

Cookbook for JOAN MARTIN ELEMENTARY

Created by HPS Menu Planner

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Variety of Chilled Fruit

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

Ingredients

Description	Measurement	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 WTR 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	100256

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

Apple & Eve Juice Box

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

Ingredients

Description	Measurement	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

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: 1.00 Each

Amount Per Serving

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

Chef Salad with Whole Grain Cracker

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

Ingredients

Description	Measurement	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

Meat	1.75
Grain	1.00
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	236.55		
Fat	10.34g		
SaturatedFat	5.52g		
Trans Fat	0.00g		
Cholesterol	40.50mg		
Sodium	546.31mg		
Carbohydrates	22.31g		
Fiber	3.45g		
Sugar	4.06g		
Protein	13.59g		
Vitamin A	512.96IU	Vitamin C	4.81mg
Calcium	169.67mg	Iron	0.11mg

Walking Taco

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

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	5 Pound	722330
CHIP NACHO REDC FAT 72-1Z DORITOS	20 Ounce	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

Meat	2.52
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.16
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 TACO

Amount Per Serving

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

Whole Grain Cereal

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

Ingredients

Description	Measurement	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1/4 Each	270401
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1/4 Package	265811
CEREAL CINN TOAST R/S BWL 96CT GENM	1/4 Each	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1/4 Package	265782

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.00
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 Each

Amount Per Serving

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

Juice 4U Juice

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

Ingredients

Description	Measurement	DistPart #
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1/2 Each	510562
JUICE DRAGON PUNCH ECO 70-4FLZ	1/2 Each	510571

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Carton

Amount Per Serving

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