

Cookbook for RUTH FOX MIDDLE SCHOOL

Created by HPS Menu Planner

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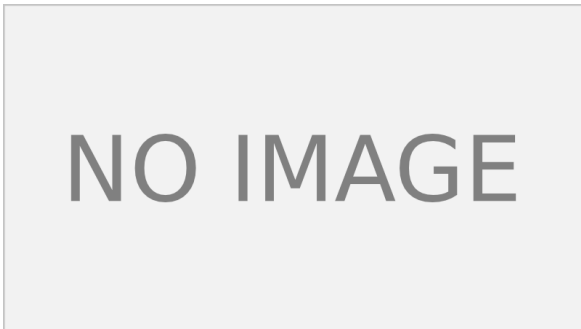
Macaroni & Cheese & WG Biscuit w/Honey & Rice Krispie Treat

Broncoburger on WG Bun

Antipasto Salad

Veggie Bar Salad

Macaroni & Cheese & WG Biscuit w/Honey & Rice Krispie Treat



Servings:	100.00	Category:	Entree
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8530

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	67 Cup		527582
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	100 Each	READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782
HONEY PKT 200-9GM GFS	100 Each		270539
TREAT RICE KRISPIE MINI 600-.39Z KELL	100 Each		859570

Preparation Instructions

Wash hands thoroughly.

Basic Preparation

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Serve 6 oz of mac and cheese in a 8 oz foam bowl, cover with plastic wrap. Keep at 145* or higher in warmer.

Serve with 1 biscuit, 1 honey package, and 1 rice mini krispie treat.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
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: 6.00 1

Amount Per Serving			
Calories	452.40		
Fat	16.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	930.30mg		
Carbohydrates	58.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	20.10g		
Vitamin A	750.00IU	Vitamin C	0.05mg
Calcium	460.43mg	Iron	1.77mg

Broncoburger on WG Bun



Servings:	90.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8519

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5" Bun, WG	90 Each	READY_TO_EAT	3354
BEEF PTY CKD FLAMEBR CN 250-1.95Z	90 Each		187220
CHEESE AMER 160CT SLCD R/F 6-5 LOL	45 Serving		722360

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

CCP: Heat to 165° F or higher for at least 15 seconds

CCP: Hold at 135° F or higher.

Notes:

1. Cook burger patties according to instructions, then heat to 165* for at least 15 seconds.
2. Layer 1 beef patty on bun
3. Top with 1 slice American Cheese.
4. Wrap in waxed paper and serve with Ketchup, mustard and relish.

SLE Components

Amount Per Serving

Meat	2.00
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: 90.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories	235.00		
Fat	8.00g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	600.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	2.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	116.00mg	Iron	1.44mg

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

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
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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: 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