

Cookbook for HOBART HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Chef Salad

Chicken Patty Sandwich

Assorted Fresh Fruit

Chix Stix & WG Dinner Roll

Chef Salad

Servings:	50.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6827

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	136.55		
Fat	7.84g		
SaturatedFat	5.52g		
Trans Fat	0.00g		
Cholesterol	40.50mg		
Sodium	376.31mg		
Carbohydrates	6.31g		
Fiber	1.45g		
Sugar	3.06g		
Protein	11.59g		
Vitamin A	512.96IU	Vitamin C	4.81mg
Calcium	169.67mg	Iron	0.11mg

Chicken Patty Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9567

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN WHITE WHEAT 3.5"	24 Each	READY_TO_EAT	51032
CHIX PTY BRD WGRAIN FC 4Z 5-5.25 TYS	24 Each		641402

Preparation Instructions

- Prepare chicken patty as directed on the box.
- Line a sheet tray with 24 hamburger bottoms.
- Place cooked chicken patty on top of bun's bottom half.
- Place the other half of the hamburger bun on top of the chicken patty.
- Wrap tray with tray cover and place in warmer until service.
- CCP: Heat to 165 degree F for at least 15 seconds.
- CCP: Hold for hot service at 135 degrees F or warmer for no more than 2 hours.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00
Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	410.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	740.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

Assorted Fresh Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15197

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/14 Cup		280895
1-150CT #1 PETITE BANANA - 197769	1/7		970836
APPLE GALA 100CT MRKN	1/7 Each		197718
APPLE DELICIOUS RED 113CT MRKN	1/7 Each		197696
PEAR 95-110CT MRKN	48/107 Ounce		198056
KIWI 33-39CT P/L	1/7 Each		287008
ORANGES NAVEL/VALENCIA CHC 125-138CT	1/7 Each		322326

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.86		
Fat	0.14g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.51mg		
Carbohydrates	11.95g		
Fiber	1.91g		
Sugar	8.71g		
Protein	0.47g		
Vitamin A	50.91IU	Vitamin C	17.54mg
Calcium	13.20mg	Iron	0.20mg

Chix Stix & WG Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	8 Each	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.	283562
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.29
Grain	2.14
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 set

Amount Per Serving

Calories	342.86		
Fat	15.86g		
SaturatedFat	2.86g		
Trans Fat	0.00g		
Cholesterol	22.86mg		
Sodium	478.57mg		
Carbohydrates	29.00g		
Fiber	3.29g		
Sugar	4.14g		
Protein	17.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.57mg	Iron	3.37mg