

Cookbook for NORTH BRANCH HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Mac n Smoky BBQ Pork Bowl

Chicken Breast on WG Bun

Antipasto Salad

Submarine Sandwich Bar

Yogurt Meal

Veggie Bar Salad

Fresh Fruit

Mac n Smoky BBQ Pork Bowl

NO IMAGE

Servings:	250.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18312

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	250 Cup	BAKE	527582
PORK PULLED BBQ DRY PKG 4-4	250 Ounce		795230
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	250 Each		159791

Preparation Instructions

Wash hands thoroughly.

Heat mac n cheese according to directions.

Heat Pulled pork according to directions.

Put 1 cup of mac and cheese in foam bowl, then put 1 oz of bbq pulled pork on the top. Then drizzle bbq sauce on the top and serve with corn bread loaf.

SLE Components

Amount Per Serving

Meat	2.67
Grain	2.33
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	636.23
Fat	25.82g
SaturatedFat	8.92g
Trans Fat	0.00g
Cholesterol	81.83mg
Sodium	1004.88mg
Carbohydrates	66.67g
Fiber	3.77g

Sugar	23.50g
Protein	34.82g
Vitamin A 1012.32IU	Vitamin C 0.13mg
Calcium 557.54mg	Iron 2.75mg

Chicken Breast on WG Bun

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16036

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810

Preparation Instructions

Wash hands thoroughly. Bake Chicken Breasts according to directions. Put chicken breast on bun and wrap. Keep in warmer till service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
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 1

Amount Per Serving

Calories 340.00

Fat 11.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 440.00mg

Carbohydrates 35.00g

Fiber 7.00g

Sugar 4.00g

Protein 24.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 63.00mg **Iron** 2.00mg

Antipasto Salad

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7233

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
TURKEY HAM SLCD 12-1 JENNO	30 Slice	6 slices = 2 ounces of m/ma	556121
PEPPERONI SLCD 16/Z 2-5 HRML	5 Ounce	8 slices = 1/2 ounce m/ma	100240
CHEESE MOZZ SHRD 4-5 LOL	20 Tablespoon		645170
ONION VIDALIA SWT 10 P/L	20 Tablespoon	Slice onion and put 4 onion rings on top of salad.	558133
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	10 Tablespoon		324531
CROUTON CHS GARL WGRAIN 250-.5Z	10 Package		661022

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	10 Each	Grill Ciabatta bun with garlic powder and bag .	831221
DRESSING ITAL LT PKT 102-1Z LTHSE	10 Each	READY_TO_EAT Open, pour and enjoy!	140931

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill Ciabatta bun with garlic powder, bag.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, then cut up turkey ham, put on top of salad along with pepperoni, then add fresh onion rings to the top.
7. Keep refrigerated till service.
8. Serve with choice of dressing.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	1.75
RedVeg	1.17
OtherVeg	0.31
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	552.51
Fat	23.42g
SaturatedFat	6.80g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1285.94mg
Carbohydrates	60.83g
Fiber	10.88g
Sugar	16.77g
Protein	26.55g
Vitamin A 9482.14IU	Vitamin C 116.71mg
Calcium 205.75mg	Iron 6.07mg

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:	120.00	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	120 Cup		735787
SPINACH BABY CLND 2-2 RSS	15 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	15 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	120 Ounce		510637
TOMATO 6X6 LRG 25 MRKN	15 Cup		199036
PEPPERS RED DOMESTIC 23 MRKN	15 Cup		560715
CAULIFLOWER CALIF 12-1CT MRKN	15 Cup		198528
CUCUMBER SELECT 24CT MRKN	15 Cup		418439
CELERY JUMBO 16-24CT 40 MARKON	15 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: 120.00
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

Fresh Fruit

NO IMAGE

Servings:	75.00	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	25 Each		197769
ORANGE 113 - 138 CT 1/35 LB CS	25 Cup		171871
WHOLE APPLE	12 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: 75.00

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