

Cookbook for NORTH BRANCH HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Michigan Salad

White Queso Chicken Nachos

Chicken Smackers with WG Dinner Roll

Submarine Sandwich Bar

Yogurt Meal

Veggie Bar Salad

Refried Beans with Salsa

Roasted Broccoli

Fresh Pico De Gallo

Fresh Fruit

Michigan Salad

NO IMAGE

Servings:	13.33	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7229

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	39 7/8 Cup		735787
CARROT BABY WHL CLEANED 12-2 RSS	3 1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	3 1/4 Cup		198536
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	13 1/4 Each	Cut chicken breast in strips and put on top of salad.	561331
CHEESE MOZZ SHRD 4-5 LOL	26 5/8 Tablespoon		645170
APPLE VARIETY BULK 113-138CT 40	13 1/4 Each		810730
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	13 1/4 Package		636402
WALNUT PCS MED 30 GFS	13 1/4 Tablespoon		585041
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	26 5/8 Each	READY_TO_EAT No baking necessary.	751701
MARGARINE SPREAD 600-5GM SMRT BAL	26 5/8 Each	READY_TO_EAT Ready to use.	620821
DRESSING VINAG RASPB FF 60-1.5FLZ	13 1/4 Each		824970

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. Put walnuts in small souffle cup with lid.
5. Put lettuce, then veggies, and rest of ingredients in plastic container.
6. Cut chicken breast in long strips and put on top of lettuce.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	1.50
GreenVeg	1.50
RedVeg	0.67
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.33

Serving Size: 1.00 Serving

Amount Per Serving

Calories	693.92		
Fat	19.82g		
SaturatedFat	5.15g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	1130.30mg		
Carbohydrates	98.17g		
Fiber	13.77g		
Sugar	60.67g		
Protein	29.36g		
Vitamin A	9027.10IU	Vitamin C	8.32mg
Calcium	242.73mg	Iron	5.14mg

White Queso Chicken Nachos

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18305

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT BLND 6-106Z LOL	20 Pound		235631
PEPPERS & ONION FLME RSTD 6-2.5	5 5/8 Pound	May use 10 ounces of chopped onions and 4 cups of chopped Red Peppers instead. Chop in blender or food processor.	847208
SPICE GARLIC GRANULATED 24Z TRDE	5 5/8 Teaspoon		513881
CHEESE PARM GRTD 12-1 PG	2 3/4 Cup	1 cup = 3.5 ounces	164259
CHEESE MOZZ SHRD 4-5 LOL	5 5/8 Pound		645170
CHIP TORTL RND R/F 64-1.45Z TOSTIT	200 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
CHIX FAJT 30 COMM	17 1/8 Pound		154900

Preparation Instructions

Wash hands thoroughly.

Preheat 350*

Bake Fajita Chicken till 150*. Use souffle cup to put chicken in 1.37 ounce cups.

Combine all ingredients, except for tortilla chips and chicken. Mix well.

Place mixture in hotel pan 4 inch with lid on.

Bake for approximately 30 minutes or until temperature reaches 165* or higher and cheese is melted.

Tested in the oven on 350*.

Heat until internal temperature reaches 165* or higher for at least 15 seconds, cheese is melted and are slightly brown.

Hold for hot service at 140* or higher.

Serve using #8 scoop or 4 oz spoodle/ladle. Serve in small foam bowl (small 6 oz.)

Serve 1/2 cup of sauce in a souffle cup with 1 bag of tostitos in a 1# paper tray.

Keep cheese sauce hot till service.

SLE Components

Amount Per Serving

Meat	2.07
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 1

Amount Per Serving			
Calories		383.01	
Fat		17.47g	
SaturatedFat		7.26g	
Trans Fat		0.00g	
Cholesterol		53.93mg	
Sodium		850.66mg	
Carbohydrates		33.26g	
Fiber		3.28g	
Sugar		1.91g	
Protein		18.95g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	341.46mg	Iron	0.67mg

Chicken Smackers with WG Dinner Roll

NO IMAGE

Servings:	266.67	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14760

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	266 3/5 Serving	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	266 3/5 Each	READY_TO_EAT No baking necessary.	751701
MARGARINE SPREAD 600- 5GM SMRT BAL	266 3/5 Each	READY_TO_EAT Ready to use.	620821

Preparation Instructions

Wash hands thoroughly.

Cook Popcorn Chicken according to directions.

Serve with a WG Dinner Roll with 1 Smart balance Margarine.

