

Cookbook for NORTH BRANCH ELEMENTARY SCHOOL

Created by HPS Menu Planner

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Fresh Broccoli Salad

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS 20 MRKN	16 Cup	Clean and chop.	704547
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	6 Package	These are 1.16 ounce packages.	636402
ONION VIDALIA SWT 10 P/L	1 1/2 Cup		558133
BACON TKY CKD 12-50CT JENNO	12 Slice	8 slices = 1 cup, therefore 12 slices = 1 1/2 cups. Crumble and add to other ingredients.	834770
SEED SUNFLWR RSTD SLTD 4-4 GFS	1 1/2 Cup		337910
DRESSING SALAD LT 4-1GAL LTHSE	2 1/2 Cup	READY_TO_EAT Open, pour and enjoy!	135030
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
SUGAR BEET GRANUL 25 GFS	3/4 Cup		108588

Preparation Instructions

Wash hands thoroughly.

1. Wash and chop veggies, mix together.
2. Blend wet ingredients together with sugar and whisk till well blended.
3. Toss together rest of ingredients with wet salad dressing.
4. Portion 1/2 cup servings in souffle cups.

SLE Components

Amount Per Serving

Meat	0.04
Grain	0.00
Fruit	0.06
GreenVeg	0.32
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving			
Calories	88.75		
Fat	4.29g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	5.20mg		
Sodium	162.34mg		
Carbohydrates	11.40g		
Fiber	1.42g		
Sugar	8.12g		
Protein	1.97g		
Vitamin A	175.46IU	Vitamin C	25.15mg
Calcium	15.88mg	Iron	0.40mg

Baked Beans

NO IMAGE

Servings:	33.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN		120530
ONION DEHY CHPD 15 P/L	3/4 Cup		263036
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937

Preparation Instructions

Wash hands thoroughly.

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add rest of ingredients and mix well.
4. Bake at 325* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.78

Starch

0.00

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 6.00 1

Amount Per Serving

Calories	197.34
Fat	1.58g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	291.22mg
Carbohydrates	37.78g
Fiber	7.97g
Sugar	13.02g
Protein	11.09g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.71mg	Iron 0.03mg

Garden Salad

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757

Preparation Instructions

Wash hands thoroughly.

Clean and chop vegetables.

Toss together and serve 1 cup servings.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	27.50
Fat	0.20g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.63mg
Carbohydrates	6.00g
Fiber	2.25g
Sugar	3.50g

Protein	1.80g
Vitamin A 526.33IU	Vitamin C 36.48mg
Calcium 26.31mg	Iron 0.65mg

Hot Dog on WG Bun

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8268

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 10/ 2-5 GFS	1 Each		305286
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 Each		700051
RELISH SWT PKT 200-9GM GFS	1 Each		187216

Preparation Instructions

Wash hands thoroughly.

1. Cook hot dogs in steamer up to 165*
2. Put hot dogs in buns.
3. Wrap in plastic.
4. Serve with Ketchup, Relish and Mustard.

SLE Components

Amount Per Serving

Meat	1.50
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: 1.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories	270.80		
Fat	14.70g		
SaturatedFat	4.00g		
Trans Fat	0.01g		
Cholesterol	35.00mg		
Sodium	820.60mg		
Carbohydrates	27.00g		
Fiber	2.30g		
Sugar	7.00g		
Protein	9.20g		
Vitamin A	1.46IU	Vitamin C	0.07mg
Calcium	42.70mg	Iron	10.75mg

Grilled Ham & Cheese Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	Ready to eat	150260
MARGARINE SLD 30-1 GCHC	1/2 Tablespoon		733061
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822

Preparation Instructions

Wash hands thoroughly.

Spread margarine on bottom slice of bread, add 4 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake till golden brown.

Wrap in paper and hold at 135* or higher.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	385.00
Fat	18.00g
SaturatedFat	7.75g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	915.00mg
Carbohydrates	37.00g
Fiber	4.00g

Sugar	7.00g		
Protein	16.00g		
Vitamin A	675.00IU	Vitamin C	0.60mg
Calcium	210.00mg	Iron	2.36mg

PB&J & Cheez its

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8523

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each		282422

Preparation Instructions

Wash hands thoroughly.

Put all items in a 1# paper tray #122910.

SLE Components

Amount Per Serving

Meat	1.00
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: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	400.00
Fat	19.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	450.00mg
Carbohydrates	48.00g
Fiber	5.00g
Sugar	11.00g
Protein	13.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	170.00mg	Iron	2.16mg

Popcorn Chicken Bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8533

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8- 22.6Z TRIO	2 5/8 Tablespoon	1.5 tbsp = 1/4 cup prepared ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.	290025
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	Sprinkle Cheddar Cheese on top, cover with plastic wrap and hold in warmer at 135-165.	150250
POTATO PRLS XTRA RICH 6-3.56 BAMER	5/8 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions

5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll and margarine cup.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.75

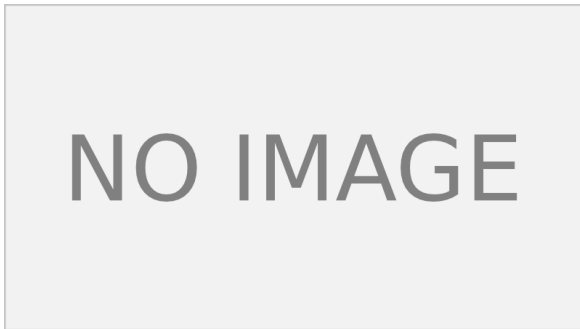
Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	452.07		
Fat	16.64g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	77.50mg		
Sodium	1045.60mg		
Carbohydrates	52.16g		
Fiber	5.00g		
Sugar	1.50g		
Protein	23.75g		
Vitamin A	275.00IU	Vitamin C	0.00mg
Calcium	79.75mg	Iron	1.64mg

Doughnut & String Cheese Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8593

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT SUP WGRAIN IW 80-1.9Z SUPBAK	1 Each		509942
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly.

Warm donut in warmer and put with cheese stick to serve.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	230.00
Fat	11.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	390.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	12.00g
Protein	10.00g
Vitamin A 2700.00IU	Vitamin C 30.00mg
Calcium 400.00mg	Iron 6.30mg

Chocolate Chip Muffin w/String Cheese Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8594

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly.
Warm muffin in warmer and serve with cheese stick.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

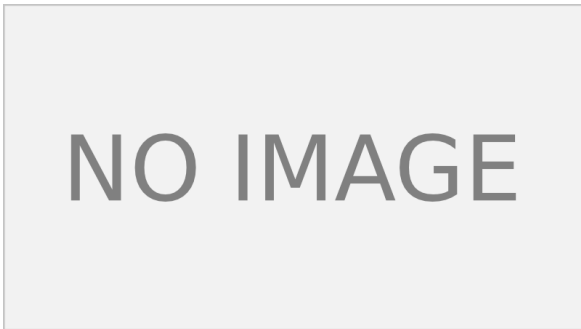
Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1

Amount Per Serving	
Calories	280.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	330.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	17.00g
Protein	10.00g
Vitamin A 300.00IU	Vitamin C 0.00mg

Calcium 240.00mg **Iron** 1.44mg

Mixed Fruit



Servings:	75.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8716

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 #1 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979

Preparation Instructions

Wash hands thoroughly.

Mix all 3 cans together with juice.

Use 1/2 cup souffle cups with lids.

Keep cold for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.36
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 1

Amount Per Serving

Calories	48.07
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.08mg
Carbohydrates	11.76g
Fiber	0.69g
Sugar	10.34g

Protein		0.04g	
Vitamin A	14.39IU	Vitamin C	3.75mg
Calcium	0.72mg	Iron	0.14mg

Bowl of Cereal & Cheese Stick

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8717

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly.

Group items together and serve.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	190.00
Fat	9.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	360.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	6.00g
Protein	7.00g
Vitamin A	600.00IU
Vitamin C	4.80mg

Calcium 400.00mg **Iron** 3.60mg

Cheesy Broccoli



Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8817

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	3/4 Cup		549292
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon		199720

Preparation Instructions

Wash hands thoroughly.

Steam Broccoli according to instructions till tender crisp, be careful not to over cook, it will continue to cook in warmer.

Sprinkle cheese on top of 1/2 cup serving before going into the warmer.

Keep at or above 145F to 165F.

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 1

Amount Per Serving

Calories	95.50
Fat	4.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	128.00mg
Carbohydrates	7.50g
Fiber	4.50g
Sugar	1.50g
Protein	7.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Veggie Bar Salad



Servings:	1.00	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	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/8 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
TOMATO 6X6 LRG 25 MRKN	1/8 Cup		199036
PEPPERS RED DOMESTIC 23 MRKN	1/8 Cup		560715
CAULIFLOWER CALIF 12-1CT MRKN	1/8 Cup		198528
CUCUMBER SELECT 24CT MRKN	1/8 Cup		418439
CELERY JUMBO 16-24CT 40 MARKON	1/8 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: 1.00
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

Sausage Slider



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14722

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Wash hands thoroughly.

Cook Sausage patties according to directions.

Cut Roll in half and lay sausage on, then cheese, then wrap up sandwich.

Keep in warmer till service.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	140.00
Fat	5.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	180.00mg
Carbohydrates	13.00g
Fiber	1.00g
Sugar	3.00g
Protein	9.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg