

# **Cookbook for NORTH BRANCH HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Crispy Chicken Drumstick with Garlic Twisted Breadstick



<b>Servings:</b>	250.00	<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-15005

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	250 Piece	<p><b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 35-40 minutes.</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p><b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 25-30 minutes</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
BREADSTICK GARL WGRAIN TWST 54-2.1Z	250 Each		644051

## Preparation Instructions

Wash hands thoroughly.

Bake drumsticks according to directions. Keep warm in warmer till service.

Serve 1 drumstick with 1 warm bread stick.

## 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: 250.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	370.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

# Combo Platter



<b>Servings:</b>	110.00	<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-18309

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	220 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
CALZONE PIZZA MINI PEPP WHE 144CT	220 Piece		527950
CHIX PCORN LRG WGRAIN CKD 6-5	550 Each	<b>BAKE</b> FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

Wash hands thoroughly.

Prepare Cheese Sticks, Pizza Calzones, and Popcorn Smackers according to directions.

Serve in #2 paper tray lined with deli paper, serve with 3 ounces marinara sauce in souffle cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 110.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	453.33		
<b>Fat</b>	18.17g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	56.67mg		
<b>Sodium</b>	801.67mg		
<b>Carbohydrates</b>	46.17g		
<b>Fiber</b>	5.17g		
<b>Sugar</b>	4.67g		
<b>Protein</b>	26.50g		
<b>Vitamin A</b>	292.67IU	<b>Vitamin C</b>	0.31mg
<b>Calcium</b>	360.00mg	<b>Iron</b>	2.64mg

# Antipasto 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-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

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.75
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.31
<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>	552.51
<b>Fat</b>	23.42g
<b>SaturatedFat</b>	6.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	1285.94mg
<b>Carbohydrates</b>	60.83g
<b>Fiber</b>	10.88g
<b>Sugar</b>	16.77g
<b>Protein</b>	26.55g
<b>Vitamin A</b> 9482.14IU	<b>Vitamin C</b> 116.71mg
<b>Calcium</b> 205.75mg	<b>Iron</b> 6.07mg



# Submarine Sandwich Bar

NO IMAGE

<b>Servings:</b>	20.00	<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-16037

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	20 Each		276142
TURKEY HAM UNCURED 6-2 JENNO	40 Slice		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	40 Slice		689541
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	40 Slice		776221
CHEESE AMER WHT 160CT SLCD 6-5 LOL	20 Slice		861940

## Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.18
<b>Grain</b>	2.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	330.82
<b>Fat</b>	12.26g
<b>SaturatedFat</b>	5.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.45mg
<b>Sodium</b>	881.61mg
<b>Carbohydrates</b>	31.75g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	21.66g
<b>Vitamin A</b> 50.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.00mg	<b>Iron</b> 2.45mg

# Yogurt Meal

NO IMAGE

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	10 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ LT IW 168-1Z LOL	10 Each		786801
GRAPES RED SDLSS 18AVG MRKN	5 Cup		197831
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	10 Each		597380
CRACKER GLDFSH CHED WGRAIN 300-.75Z	20 Package		736280

## Preparation Instructions

Wash hands thoroughly.

Wash fresh fruit, Use fresh grapes, or fresh apple, or fresh orange quartered and put into a baggie.

If no fresh fruit, a applesauce cup may be used.

Put all items in a plastic box # 441953 for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 10.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	426.27		
<b>Fat</b>	10.27g		
<b>SaturatedFat</b>	4.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	621.67mg		
<b>Carbohydrates</b>	67.67g		
<b>Fiber</b>	2.73g		
<b>Sugar</b>	32.33g		
<b>Protein</b>	17.53g		
<b>Vitamin A</b>	6084.00IU	<b>Vitamin C</b>	63.36mg
<b>Calcium</b>	579.76mg	<b>Iron</b>	2.25mg

# Veggie Bar Salad



<b>Servings:</b>	1.00	<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	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.

<b>SLE Components</b>	
Amount Per Serving	
<b>Meat</b>	0.00

<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: 1.00  
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

# Caesar Salad

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8263

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	9 Pound		735787
CHEESE PARM GRTD 12-1 PG	2 1/4 Cup		164259
CROUTON MULTIGR CHS GARL 10-2 GCHC	4 1/2 Cup		748510
DRESSING CAESAR 4-1GAL LTHSE	4 1/2 Tablespoon	READY_TO_EAT Use as a dressing or dip	132141

## Preparation Instructions

Wash hands thoroughly.

Toss together and serve 1 cup servings.

Makes 33 - 1 cup servings.

Serve with Cesar dressing or choice of dressings.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.18
<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: 1.00 1

### Amount Per Serving

**Calories** 10.76

**Fat** 0.59g

**SaturatedFat** 0.27g

**Trans Fat** 0.00g

**Cholesterol** 1.29mg

**Sodium** 19.04mg

**Carbohydrates** 0.79g

**Fiber** 0.36g

**Sugar** 0.38g

**Protein** 0.86g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 17.49mg      **Iron** 0.13mg