

# **Cookbook for RUTH FOX MIDDLE SCHOOL**

**Created by HPS Menu Planner**

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# Chicken Patty on WG Bun



<b>Servings:</b>	40.00	<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-4142

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	40 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
Hamburger Bun, 3.5 inch, Whole Grain 18 oz/12 ct	40 Each	READY_TO_EAT	3354
MAYONNAISE OLIVE OIL R/F 200-12.4GM	40 Each		131011

## Preparation Instructions

**BAKE**  
Appliances vary, adjust accordingly.  
Conventional Oven  
8-10 minutes at 400°F from frozen.  
**CONVECTION**  
Appliances vary, adjust accordingly.  
Convection Oven  
6-8 minutes at 375°F from frozen.

Bring chicken patty to temperature and then put on bun and cover with plastic wrap. Put in warmer, till service. Serve with mayo pkg.

## SLE Components

### Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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>	0.00

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>			
<b>Calories</b>		395.00	
<b>Fat</b>		18.00g	
<b>SaturatedFat</b>		2.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		541.40mg	
<b>Carbohydrates</b>		37.00g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		19.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.00mg
<b>Calcium</b>	37.00mg	<b>Iron</b>	10.00mg

# 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

# 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