

Cookbook for NORTH BRANCH HIGH SCHOOL

Created by HPS Menu Planner

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Brunch for Lunch: Chicken Tenders & Waffle

NO IMAGE

Servings:	250.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9946

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	750 Piece		533830
WAFFLE HMSTYL 4 12-12CT EGGO	250 Each		103452
SYRUP PANCK DIET CUP 100-1Z SMUCK	250 Each		666785

Preparation Instructions

Wash hands thoroughly.

1. Bake Chicken tenders according to directions.
2. Warm Waffles according to directions.
3. Use a 1 # paper tray to put 2 pieces of chicken tenders and 1 waffle in tray.
4. Place in warmer till service.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	340.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	665.00mg
Carbohydrates	29.50g
Fiber	2.00g

Sugar	4.00g
Protein	21.50g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 125.00mg	Iron 3.87mg

Club Salad

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	30 Cup		735787
TOMATO GRAPE SWT 10 MRKN	2 1/2 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	2 1/2 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	2 1/2 Cup		198757
PEPPERS RED 11 P/L	2 1/2 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	2 1/2 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	2 1/2 Cup		510637
CHEESE CHED REDC FAT SHRD 6-5 COMM	20 Tablespoon		448010
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	10 Slice		689541
TURKEY HAM SLCD 12-1 JENNO	10 Slice		556121
BACON TKY CKD 12-50CT JENNO	5 Serving		834770
CROUTON CHS GARL WGRAIN 250-.5Z	10 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	20 Each	READY_TO_EAT No baking necessary.	751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	10 Each		825010

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Boil, cool and peel egg, then slice with egg slicer.
6. Put lettuce in container, then veggies, then cut up turkey, turkey ham, and cut up 1 slice of bacon, put on top of salad.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	1.61
Grain	2.50
Fruit	0.00
GreenVeg	1.75
RedVeg	1.17
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	500.29
Fat	17.31g
SaturatedFat	3.93g
Trans Fat	0.00g
Cholesterol	42.91mg
Sodium	1172.90mg
Carbohydrates	60.17g
Fiber	9.87g
Sugar	18.17g
Protein	24.72g
Vitamin A 9482.12IU	Vitamin C 116.02mg
Calcium 151.85mg	Iron 5.53mg

Submarine Sandwich Bar

NO IMAGE

Servings:	20.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16037

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	20 Each		276142
TURKEY HAM UNCURED 6-2 JENNO	40 Slice		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	40 Slice		689541
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	40 Slice		776221
CHEESE AMER WHT 160CT SLCD 6-5 LOL	20 Slice		861940

Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.

SLE Components

Amount Per Serving

Meat	2.18
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: 20.00

Serving Size: 1.00 1

Amount Per Serving

Calories	330.82
Fat	12.26g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	62.45mg
Sodium	881.61mg
Carbohydrates	31.75g
Fiber	2.00g
Sugar	5.50g
Protein	21.66g
Vitamin A 50.00IU	Vitamin C 0.00mg
Calcium 131.00mg	Iron 2.45mg

Yogurt Meal

NO IMAGE

Servings:	20.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	20 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ LT IW 168-1Z LOL	20 Each		786801
GRAPES RED SDLSS 18AVG MRKN	10 Cup		197831
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	20 Each		597380
CRACKER GLDFSH CHED WGRAIN 300-.75Z	40 Package		736280

Preparation Instructions

Wash hands thoroughly.

Wash fresh fruit, Use fresh grapes, or fresh apple, or fresh orange quartered and put into a baggie.

If no fresh fruit, a applesauce cup may be used.

Put all items in a plastic box # 441953 for service.

SLE Components

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 20.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories	426.27		
Fat	10.27g		
SaturatedFat	4.07g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	621.67mg		
Carbohydrates	67.67g		
Fiber	2.73g		
Sugar	32.33g		
Protein	17.53g		
Vitamin A	6084.00IU	Vitamin C	63.36mg
Calcium	579.76mg	Iron	2.25mg

Veggie Bar Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13176

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
SPINACH BABY CLND 2-2 RSS	12 1/2 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	12 1/2 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	100 Ounce		510637
TOMATO 6X6 LRG 25 MRKN	12 1/2 Cup		199036
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup		560715
CAULIFLOWER CALIF 12-1CT MRKN	12 1/2 Cup		198528
CUCUMBER SELECT 24CT MRKN	12 1/2 Cup		418439
CELERY JUMBO 16-24CT 40 MARKON	12 1/2 Cup		198536

Preparation Instructions

Wash hands thoroughly.

Wash and chop all vegetables and put in individual containers on the salad bar.

Put clean tongs or spoons into each container.

Change out utensils for clean ones for every lunch.

SLE Components

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	0.00
GreenVeg	0.70
RedVeg	0.59
OtherVeg	0.39
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 1

Amount Per Serving

Calories	40.47
Fat	0.23g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	47.58mg
Carbohydrates	8.75g
Fiber	3.30g
Sugar	4.67g
Protein	2.39g

Vitamin A	4775.04IU	Vitamin C	51.34mg
Calcium	48.67mg	Iron	1.08mg

Warm Cinnamon Apples

NO IMAGE

Servings:	350.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8142

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	14 #10 CAN	4-#10 cans	120500
SPICE CINNAMON GRND 15Z TRDE	17 1/2 Tablespoon		224723
SUGAR BEET GRANUL 25 GFS	3 1/2 Cup		108588
SUGAR BROWN LT 12-2 P/L	7 Cup		860311
STARCH CORN 24-1 ARGO	3 1/2 Tablespoon		108413
SPICE NUTMEG GRND 16Z TRDE	8 3/4 Teaspoon		224944

Preparation Instructions

Pre Heat oven to 350*

Mix all dry ingredients together.

Spray pans or use pan savers.

Mix in the apples with the dry ingredients and mix well.

Bake uncovered for 15 minutes. Bake an additional 15 minutes covered.

Serve with #8 Scoop, 4 oz portion cup.

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: 350.00
Serving Size: 0.50 1

Amount Per Serving

Calories	61.63
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.35mg
Carbohydrates	15.05g
Fiber	2.07g
Sugar	11.87g
Protein	0.00g

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

Fresh Fruit

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18499

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGE 113 - 138 CT 1/35 LB CS	1 Cup		171871
WHOLE APPLE	1/2 Cup		733160

Preparation Instructions

Wash hands thoroughly.

Wash fruit thoroughly under running water.

Put into a fruit bowl for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.67
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 1

Amount Per Serving

Calories	75.07
Fat	0.30g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.73mg
Carbohydrates	18.67g
Fiber	2.87g
Sugar	6.67g
Protein	1.07g

Vitamin A	163.17IU	Vitamin C	32.52mg
Calcium	25.97mg	Iron	0.16mg