

# **Cookbook for JOAN MARTIN ELEMENTARY**

**Created by HPS Menu Planner**

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# Variety of Chilled Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE 6-10 GFS	1/16 Cup		610372
PEAR DCD IN JCE 6-10 GFS	1/16 Cup		610364
APPLESAUCE UNSWT 6-10 GFS	1/16 Cup		271497
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/16 Cup		612464
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/16 Cup		258362
ORANGES MAND WHL L/S 6-10 GFS	1/16 Cup		117897
Peaches, diced, cups, Frozen	1/16 Cup		100241
STRAWBERRIES, DICED, CUPS, FROZEN	1/16 Each	THAW	100256

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	54.85		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.52mg		
<b>Carbohydrates</b>	12.89g		
<b>Fiber</b>	0.79g		
<b>Sugar</b>	9.52g		
<b>Protein</b>	0.36g		
<b>Vitamin A</b>	118.39IU	<b>Vitamin C</b>	3.83mg
<b>Calcium</b>	4.85mg	<b>Iron</b>	0.13mg

# Apple & Eve Juice Box

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1/4 Each		733220
JUICE BX WHT GRP 100 40CT 125ML	1/4 Each		733260
JUICE BOX PNCH 100 125ML 40CT	1/4 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1/4 Each		733240

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	65.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	13.75mg		
<b>Carbohydrates</b>	15.25g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.25g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	375.00IU	<b>Vitamin C</b>	45.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.00mg

# Chef Salad with Whole Grain Cracker

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9401

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	50 Cup		451730
Ham, Cubed Frozen	61 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	75 Ounce		150250
TOMATO GRAPE SWT 10 MRKN	150 Each		129631
CUCUMBER SLCD 1/4 2-3 RSS	100 Each		329517
Ranch Spikerz Cracker	50 pouch		51210

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.19
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 salad

Amount Per Serving			
<b>Calories</b>	236.55		
<b>Fat</b>	10.34g		
<b>SaturatedFat</b>	5.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.50mg		
<b>Sodium</b>	546.31mg		
<b>Carbohydrates</b>	22.31g		
<b>Fiber</b>	3.45g		
<b>Sugar</b>	4.06g		
<b>Protein</b>	13.59g		
<b>Vitamin A</b>	512.96IU	<b>Vitamin C</b>	4.81mg
<b>Calcium</b>	169.67mg	<b>Iron</b>	0.11mg

# Walking Taco

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 TACO	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9433

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	5 Pound		722330
CHIP NACHO REDC FAT 72-1Z DORITOS	20 Ounce	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090

## Preparation Instructions

Prepare the taco meat as stated on package.

CCP: Heat taco meat to 165 degrees F or higher for 15 seconds.

CCP: Hold taco meat for hot service at 135 degrees F or higher.

For service:

Open 1 bag of Doritos and scoop #12 scoop (or 3.17 ounces by weight) into the Doritos bag over the chips.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.52
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.16
<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 TACO

<b>Amount Per Serving</b>			
<b>Calories</b>	270.57		
<b>Fat</b>	11.18g		
<b>SaturatedFat</b>	3.27g		
<b>Trans Fat</b>	0.37g		
<b>Cholesterol</b>	44.16mg		
<b>Sodium</b>	568.33mg		
<b>Carbohydrates</b>	26.31g		
<b>Fiber</b>	4.52g		
<b>Sugar</b>	3.52g		
<b>Protein</b>	18.15g		
<b>Vitamin A</b>	813.88IU	<b>Vitamin C</b>	6.31mg
<b>Calcium</b>	89.74mg	<b>Iron</b>	2.82mg

# Whole Grain Cereal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9775

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1/4 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1/4 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CINN TOAST R/S BWL 96CT GENM	1/4 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1/4 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

## Preparation Instructions

The nutritional information is based on an average of the 4 listed cereal choices.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<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>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	1.75g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	23.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.75g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	325.00IU	<b>Vitamin C</b>	3.90mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	4.28mg

# Juice 4U Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Carton	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11094

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1/2 Each	READY_TO_EAT Thaw when ready to use keeping used portion in refrigeration upto 14 days	510562
JUICE DRAGON PUNCH ECO 70-4FLZ	1/2 Each	READY_TO_EAT Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days	510571

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Carton

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	32.50mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg