

Cookbook for Lakeville Elementary

Created by HPS Menu Planner

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Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12137

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	305.00		
Fat	11.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	515.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	18.50g		
Vitamin A	300.00IU	Vitamin C	1.80mg

Calcium 251.00mg **Iron** 2.88mg

Pretzel Boat

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12140

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each	READY_TO_EAT Thaw when ready to use keeping used portion in refrigeration upto 14 days	510562

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	330.00
Fat	4.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	445.00mg
Carbohydrates	59.00g
Fiber	3.00g

Sugar	23.00g
Protein	16.00g
Vitamin A 500.00IU	Vitamin C 31.20mg
Calcium 358.00mg	Iron 1.80mg

Grilled Cheese and Tomato Soup



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12158

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN BULK 72-4.19Z	1 Each		158141
SOUP TOMATO 12-5 CAMP	1 Cup		101427

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	1.50
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	460.30		
Fat	9.90g		
SaturatedFat	5.60g		
Trans Fat	0.00g		
Cholesterol	32.00mg		
Sodium	1540.80mg		
Carbohydrates	71.00g		
Fiber	5.00g		
Sugar	30.00g		
Protein	22.50g		
Vitamin A	523.96IU	Vitamin C	0.00mg
Calcium	505.89mg	Iron	2.84mg

Elementary Chicken Caesar Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12197

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD 4-2.5 TYS	3 Ounce	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 20 - 22 minutes.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 10 - 12 minutes.</p> <p>GRILL Appliances vary, adjust accordingly. Flat Grill Griddle Preheat grill to 350°F. Grill frozen fajita meat for 10 to 12 minutes. Turn meat over half-way through total heating time.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Place no more than 1 3 bag of frozen fajita meat on a microwave safe plate. Heat on HIGH for 5 to 6 minutes. Rotate plate half-way through total heating time.</p>	655139
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHEESE PARM SHRD FCY 10-2 PG	2 Tablespoon		460095
DRESSING CAESAR PKT 60- 1.5FLZ	1		232641

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.20
Grain	2.25
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

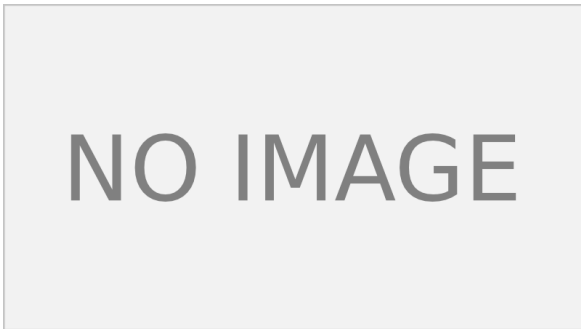
Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	500.00		
Fat	19.00g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	115.00mg		
Sodium	1360.00mg		
Carbohydrates	36.00g		
Fiber	7.00g		
Sugar	3.00g		
Protein	48.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	584.00mg	Iron	1.80mg

Hot Ham & Cheese Bagel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12703

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.50
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	945.00mg		
Carbohydrates	29.50g		
Fiber	4.00g		
Sugar	5.50g		
Protein	23.50g		
Vitamin A	150.00IU	Vitamin C	1.80mg
Calcium	115.00mg	Iron	2.88mg

Chicken Patty Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12705

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)	
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 340.00

Fat 11.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 440.00mg

Carbohydrates 35.00g

Fiber 7.00g

Sugar 4.00g

Protein 24.00g

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

Calcium 63.00mg **Iron** 2.00mg

Orange Chicken Rice Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00 portion	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12706

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK BRD W/ORNG SCE CKD 5-5.4	2 7/8 Ounce	CONVECTION Heat product at 350°F from frozen for 9-11 minutes. After product is heated thoroughly, apply one (1) sauce pack per bag of portions. Coat portions thoroughly. For best results, heat sauce before mixing with portions. Sauce: Thaw sauce overnight. Reheat in steam cabinet or sauce can be boiled in bag.	746931
RICE BRN PERFECTED 25 UBEN	1/4 Cup	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404

