

Cookbook for Central Elementary School

Created by HPS Menu Planner

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Crispito



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHILI WGRAIN 72-3.45Z	1 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED. Instructions are approximate. Heat until internal temperature reaches 140°F. CONVECTION Appliances vary, adjust accordingly. Convection Oven 12-15 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F. DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 5 - 5 1 2 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F.	616781

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED.

Instructions are approximate. Heat until internal temperature reaches 140°F.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

12-15 minutes at 350°F from FROZEN.

Instructions are approximate. Heat until internal temperature reaches 140°F.

DEEP_FRY

Appliances vary, adjust accordingly.

Deep Fry

5 - 5 1

2 minutes at 350°F from FROZEN.

Instructions are approximate. Heat until internal temperature reaches 140°F.

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: 0.00

Amount Per Serving

Calories	270.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

Queso Cheese Sauce



Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9482

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110

Preparation Instructions

PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.00
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: 2.00

Amount Per Serving

Calories	118.00
Fat	9.00g
SaturatedFat	5.30g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	433.00mg
Carbohydrates	2.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g

Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	202.00mg	Iron	0.00mg

Cheesy Bread w/Marinara Sauce



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8431

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT	677721
BREADSTICK CHS WGRAIN 105-4Z	1 Each	For best results, allow to thaw prior to cooking. DO NOT REFREEZE. Cook for 9-12 minutes in a 350°F convection oven. Cook before eating to an internal temperature of 165°F as measured by a food thermometer.	723880

Preparation Instructions

Cheesy Bread-

PRODUCT SHOULD BE THOROUGHLY THAWED PRIOR TO COOKING. PLEASE LEAVE A SPACE BETWEEN EACH UNIT TO ENSURE PROPER BROWNING AND EVEN CHEESE MELT. PRE-HEAT OVEN TO 325-350 DEGREES AND COOK FOR 9-12 MINUTES OR UNTIL THE CHEESE IS PROPERLY AND EVENLY MELTED. THE PRODUCT HAS A 5 DAY SHELF LIFE AFTER THAWING.

Marinara-

Ready to Eat

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25

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

Nutrition Facts

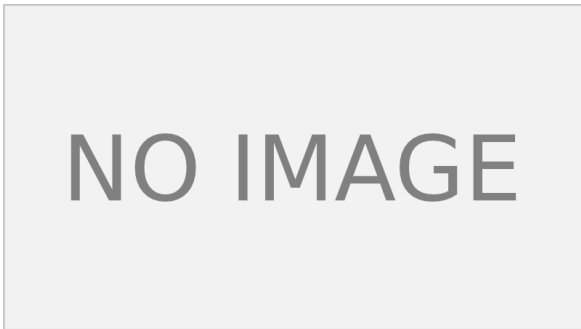
Servings Per Recipe: 1.00
Serving Size: 0.00

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	580.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	6.00g
Protein	17.00g

Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	327.00mg	Iron	2.00mg

Fruit Plate



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17346

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	Ready To Eat	786580
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each	Ready To Eat	200612
CRACKER GLDFSH CINN 300-2CT PEPPFM	2 Package	Ready To Eat	194510
FRUIT SAL FRSH DLX 24 RSS MRKN	4 Ounce	Ready To Eat	446076

Preparation Instructions

Container- 578044

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: 1.00

Amount Per Serving

Calories	446.00		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	552.00mg		
Carbohydrates	68.20g		
Fiber	2.80g		
Sugar	38.40g		
Protein	12.80g		
Vitamin A	200.00IU	Vitamin C	0.00mg

Calcium 568.40mg **Iron** 4.00mg

Jammer



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9554

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 40-4.6Z	1 Each	Thaw and serve.	661222

Preparation Instructions

Thaw and serve.

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: 1.00

Amount Per Serving	
Calories	570.00
Fat	32.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	440.00mg
Carbohydrates	55.00g
Fiber	8.00g
Sugar	21.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 150.00mg **Iron** 5.40mg

Lettuce/Tomato Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9241

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	18B19

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories		9.88	
Fat		0.10g	
SaturatedFat		0.13g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		21.63mg	
Carbohydrates		1.97g	
Fiber		0.70g	
Sugar		0.13g	
Protein		0.71g	
Vitamin A	1685.50IU	Vitamin C	8.45mg
Calcium	5.00mg	Iron	0.33mg

Salsa



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10371

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1/2 Cup	READY_TO_EAT	100330

Preparation Instructions

Ready to eat.

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: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	40.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	8.00g
Fiber	4.00g
Sugar	4.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fuji Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8447

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples FR Fuji 125 CT 40 LB CS- Graves County Schools	1 Apple	READY_TO_EAT	15PO9

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
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

Amount Per Serving	
Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	22.01g
Fiber	4.90g
Sugar	16.00g

Protein		0.49g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.29mg

Red Delicious Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8448

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples FR R/D 125-138 CT IB CS- Graves County Schools	1 Apple	READY_TO_EAT	14M10

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
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

Amount Per Serving	
Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	22.01g
Fiber	4.90g
Sugar	16.00g

Protein		0.49g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.29mg

Pineapple



Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1/2 Cup	Drain and serve.	189952

Preparation Instructions

Drain and serve.

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

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	12.00mg
Calcium	0.00mg	Iron	0.00mg

Apple Juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8370

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each	READY TO DRINK	135440

Preparation Instructions

READY TO DRINK

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: 1.00

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	12.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

Grape Juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17138

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each	READY TO DRINK	135460

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: 1.00

Amount Per Serving

Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	19.00g
Fiber	0.00g
Sugar	18.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	0.00mg

Orange Juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8372

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

Preparation Instructions

Ready to drink.

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: 1.00

Amount Per Serving	
Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	14.00g
Fiber	0.00g

Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	0.00mg	Iron	0.00mg

Tortilla Chips



Servings:	1.00	Category:	Grain
Serving Size:	8.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9483

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL WHT TRI 5-1.5 KE	1 Ounce	Ready to eat.	163010

Preparation Instructions

Ready to eat.

Meal Components (SLE)

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: 8.00

Amount Per Serving

Calories	150.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg