

Cookbook for Houghton-Portage Twp. Schools

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Cookbook for BHK

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Table of Contents

No Recipes found

Cookbook for HPTS ELE

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Table of Contents

Grilled Cheese

Turkey and Cheese Sub MS/HS

Fruit Parfait with Boiled Egg, Pretzels, and WG Muffin ELE

Mashed Potatoes with Chicken Gravy

Roasted Garbanzo Beans

Chicken Sandwich

Stir Fry Veggies

Romaine Spinach Mix

Popcorn Chicken Salad W/ Goldfish (Elementary)

Fiesta Nachos

Tangerine Chicken and Brown Rice PK-5

Turkey and Cheese Lunchable

Bosco Stick ELE

Cheese Quesadilla

Stromboli Ele

Chicken Nuggets and Dinner Roll Ele

Little Caesars Cheese Pizza

Little Caesars Pepperoni Pizza

Grilled Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1807

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Piece		204822
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

1. Place parchment paper on 13x24 cookie sheet.
2. Butter one side on bread, place buttered side down on cookie sheet.
3. Top with 4 slices of cheese.
4. Butter one side of second piece of bread, place buttered side up on top of cheese.
5. Place 20 sandwiches on pan.
6. Place sandwiches into preheated 325 degree oven.
7. Cook until temperature reaches 165 degrees for at least 15 seconds.

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 sandwich

Amount Per Serving

Calories 500.00

Fat 31.00g

SaturatedFat 14.50g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 1240.00mg

Carbohydrates 38.00g

Fiber 4.00g

Sugar 8.00g

Protein 16.00g

Vitamin A 1350.00IU **Vitamin C** 0.00mg

Calcium 360.00mg **Iron** 2.00mg

Turkey and Cheese Sub MS/HS

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1810

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

Preparation Instructions

1. Place turkey and cheese on the bottom of the sub bun.
2. Place top of sub bun on the sandwich.
3. Put parchment paper on a 13x24 cookie sheet. place sandwiches on top.

SLE Components

Amount Per Serving

Meat	3.08
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 Serving

Amount Per Serving	
Calories	388.70
Fat	16.06g
SaturatedFat	6.02g
Trans Fat	0.00g
Cholesterol	66.64mg
Sodium	1188.49mg
Carbohydrates	31.00g
Fiber	2.00g

Sugar	5.00g
Protein	28.74g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 206.00mg	Iron 2.00mg

Fruit Parfait with Boiled Egg, Pretzels, and WG Muffin ELE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1812

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	2 Ounce		541966
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	13/20 Ounce		621420
STRAWBERRY SLCD 4+1 6-6.5 GFS	1 7/20 Ounce		293393
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Each	READY_TO_EAT Ready to Eat	893711
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800

Preparation Instructions

1. Scoop 2 ounces of Vanilla Yogurt into clear plastic cup.
2. Put 2 ounces of strawberries on top of yogurt (combination of 2:1 frozen diced strawberries and tub of sliced strawberries in sugar)
3. Label and date mark.
4. Serve with hard boiled egg , muffin, and a bag of pretzels.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.25

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 Serving

Amount Per Serving

Calories	411.84
Fat	11.75g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	193.75mg
Sodium	390.00mg
Carbohydrates	65.13g
Fiber	3.75g
Sugar	34.05g
Protein	13.58g

Vitamin A	25.00IU	Vitamin C	12.09mg
Calcium	155.50mg	Iron	3.13mg

Mashed Potatoes with Chicken Gravy

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1/2 Cup	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
Sysco Chicken Gravy Mix	2 Ounce	BAKE	

Preparation Instructions

Prepare according to manufacturer's directions

at service time, offer 1/2 cup mashed potatoes with 1/4 cup gravy.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1/2 cup

Amount Per Serving	
Calories	90.61
Fat	2.38g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	667.12mg
Carbohydrates	18.88g
Fiber	1.52g
Sugar	2.00g
Protein	1.52g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.58mg	Iron	0.23mg

Roasted Garbanzo Beans

NO IMAGE

Servings:	26.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	1 #10 CAN		118753
SPICE GARLIC POWDER 21Z TRDE	1/4 Cup		224839
SPICE ONION POWDER 19Z TRDE	1/4 Cup		126993
SPICE BLND ORIG 3-21Z MDASH	1/4 Cup		265103
SPICE PEPR BLK COARSE GRND 16Z TRDE	1/4 Cup		518322

Preparation Instructions

1. Preheat oven to 325 degrees
2. Spray baking sheets with cooking spray.
3. Properly sanitize lid on bean can and open with can opener, drain completely.
4. Arrange beans in a single layer on the pan.
5. Mix garlic powder, onion powder, Mrs. Dash, and pepper and sprinkle over the beans. (measurements are approximate, apply seasoning literally)
6. Bake beans for 30 minutes then take them out and stir them around. Place back in oven for additional 30 minutes. (Or stir every 15 minutes)
7. Cook to temperature of 135 degrees and held for at least 15 seconds.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00

