicken, Diced, Cooked, Frozen	3 Pound		100101
DRESSING MIX RNCH 18-3.2Z HVALL	1/4 Cup		192716
BACON TOPPING 3/8 DCD 2-5 HRML	2 Cup		104396
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Cup	UNPREPARED	100012
BREADSTICK GARL WGRAIN TWST 54-2.1Z	40 Each		644051

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Cup

Amount Per Serving			
Calories	461.23		
Fat	17.20g		
SaturatedFat	7.81g		
Trans Fat	0.00g		
Cholesterol	70.27mg		
Sodium	1137.82mg		
Carbohydrates	47.72g		
Fiber	0.61g		
Sugar	7.51g		
Protein	27.84g		
Vitamin A	361.35IU	Vitamin C	0.00mg
Calcium	331.33mg	Iron	1.64mg

Chicken Alfredo Pasta

Servings:	54.00	Category:	Entree
Serving Size:	4.93 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	Heat Alfredo Sauce to 165 degrees	155661
CHIX FAJT 30 COMM	3 1/2 Pound	Thaw Chicken prior to using. Add Chicken to Cooked Pasta and Alfredo Sauce	154900
CHEESE MOZZ SHRD 30 COMM	10 Ounce	Mix Cheese with Pasta, Chicken, and Sauce	150620
PASTA ROTINI 2-10 KE	3 Pound	Boil in water according to package directions. Add Alfredo Sauce, Chicken, and, Cheese	635511

Preparation Instructions

After mixing all together place in 4" steam table pan sprayed with Pan Coating. Bake until reached temperature of 165 degrees.

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: 54.00

Serving Size: 4.93 Ounce

Amount Per Serving

Calories	215.71		
Fat	7.01g		
SaturatedFat	3.97g		
Trans Fat	0.00g		
Cholesterol	42.60mg		
Sodium	519.42mg		
Carbohydrates	23.51g		
Fiber	0.89g		
Sugar	4.12g		
Protein	14.58g		
Vitamin A	179.11IU	Vitamin C	0.00mg
Calcium	159.24mg	Iron	0.89mg

RO - Chicken Parmesan Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16639

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
CHIX BRST STRP BRD WGRAIN 6-5.15	2 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	#16 scoop	592714

Preparation Instructions

1. Cook chicken according to directions, CCP: Hot hold at 135F or higher
2. Place 2 chicken tenders, #16 scoop of mozzarella & #16 scoop of marinara sauce into 10" tortilla
3. Fold like a burrito (Roll up, tucking the ends in and slice in half) & grill

SLE Components

Amount Per Serving

Meat	2.33
Grain	2.96
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	433.02
Fat	18.21g
SaturatedFat	7.11g
Trans Fat	0.00g
Cholesterol	41.67mg
Sodium	1007.46mg
Carbohydrates	44.40g

Fiber	3.32g		
Sugar	6.30g		
Protein	23.54g		
Vitamin A	277.14IU	Vitamin C	4.29mg
Calcium	268.98mg	Iron	2.89mg

Beef Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
TACO FILLING BEEF REDC FAT 6-5# COMM	18 3/4 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5# COMM	1 Gallon	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

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.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 307.63

Fat 12.80g

SaturatedFat 6.84g

Trans Fat 0.27g

Cholesterol 52.32mg

Sodium 600.18mg

Carbohydrates 25.37g

Fiber 3.83g

Sugar 7.56g

Protein 20.33g

Vitamin A 802.41IU **Vitamin C** 4.73mg

Calcium 204.83mg **Iron** 2.25mg

Acosta Ravoli

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16641

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GFS	50 Fluid Ounce	Spray to Coat	405170
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	700 Each		524650
SAUCE SPAGHETTI 6-10 GCHC	100 Cup		144207

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
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	280.00		
Fat	3.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	1200.00mg		
Carbohydrates	43.00g		
Fiber	7.00g		
Sugar	15.00g		
Protein	14.00g		
Vitamin A	200.00IU	Vitamin C	3.60mg
Calcium	140.00mg	Iron	3.24mg

Sweet Sriracha Pasta Salad

Servings:	16.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18058

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	32 Ounce	Cook according to manufacturer instructions	229941
SAUCE CHS WHT BLND 6-106Z LOL	53 Ounce		235631
PEAS SNOW 10	4 Cup	Blanch	647462
CARROT MATCHSTICK SHRED 2-3 RSS	24 Ounce		198161
PEPPERS ASST COLORS 4-6CT P/L	8 Ounce		644562
ONION GREEN 2 RSS	1 Ounce		596981
SAUCE SWEET CHILI 12-56Z GFS	1 Cup		271862
SAUCE SRIRACHA 12-17FLZ HUYFNG	1/4 Cup		386462

Preparation Instructions

1. Cook pasta according to manufacture directions, drain, set aside.
2. Combine cheese sauce, sweet chili sauce, and sriracha sauce in steam table pan. Cover. CCP: Heat to 165 F for 15 sec.
3. Blanch snow peas and chill.
4. Combine pasta with cheese sauce, and vegetables.
5. Cool to 70 F within 2 hours and to 41 F or lower within and additional 4 hours. CCP: Maintain cold food at 41 F or below.
6. Portion 1.5 cups chilled pasta salad into serving bowl, to go container, or bistro box.
7. Top with green onions, if desired.
8. Chilled pasta salad can be stored refrigerated for up to 3 days.

**Allergens: Wheat, dairy

SLE Components

Amount Per Serving

Meat	1.51
Grain	2.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 16.00
Serving Size: 1.50 Cup

Amount Per Serving

Calories	413.44
Fat	12.16g
SaturatedFat	6.82g
Trans Fat	0.00g
Cholesterol	30.29mg
Sodium	783.32mg
Carbohydrates	56.22g
Fiber	5.95g
Sugar	10.25g
Protein	17.00g

Vitamin A	7529.41IU	Vitamin C	30.55mg
Calcium	408.06mg	Iron	2.31mg

Chicken Bacon Ranch Pasta with Breadstick

Servings:	40.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18059

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	1 1/2 Package		155661
PASTA PENNE CKD 4-5 PG	1 1/2 Package		835900
Chicken, Diced, Cooked, Frozen	3 Pound		100101
DRESSING MIX RNCH 18-3.2Z HVALL	1/4 Cup		192716
BACON TOPPING 3/8 DCD 2-5 HRML	2 Cup		104396
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Cup	UNPREPARED	100012
BREADSTICK GARL WGRAIN TWST 54-2.1Z	40 Each		644051

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Cup

Amount Per Serving

Calories	461.23		
Fat	17.20g		
SaturatedFat	7.81g		
Trans Fat	0.00g		
Cholesterol	70.27mg		
Sodium	1137.82mg		
Carbohydrates	47.72g		
Fiber	0.61g		
Sugar	7.51g		
Protein	27.84g		
Vitamin A	361.35IU	Vitamin C	0.00mg
Calcium	331.33mg	Iron	1.64mg

Hot Ham & Cheese on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18092

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	THAW AT ROOM TEMPERATURE OR CONVENTIONAL OVEN: 350 DEGREES F FOR 3-5 MINUTES. MICROWAVE: ON HIGH FOR 30-60 SECONDS	500162
TURKEY HAM UNCURED 6- 2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

1. Place 4 slices of lunchmeat on the pretzel bun.
2. Place 1 slice of cheese on top of meat.
3. Place lid on bun.
4. Toast until bun is warm and slightly crisp.
5. Wrap in foil and hold for hot service. CCP: Hold at 135 F or higher.

**Allergens: Milk, Soy, Wheat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	315.00		
Fat	10.50g		
SaturatedFat	4.25g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	610.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	116.00mg	Iron	2.52mg

Breakfast Scramble

Servings:	50.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	1 Cup		584584
CHEESE MOZZ SHRD 4-5 LOL	1 Cup		645170
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1 Ounce	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.62
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00

Amount Per Serving

Calories	10.24		
Fat	0.65g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	8.18mg		
Sodium	21.63mg		
Carbohydrates	0.39g		
Fiber	0.04g		
Sugar	0.10g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.80mg	Iron	0.10mg