

Cookbook for Columbia Local High School

Created by HPS Menu Planner

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Hamburger with Bun

Servings:	1.00	Category:	Entree
Serving Size:	0.00 4 oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 100-2.1Z PIER	1 Each	BAKE Conventional oven: from the frozen state, bake at 350 degrees f in conventional oven for 9 minutes. Convection oven: from the frozen state, bake at 350 degrees f in convection ovenfor 7 minutes. Microwave: on full power for 1 minute. Microwave ovens vary. Times given are approximate.	589519
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Cook hamburger patty until internal temperature reaches 155 F. CCP: Heat to 155 F for at least 15 seconds. Place on buns just before serving. CCP: Hold for hot service at 135 F or Higher.	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 0.00 4 oz

Amount Per Serving

Calories	290.00
Fat	13.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	480.00mg
Carbohydrates	28.00g
Fiber	5.00g
Sugar	5.00g
Protein	14.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 103.00mg	Iron 2.44mg

Hot Dog / W.G Bun

Servings:	1.00	Category:	Entree
Serving Size:	0.00 4 oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20055

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN 6" 144-1.8Z BKCRFT	1 Each		258641
FRANKS BEEF 8/ 2-5 GFS	1 Each	Place Hot dogs in steam table pans. CCP: Heat to internal temperature of 145 F . Cover and hold for hot service at 135 F or higher	265039

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 0.00 4 oz

Amount Per Serving

Calories	330.00		
Fat	18.50g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	800.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.89mg	Iron	2.27mg

Twisted Lasagna

Servings:	80.00	Category:	Entree
Serving Size:	1.00 8 oz	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20056

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI WGRAIN 2-10 COMM	4 3/4 Pound	Bring 4 gallons of water to a rolling boil. Add Rotini Pasta. Cook for approximately 9 minutes or until tender (do not over cook. Drain well set aside.	869490
BEEF CRUMBLE 4-10 COMM	7 1/2 Pound	Thaw beef crumbles in refrigerator overnight. Place in pan. Add 1 quart of water. After heating to 155 F. or higher,turn the pan off. CCP: Thaw food under refrigeration at 40 degrees or below. CCP: Heat to 155 F or higher for at least 15 seconds.	460120
Cold Water	1 Quart		0000
USDA Spaghetti Sauce, Low-Sodium, Canned	2 #10 CAN	Add spaghetti sauce , diced Tomato, italian seasoning and garlic powder to the beef crumbles mix well.	100336
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	1 #10 CAN	Heat all ingredients until temperature reaches CCP: 145 F	501031
SPICE ITAL SEASONING 5Z BADIA	1/2 Cup		430984
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
PARMESAN GRATED BAG 16-8oz	13 Ounce	Add Parmesan cheese to the meat sauce stir in well.	799361
Mozzarella Cheese	2 1/2 Pound	Sprinkle Mozzarella cheese over each serving cover put in warmer to melt cheese	41698

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00
Serving Size: 1.00 8 oz

Amount Per Serving

Calories	160.85		
Fat	7.99g		
SaturatedFat	3.36g		
Trans Fat	0.00g		
Cholesterol	28.70mg		
Sodium	287.34mg		
Carbohydrates	13.25g		
Fiber	2.66g		
Sugar	5.00g		
Protein	9.52g		
Vitamin A	7.62IU	Vitamin C	0.02mg
Calcium	3.79mg	Iron	0.24mg