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

Nutrition Facts

Servings Per Recipe: 26.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	117.93		
Fat	1.99g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	299.75mg		
Carbohydrates	23.45g		
Fiber	5.53g		
Sugar	2.98g		
Protein	6.34g		
Vitamin A	8.09IU	Vitamin C	0.02mg
Calcium	67.39mg	Iron	0.96mg

Chicken Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11296

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	Barb's baking notes: 325 degrees for 20mins Manufacturer's instructions: 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.	281622
R&I made Bimbo Bakeries whole grain hamburger buns 12ct 26oz	1 bun	READY_TO_EAT	78700-80021 RI 1

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00
Fat	17.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.00mg
Carbohydrates	47.00g
Fiber	6.00g
Sugar	5.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.00mg	Iron 2.00mg

Stir Fry Veggies

NO IMAGE

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11333

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	20 Cup		732478
Carrots, Baby 15/1	1 Cup		381413
ONION SPANISH JUMBO 10 MRKN	2 Cup		109620
PEPPERS RED DOMESTIC 23 MRKN	2 Cup		560715
BOK CHOY BABY 10	2 Cup		139821
PEAS SGR SNAP STRINGLESS 10 P/L	2 Cup		778214
CAULIFLOWER BITE SIZE 2-3 RSS	2 Cup		732486
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GINGER GRND 16Z TRDE	1 Tablespoon		513695
SAUCE SOY 4-1GAL GCHC	2 Tablespoon		124524

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	0.00
GreenVeg	0.34
RedVeg	0.05
OtherVeg	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	13.43
Fat	0.14g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.25mg
Carbohydrates	3.01g
Fiber	0.92g
Sugar	1.06g
Protein	0.97g

Vitamin A	418.21IU	Vitamin C	35.60mg
Calcium	17.25mg	Iron	0.31mg

Romaine Spinach Mix



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11372

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	7.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	1.50g		
Fiber	1.00g		
Sugar	0.50g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.68mg

Popcorn Chicken Salad W/ Goldfish (Elementary)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11944

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
LETTUCE ROMN HRTS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
CHEESE CHED MLD SHRD 4- 5 LOL	1/4 Ounce		150250
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280

Preparation Instructions

1. Place popcorn chicken on a parchment paper lined 13x24 cookie sheet.
2. Place in preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Cool to 70 degrees in 2 hrs. for less and then to 41 degrees in 6 hrs. or less.
5. Place romaine and spinach into container, top with cheese, tomatoes, and chicken.
6. Label and date mark, place into cooler until serving time. Serve with one package of goldfish.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		412.50	
Fat		18.75g	
SaturatedFat		5.50g	
Trans Fat		0.00g	
Cholesterol		77.50mg	
Sodium		767.50mg	
Carbohydrates		36.25g	
Fiber		7.50g	
Sugar		1.50g	
Protein		25.75g	
Vitamin A	12025.00IU	Vitamin C	31.50mg
Calcium	224.75mg	Iron	4.02mg

Fiesta Nachos



Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning Mix	2 tsp.		5935879
BEEF GRND 40 COMM	2 17/25 Ounce	2 and 17/25= 2.68 ounces approximately 1/2c	110520
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	1 2/5 Ounce	Each bag contains 8 2oz servings. READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SAUCE CHS CHED POUCH 6-106Z LOL	1/8 Ounce		135261
SOUR CREAM PKT 100-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490

Preparation Instructions

Use beef as prepared according to Recipe number R-11207

USDA products information sheet 1.34 ounces of this beef (100158 USDA fine ground 85/15, frozen) credits as 1oz Meat/MA

Therefore 2.68 ounces = 2oz Meat/MA

PFS for tortilla chips 1oz=1.25eqG and 1.4oz=2eqG

2oz G =1.4oz= approx 18 chips= approx 2 cups according to PFS

SLE Components

Amount Per Serving

Meat	2.07
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Grain	2.10
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 meal

Amount Per Serving

Calories	441.50
Fat	25.86g
SaturatedFat	8.69g
Trans Fat	2.00g
Cholesterol	73.30mg
Sodium	305.00mg
Carbohydrates	32.20g
Fiber	2.80g
Sugar	2.00g
Protein	18.13g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.59mg	Iron	0.50mg

Tangerine Chicken and Brown Rice PK-5



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy Sauce in Bag (must be thawed) Boil in Bag/Steamer (Best) Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 . °F Microwave (Good) Place entire sauce in bag into microwave for 3 minutes or until content is 165 . Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve.	791710

Preparation Instructions

Prepare chicken and Rice according to Manufacturer's instruction. Serve 3.9oz Meat and 1 cup rice. Offer 1/2 cup Stir Fry Veggies on the side (See Recipe R-11333)

Alternate Instructions

1. Place 14 1/2 cups rice and 29 cups of water in 4 in. pan. Place in steamer and cook for 45 minutes until temperature reaches 135 degrees for at least 15 seconds
2. Place chicken in 4in. deep pan, cook in preheated 325 degree oven for 20 minutes.