Preparation Instructions

1. Cook chicken according to directions. CCP: Hot hold 135F or higher
2. Cook rice according to directions. CCP: Hot hold 135F or higher
3. Place #6 scoop (2/3 cup) rice, #6 scoop of orange chicken inside take out container #148334
4. Offer with vegetable

Meal Components (SLE)

Amount Per Serving

Meat	1.15
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 portion			
Amount Per Serving			
<hr/>			
Calories	331.28		
Fat	10.14g		
SaturatedFat	1.73g		
Trans Fat	0.00g		
Cholesterol	63.36mg		
Sodium	207.36mg		
Carbohydrates	42.91g		
Fiber	2.00g		
Sugar	4.61g		
Protein	17.25g		
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Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.25mg	Iron	0.94mg
<hr/>			

Bagel and Cream Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13139

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	KEEP FROZEN UNTIL READY TO USE. FOR BEST RESULTS USE TOASTER OR TOASTER OVEN TO WARM OR TOAST.	217911
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each	PRODUCT MUST BE HELD UNDER REFRIGERATION.	549762

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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 Each

Amount Per Serving

Calories	200.00		
Fat	5.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	275.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	8.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg

Calcium 60.00mg **Iron** 1.80mg

Blueberry Muffin with String Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13178

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

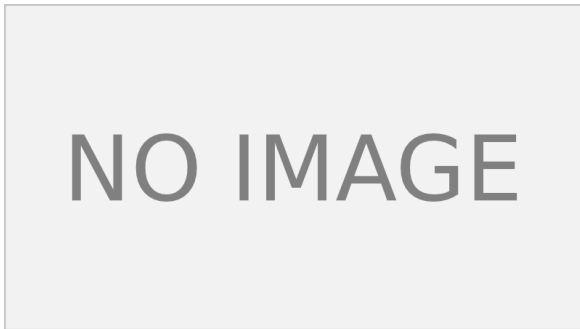
Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.10g		
Cholesterol	20.00mg		
Sodium	335.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	0.72mg

Double Chocolate Muffin with String Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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		240.00	
Fat		9.00g	
SaturatedFat		3.50g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		305.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Sugar		15.00g	
Protein		10.00g	
Vitamin A	14.41IU	Vitamin C	0.05mg
Calcium	210.76mg	Iron	1.33mg

Banana Muffin with String Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13180

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each		262362
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	260.00		
Fat	11.00g		
SaturatedFat	3.50g		
Trans Fat	0.10g		
Cholesterol	20.00mg		
Sodium	310.00mg		
Carbohydrates	32.00g		
Fiber	1.00g		
Sugar	17.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	206.26mg	Iron	0.81mg

Green Week Hamburger GSRP



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13578

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BEAN BAKED 6-10 BUSH	2 3/10 Ounce	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098
PEACH DCD 6-10 COMM	1/4 Cup		110700

Preparation Instructions

Hamburger =soy allergy
 bun= wheat allergy

Meal Components (SLE)	
Amount Per Serving	
Meat	2.00
Grain	2.00

Fruit	0.25
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	350.15
Fat	7.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	698.10mg
Carbohydrates	48.53g
Fiber	8.01g
Sugar	16.51g
Protein	22.01g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	103.04mg	Iron	3.70mg

Cheeseburger

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13579

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each		203270
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

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: 1.00

Serving Size: 0.00 Each

Amount Per Serving

Calories	300.00		
Fat	11.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	645.00mg		
Carbohydrates	27.50g		
Fiber	5.00g		
Sugar	4.50g		
Protein	21.50g		
Vitamin A	250.00IU	Vitamin C	0.00mg

Calcium 158.00mg **Iron** 2.80mg

Cinnamon Glazed French Toast with Turkey Sausage Links



Servings:	0.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13647

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each		646262
SAUSAGE TKY LNK BKFST CKD 160- 1.025Z	2 Each	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 0.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	16.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	160.00mg
Sodium	460.00mg
Carbohydrates	26.00g
Fiber	2.00g

Sugar	10.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 58.00mg	Iron 1.72mg

Romaine Side Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15318

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Grape Tomatoes	1 Ounce		749041

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.50
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	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.36mg