Meatball Sub

Servings:	58.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20139

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD BF 1Z 4-5 GCHC	10 Pound	Place meatballs in steam table pan. Heat to an internal temperature of 145 F or Higher for 15 second	465761
SAUCE PIZZA 6-10 ANGM	1 #10 CAN	Drain meatballs-then add pizza sauce. Heat to 145 F	444545
Cheese, Mozzarella light, Shred FRZ	3 3/4 Pound	Serving size: 4 meatballs With sauce and 1 oz mozzarella cheese on sub bun. CCP: Heat to 145 F or higher for at least 15 seconds. CCP: Hold for hot service at 135 F or higher	100034
BUN SUB SLCD WGRAIN 5 12-8CT GFS	58 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.22
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 58.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	268.80		
Fat	6.25g		
SaturatedFat	3.03g		
Trans Fat	0.06g		
Cholesterol	12.64mg		
Sodium	587.36mg		
Carbohydrates	35.85g		
Fiber	3.90g		
Sugar	7.63g		
Protein	7.59g		
Vitamin A	356.78IU	Vitamin C	5.35mg
Calcium	58.30mg	Iron	2.75mg

Baby Carrots Frsh MTG

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20141

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	1/2 Cup	Place carrots in 4 oz. trays. Cover and refrigerate until served CCP: Cool to 41 F. or lower within 4 hours CCP:	
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1/2 Each	Serving size: 1/2 cup raw vegetable (about 6-7 baby carrots) and 1 oz cup of lite ranch dressing	499521

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable

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Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.17		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	1.98mg		
Carbohydrates	0.14g		
Fiber	0.03g		
Sugar	0.08g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.20mg **Iron** 0.00mg

Raider Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	4 Ounce	Prepare butter buds with warm water according to the directions on the package. Set aside	209810
Cold Water	1 Quart	Prepare potato pearl according to package directions. Prepare enough potato pearls to make 50 1/2 cup servings. Add 1 1/2 tsp of garlic powder and 4 oz of the prepared butter buds to the potato mix	0000
POTATO PRLS EXCEL 12-28Z BAMER	25 Cup		613738
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Teaspoon		224839
Whole Grain Popcorn Chicken	9 3/4 Pound	Place popcorn chicken on parchment-lined sheet pans in a single layer and heat to the manufacture instructions transfer in to pan keep warm at 135 F or above (serv. size 10 pieces.	691800
CORN CUT 1-20 SIMPLOT	5 Pound	Place corn in a 4 inch steam table pan and cook until the internal temp reaches 135 F or above Hold at that temperature 135F	890100
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	3 1/8 Cup	Prepare brown gravy according to package directions. Hold for ho service at 135 F or above.	100012
Durkee Brown Gravy Mix 24-.75z	1 Package	To serve, use a number 8 scoop to portion 1/2 cup mashed potatoes into each container. Top with 10 pieces of popcorn chicken, 1/4 cup corn, and 1 table spoon cheddar cheese and brown gravy. Makes 1 Bowl	240398

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.75

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 1.00 Bowl			
Amount Per Serving			
Calories		514.73	
Fat		7.12g	
SaturatedFat		1.13g	
Trans Fat		0.00g	
Cholesterol		7.45mg	
Sodium		2028.22mg	
Carbohydrates		93.20g	
Fiber		6.00g	
Sugar		1.10g	
Protein		13.49g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.06mg	Iron	1.58mg

Turkey/Bacon Melt

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	9 1/2 Pound	Thaw Turkey ahead of time in refrigerator.Drain any excess water from turkey.	765991
BACON CANAD SLCD 64/ 6-2 GFS	50 Slice	Cook round of bacon Spray each sheet pan (18"x26"x1") with butter spray. Place 20 slices of bread on each sheet pan 4x5 rows.	167661
100% whole wheat bread	100 Slice	Place 3.06 oz sliced turkey about (6 slices), 1 slice of cheese (1/2 oz.) and 1 slice of bacon on each slice of bread. Top with another slice of bread Spray top of bread with butter spray.	336
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED LOW SODIUM	1 1/2 Pound	Bake at 350 F. until lightly brown and cheese is melted. Do not over cook. Batch cook as needed. CCP: Hold for hot service at 135 F or higher.	46288

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	155.01		
Fat	7.55g		
SaturatedFat	1.20g		
Trans Fat	0.00g		
Cholesterol	19.70mg		
Sodium	1105.74mg		
Carbohydrates	35.59g		
Fiber	4.00g		
Sugar	5.46g		
Protein	25.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.18mg