

# **Cookbook for NORTH BRANCH HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Popcorn Chicken Salad

NO IMAGE

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7030

## 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
CELERY JUMBO 16-24CT 40 MARKON	2 1/2 Cup		198536
CHEESE CHED SHRD 6-5 COMM	20 Tablespoon		199720
CHIP CORN FUN SZ 120-.75Z FRITOS	10 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	10 Each	READY_TO_EAT No baking necessary.	751701

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SPREAD 600-5GM SMRT BAL	10 Each	READY_TO_EAT Ready to use.	620821
CHIX PCORN LRG WGRAIN CKD 6-5	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## 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. Peel boiled egg and rinse well, then use egg slicer.
6. Pull lettuce, then veggies, and rest of ingredients in plastic container.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.75
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	635.82
<b>Fat</b>	29.97g
<b>SaturatedFat</b>	8.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	965.58mg
<b>Carbohydrates</b>	61.67g
<b>Fiber</b>	12.37g
<b>Sugar</b>	13.67g
<b>Protein</b>	31.26g
<b>Vitamin A</b> 10321.31IU	<b>Vitamin C</b> 116.68mg
<b>Calcium</b> 162.25mg	<b>Iron</b> 4.77mg

# Fish Shapes, Tots & WG Roll

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8515

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	100 Serving	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	100 Each	READY_TO_EAT No baking necessary.	751701
POTATO TATER TOTS 6- 5 OREI	252 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## Preparation Instructions

Wash hands thoroughly.

Bake fish according to directions.

Bake tater tots according to directions.

Use paper tray to put 4 fish nuggets and put 2.52 oz of Tater tots. Keep hot till serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<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>	0.50

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 1

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**Amount Per Serving**

<b>Calories</b>	430.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	1170.00mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	18.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.88mg

# Submarine Sandwich Bar

NO IMAGE

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.18
<b>Grain</b>	2.00
<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: 20.00

Serving Size: 1.00 1

### Amount Per Serving

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



# Yogurt Meal

NO IMAGE

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00  
Serving Size: 1.00 1

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**Amount Per Serving**

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<b>Calories</b>	426.27
<b>Fat</b>	10.27g
<b>SaturatedFat</b>	4.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	621.67mg
<b>Carbohydrates</b>	67.67g
<b>Fiber</b>	2.73g
<b>Sugar</b>	32.33g
<b>Protein</b>	17.53g

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<b>Vitamin A</b>	6084.00IU	<b>Vitamin C</b>	63.36mg
<b>Calcium</b>	579.76mg	<b>Iron</b>	2.25mg

# Roasted Broccoli

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8140

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	150 Cup	1-5# bag = 10 cups	549292
MARGARINE SLD 30-1 GCHC	5 3/4 Cup		733061
SEASONING SALT NO MSG 5 TRDE	23 Tablespoon		514039
SPICE GARLIC GRANULATED 24Z TRDE	23 Tablespoon		513881
SALT IODIZED 25 CARG	11 1/2 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	5 3/4 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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 6.00 1

### Amount Per Serving

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

# Veggie Bar Salad

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
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<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.70
<b>RedVeg</b>	0.59
<b>OtherVeg</b>	0.39
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 1

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**Amount Per Serving**

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

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<b>Vitamin A</b>	4775.04IU	<b>Vitamin C</b>	51.34mg
<b>Calcium</b>	48.67mg	<b>Iron</b>	1.08mg

# Three Bean Salad

NO IMAGE

<b>Servings:</b>	33.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN FZ 30 COMM	5 Cup	Steam beans till crisp tender.	355490
BEAN YELLOW WAX CUT 12-2 GFS	5 Cup	Steam beans till crisp tender.	233226
BEAN GARBANZO 6-10 GCHC	5 Cup	Drain and rinse beans.	118753
ONION VIDALIA SWT 10 P/L	1 1/4 Cup	Thinly slice onions.	558133
SUGAR BEET GRANUL 25 GFS	5/8 Cup		108588
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 1/2 Cup		629640
OIL SALAD CANOLA NT 6-1GAL GCHC	5/8 Cup		393843
SALT KOSHER 12-3 DIAC	1 1/4 Teaspoon		424307
SPICE PEPR BLK REG GRIND 16Z TRDE	5/8 Teaspoon		225037
SPICE CELERY SEED WHOLE 16Z TRDE	1 1/4 Teaspoon		224677

## Preparation Instructions

Wash hands thoroughly.

1. Steam Green and Yellow Beans just till crisp tender, not all the way done. Let cool. (Kidney Beans may be substituted for Yellow Beans, drained and rinsed).
2. Drain and rinse Garbanzo Beans. Then add to cooled Green and Yellow Beans.
3. Slice thinly sweet onions, add to beans.

4. Put all the rest of ingredients to a bowl and whisk together. Mix and pour over beans.
5. Mix all together and refrigerate for at least 8-12 hours before serving.
6. Parsley may be used for garnish (optional).

### 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>	0.38
<b>Legumes</b>	0.15
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 6.00 1

#### Amount Per Serving

<b>Calories</b>	64.41		
<b>Fat</b>	0.62g		
<b>SaturatedFat</b>	0.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	135.15mg		
<b>Carbohydrates</b>	11.87g		
<b>Fiber</b>	2.62g		
<b>Sugar</b>	5.16g		
<b>Protein</b>	2.39g		
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	25.49mg	<b>Iron</b>	0.34mg



# Fresh Fruit

NO IMAGE

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.67
<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: 75.00

Serving Size: 1.00 1

#### Amount Per Serving

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

<b>Vitamin A</b>	163.17IU	<b>Vitamin C</b>	32.52mg
<b>Calcium</b>	25.97mg	<b>Iron</b>	0.16mg