

Cookbook for RUTH FOX MIDDLE SCHOOL

Created by HPS Menu Planner

Table of Contents

Brunch for Lunch 2 Cinnamon Pancakes w/ Sausage

Ham & Cheese Wrap

Club Salad

Veggie Bar Salad

Warm Cinnamon Apples

Brunch for Lunch 2 Cinnamon Pancakes w/ Sausage

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9947

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	100 Serving		642230
SAUSAGE PTY CKD 250-1.2Z COMM	200 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000

Preparation Instructions

Wash hands thoroughly.

1. Heat pancakes according to directions.
2. Heat sausage according to directions.
3. Use a 1# paper tray to serve.

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: 100.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories	360.00		
Fat	17.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	780.00mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	2.16mg

Ham & Cheese Wrap



Servings:	90.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14536

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	90 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
TURKEY HAM SLCD 12-1 JENNO	135 Ounce		556121
CHEESE SLCD YEL 6-5 COMM	45 Serving	Cut 1 slice of cheese in half and lay on tortilla wrap so it lays all the way across the tortilla wrap.	334450

Preparation Instructions

1. Thaw turkey ham according to directions. CCP: Keep cold 41F or below.
 2. Place 4 slices of turkey ham, 1 slice of cheese cut in half & 1/2 cup of lettuce into 10" tortilla
 3. Wrap, label and date for 3 days.
 4. Serve with Ranch dressing.
- CCP: Keep cold 41F or below.

SLE Components

Amount Per Serving

Meat	1.97
Grain	1.75

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 90.00
Serving Size: 1.00 1

Amount Per Serving

Calories	256.47
Fat	10.71g
SaturatedFat	4.74g
Trans Fat	0.00g
Cholesterol	41.91mg
Sodium	579.71mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	2.50g
Protein	13.85g

Vitamin A	0.00IU	Vitamin C	0.88mg
Calcium	100.00mg	Iron	1.97mg

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

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
-------------	------

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



Servings:	200.00	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	8 #10 CAN	4-#10 cans	120500
SPICE CINNAMON GRND 15Z TRDE	10 Tablespoon		224723
SUGAR BEET GRANUL 25 GFS	2 Cup		108588
SUGAR BROWN LT 12-2 P/L	4 Cup		860311
STARCH CORN 24-1 ARGO	2 Tablespoon		108413
SPICE NUTMEG GRND 16Z TRDE	5 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: 200.00
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