

Cookbook for HOBART HIGH SCHOOL

Created by HPS Menu Planner

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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.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
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	219.05		
Fat	14.59g		
SaturatedFat	10.02g		
Trans Fat	0.00g		
Cholesterol	63.00mg		
Sodium	518.81mg		
Carbohydrates	7.06g		
Fiber	1.45g		
Sugar	3.06g		
Protein	16.84g		
Vitamin A	737.96IU	Vitamin C	4.81mg
Calcium	318.92mg	Iron	0.11mg

Americana Burger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8137

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260
Bun White Wheat 4"	50 Each	READY_TO_EAT	51022

Preparation Instructions

Prepare Beef Patty as directed on packaging.

Line a sheet tray with parchment paper and then place the bottom halves of the bun on top of the parchment.

Set all of the bun tops aside, covered.

Place 1 slice of American cheese on top of each buns' bottom.

Place prepared beef patty on top of the cheese.

Top each patty with the buns' tops.

Wrap each tray with a cover and place in warmer until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
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 Burger

Amount Per Serving			
Calories	400.00		
Fat	20.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	605.00mg		
Carbohydrates	26.50g		
Fiber	3.00g		
Sugar	3.50g		
Protein	26.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg

Calcium 75.00mg **Iron** 1.80mg

Smoke House Burger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8164

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
SAUCE BBQ 4-1GAL SWTBRAY	50 Tablespoon		655937
ONION FREN FRIED 6- 24Z GFS	50 Tablespoon		403592
Bun White Wheat 4"	50 Each	READY_TO_EAT	51022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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 Burger

Amount Per Serving

Calories	411.67		
Fat	18.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	541.67mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	11.50g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

4 Alarm Chicken Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9216

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	24 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.	327080
Bun White Wheat 4"	24 Each	READY_TO_EAT	51022

Preparation Instructions

Prepare chicken as stated on box.

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: 24.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	420.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	650.00mg		
Carbohydrates	43.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

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 #
CHIX PTY BRD WGRAIN FC 4Z 5-5.25 TYS	24 Each		641402
Bun White Wheat 4"	24 Each	READY_TO_EAT	51022

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.

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: 24.00
Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	420.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	760.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
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.

Meal Components (SLE)

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	84.83		
Fat	0.14g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.26mg		
Carbohydrates	22.54g		
Fiber	4.18g		
Sugar	15.14g		
Protein	0.85g		
Vitamin A	50.91IU	Vitamin C	17.54mg
Calcium	20.77mg	Iron	0.34mg

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.

Meal Components (SLE)

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