SLE Components

Amount Per Serving

Meat	2.00
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: 266.67

Serving Size: 1.00 1

Amount Per Serving

Calories	370.00
Fat	17.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	670.00mg
Carbohydrates	30.00g

Fiber	4.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.52mg

Submarine Sandwich Bar

NO IMAGE

Servings:	26.67	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	26 5/8 Each		276142
TURKEY HAM UNCURED 6-2 JENNO	53 1/4 Slice		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	53 1/4 Slice		689541
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	53 1/4 Slice		776221
CHEESE AMER WHT 160CT SLCD 6-5 LOL	26 5/8 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: 26.67

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:	26.67	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	26 5/8 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ LT IW 168-1Z LOL	26 5/8 Each		786801
GRAPES RED SDLSS 18AVG MRKN	13 1/4 Cup		197831
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	26 5/8 Each		597380
CRACKER GLDFSH CHED WGRAIN 300-.75Z	53 1/4 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: 26.67
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



Servings:	133.33	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	133 1/4 Cup		735787
SPINACH BABY CLND 2-2 RSS	16 5/8 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	16 5/8 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	133 1/4 Ounce		510637
TOMATO 6X6 LRG 25 MRKN	16 5/8 Cup		199036
PEPPERS RED DOMESTIC 23 MRKN	16 5/8 Cup		560715
CAULIFLOWER CALIF 12-1CT MRKN	16 5/8 Cup		198528
CUCUMBER SELECT 24CT MRKN	16 5/8 Cup		418439
CELERY JUMBO 16-24CT 40 MARKON	16 5/8 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

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: 133.33
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

Refried Beans with Salsa

NO IMAGE

Servings:	160.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	6 1/8 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	9 1/8 Teaspoon	Mix with beans.	605062
CHEESE CHED SHRD 6-5 COMM	3 Cup		199720
BEAN REFRD 6-10 GRSZ	6 1/8 #10 CAN		293962

Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.
8. Serve refried beans in souffle cup.

SLE Components

Amount Per Serving

Meat	0.15
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.05
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00
Serving Size: 1.00 1

Amount Per Serving

Calories	160.32
Fat	3.37g
SaturatedFat	1.42g
Trans Fat	0.00g
Cholesterol	4.62mg
Sodium	578.42mg
Carbohydrates	23.61g
Fiber	6.00g
Sugar	1.20g
Protein	8.88g

Vitamin A	36.51IU	Vitamin C	0.41mg
Calcium	48.26mg	Iron	2.02mg

Roasted Broccoli

NO IMAGE

Servings:	160.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8140

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	160 Cup	1-5# bag = 10 cups	549292
MARGARINE SLD 30-1 GCHC	6 1/8 Cup		733061
SEASONING SALT NO MSG 5 TRDE	24 1/2 Tablespoon		514039
SPICE GARLIC GRANULATED 24Z TRDE	24 1/2 Tablespoon		513881
SALT IODIZED 25 CARG	12 1/4 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	6 1/8 Teaspoon		225037

Preparation Instructions

Put frozen broccoli on paper lined sheet pan sprayed with pan release spray, make sure you spray the edges of the pan. Then sprinkle with 1/2 cup melted margarine. Then sprinkle with seasoning mixture. Bake at 425* for 10 minutes.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 6.00 1

Amount Per Serving

Calories	118.34
Fat	6.77g
SaturatedFat	2.77g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	958.53mg
Carbohydrates	11.85g
Fiber	6.18g
Sugar	2.00g
Protein	6.18g
Vitamin A 461.54IU	Vitamin C 0.02mg
Calcium 1.56mg	Iron 0.09mg

Fresh Pico De Gallo

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	2.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18508

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	21 1/4 Cup	weight = 2.5 pounds	786543
ONION RED JUMBO 10 MRKN	9 1/4 Cup	weight = 12 ounces	596973
PEPPERS JALAPENO 10	2 Cup	weight = 3 ounces	303186
CILANTRO CLEANED 4-1 RSS	7 Cup	weight = 1 ounce finely chopped	219550
ONION GREEN 2 RSS	1 1/4 Cup	weigh = 4 ounces finely chopped	596981
SALT IODIZED 25 CARG	2 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	4 Tablespoon		224839

Preparation Instructions

Wash hands thoroughly.

1. Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.
2. Critical Control Point: Cool to 40°F or lower within 4 hours.
3. Critical Control Point: Hold at 40°F or below.
4. Serve in small 2 oz souffle cups.
5. Portion with No. 16 scoop (1/4 cup).

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.44
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 1

Amount Per Serving			
Calories	60.69		
Fat	0.15g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	53.66mg		
Carbohydrates	13.96g		
Fiber	2.53g		
Sugar	6.11g		
Protein	1.71g		
Vitamin A	16.57IU	Vitamin C	10.32mg
Calcium	39.39mg	Iron	0.39mg

Fresh Fruit

NO IMAGE

Servings:	66.67	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	22 1/8 Each		197769
ORANGE 113 - 138 CT 1/35 LB CS	22 1/8 Cup		171871
WHOLE APPLE	11 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: 66.67

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