2. Remove from oven drizzle sauce over chicken, place back in oven for additional 10 min. until temp. reaches 165 degrees for at least 15 seconds.
3. Heat oil in saute pan until hot, add cut up vegetables, ginger, soy sauce, and garlic. Saute until temperature reaches 135 degrees.
4. At service time, place 1 cup rice into container, top with 1/2 cup vegetables and 3.9 oz. chicken and serve.

SLE Components

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving

Calories	870.00		
Fat	10.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	380.00mg		
Carbohydrates	169.00g		
Fiber	6.00g		
Sugar	13.00g		
Protein	30.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

Turkey and Cheese Lunchable



Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE 500-2CT NAB	3 Package		441708
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.01
Grain	2.50
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 meal

Amount Per Serving

Calories	225.62		
Fat	10.76g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	45.27mg		
Sodium	828.08mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	15.12g		
Vitamin A	300.00IU	Vitamin C	0.00mg

Calcium 150.00mg **Iron** 1.44mg

Bosco Stick ELE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15303

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
BREADSTICK CHS STFD 108-3Z BOSC	1 Piece	THAW PRODUCT FULLY BEFORE BAKING. PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. TOP WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT CAN BE DEEP FRIED AT 350 DEGREES FOR 1 1/2 MINUTES. TOP WITH PARMESAN CHEESE AFTER DEEP FRYING.	432180

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving

Calories	260.00
Fat	7.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	510.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	5.00g
Protein	14.00g

Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	164.00mg	Iron	1.80mg

Cheese Quesadilla

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15486

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	2 Piece	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	584834
SOUR CREAM PKT 100-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490

Preparation Instructions

No Preparation Instructions available.

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 meal

Amount Per Serving

Calories	370.00
Fat	17.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	610.00mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 372.00mg	Iron 2.40mg

Stromboli Ele

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15488

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STROMBOLI MT & CHS 72-4.2Z S&F	1 Each	For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer. Marketing Tips	474964

Preparation Instructions

No Preparation Instructions available.

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

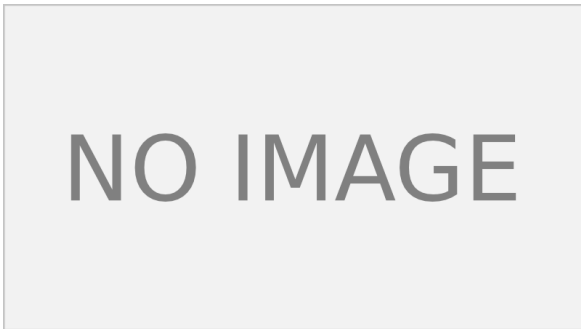
Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving			
Calories	260.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Nuggets and Dinner Roll Ele



Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 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.	281831
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Dinner Roll Credits as 1 grain per food buying guide. "1 slice provides 1 grains serving (must weigh at least 28 g or 1.0 oz)"

According to PFS, 5 nuggets =2m/1g

FOR BHK serve 4 nuggets =1.5m/.75g

FOR ELE serve 5 nuggets =2m/1g

FOR MS serve 6 nuggets =2.25m/1g

FOR HS serve 8 nuggets =3m/1.5g

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 meal

Amount Per Serving

Calories	342.50		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	490.00mg		
Carbohydrates	29.25g		
Fiber	3.50g		
Sugar	4.25g		
Protein	19.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.50mg	Iron	3.58mg

Little Caesars Cheese Pizza

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15882

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Little Caesars Cheese Pizza	1 1 Slice	Delivered Ready to Eat Record Date and Temperature when received	

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving			
Calories	250.00		
Fat	8.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	470.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	20.00IU	Vitamin C	2.00mg
Calcium	200.00mg	Iron	1.70mg

Little Caesars Pepperoni Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Little Caesars Pepperoni Pizza	1 1 Slice	BAKE	

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving			
Calories			280.00
Fat			11.00g
SaturatedFat			9.00g
Trans Fat			0.00g
Cholesterol			25.00mg
Sodium			590.00mg
Carbohydrates			32.00g
Fiber			2.00g
Sugar			2.00g
Protein			13.00g
Vitamin A	20.00IU	Vitamin C	2.00mg
Calcium	200.00mg	Iron	1.70mg

Cookbook for HPTS High

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Table of Contents

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Table of Contents

No Recipes found

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Table of Contents

No Recipes found

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Table of Contents

No Recipes found

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Table of Contents

No Recipes found

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Table of Contents

No Recipes found