

# **Cookbook for PORT CLINTON-HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Meatball Subs



<b>Servings:</b>	270.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18541

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	1 Each		135071
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Gram	READY_TO_EAT	276142

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 270.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	0.71		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.03mg		
<b>Sodium</b>	0.88mg		
<b>Carbohydrates</b>	0.11g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.24mg	<b>Iron</b>	0.01mg

# Assorted fruit



<b>Servings:</b>	270.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18542

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA 40# P/L	1		725961
Apples, Gala	1 Serving	READY_TO_EAT Rinse under cool water and let dry	310
ORANGES FANCY 72CT MRKN	1 Cup		197998
GRAPES FRSH SEEDLESS 64-2.25Z P/L	1 Ounce		158901

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 270.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	0.72
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.02mg
<b>Carbohydrates</b>	0.18g
<b>Fiber</b>	0.03g
<b>Sugar</b>	0.13g

<b>Protein</b>		0.01g	
<b>Vitamin A</b>	1.51IU	<b>Vitamin C</b>	0.36mg
<b>Calcium</b>	0.32mg	<b>Iron</b>	0.00mg

# Walking Taco



<b>Servings:</b>	270.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18543

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce		722330
LETTUCE TACO SHREDDED 1/8 CUT 6-3	1		728721
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce	UNPREPARED	100012

## 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: 270.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	0.94		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.11mg		
<b>Sodium</b>	1.08mg		
<b>Carbohydrates</b>	0.08g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	0.75IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.20mg	<b>Iron</b>	0.00mg

# Hamburger / Cheeseburger



<b>Servings:</b>	270.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18546

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
4" Whole Grain Hamburger Buns	1 Each		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.01
<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

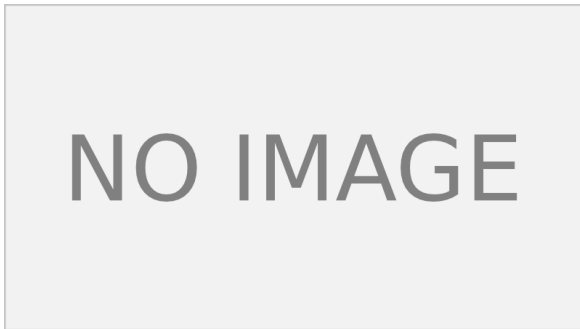
Servings Per Recipe: 270.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	1.21		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.18mg		
<b>Sodium</b>	1.64mg		
<b>Carbohydrates</b>	0.11g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.00mg



# Breakfast Tacos



<b>Servings:</b>	270.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18548

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	2 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. <b>HEATING STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120
EGG SCRMBD CKD FZ 4-5 GFS	1		584584
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1/4 Ounce	<b>THAW</b> Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Ounce	<b>UNPREPARED</b>	100012

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
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<b>Grain</b>	0.01
<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: 270.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	1.65
<b>Fat</b>	0.08g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.44mg
<b>Sodium</b>	3.43mg
<b>Carbohydrates</b>	0.12g
<b>Fiber</b>	0.01g
<b>Sugar</b>	0.02g
<b>Protein</b>	0.09g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.87mg	<b>Iron</b>	0.02mg

# American Bowl

NO IMAGE

<b>Servings:</b>	270.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18549

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	4 Ounce	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
POTATO PRLS CRMY EXCEL 12-28.2Z BAMER	1/2 Ounce	RECONSTITUTE 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	142204
CORN FZ 30 COMM	1/2 Cup		120490
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Tablespoon		552061

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 270.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	1.47		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.26mg		
<b>Sodium</b>	3.45mg		
<b>Carbohydrates</b>	0.17g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	0.70IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.01mg

# Breakfast Sandwich

NO IMAGE

<b>Servings:</b>	270.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18550

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN EGG&CHS WGRAIN IW 96-3.3Z	1	BAKE From thawed state in a convection oven at 275 degrees for 11-13 minutes.	460332

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.01
<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: 270.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	0.78		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.28mg		
<b>Sodium</b>	1.56mg		
<b>Carbohydrates</b>	0.09g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg