

Cookbook for West Carroll High School

Created by HPS Menu Planner

Table of Contents

Mashed Potatoes

Shredded Cheese

Variety of Fresh Fruit (apple slices, orange or banana)

Chicken Gravy

Sausage Gravy & Biscuit (HS)

Breakfast Sandwich (HS)

Glazed WG Donut

100% Fruit Juice

Blueberry Yogurt Parfait

Strawberry Yogurt Parfait

PBJ, Cheese Stick, Graham Snack

Snickerdoodle

Mashed Potatoes

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-13223 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| POTATO PRLS EXCEL 12-28Z BAMER | 1 Serving | RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. | 613738 |

Preparation Instructions

Pour 1 pouch of potato pearls into a steam table pan, add 1 gallon of boiling water to potatoes, promptly stir for 15-20 seconds to ensure even distribution. Allow potatoes to sit for 3-5 minutes, then stir/fluff with fork or hand mixer. Alternate preparation- pour 2 pouches potatoes into steam table pan and add 2 gallons of boiling water, promptly stir to ensure even distribution. Allow to sit for 3-5 min, then stir/fluff with fork or hand mixer. Cover and hold in warmer till service. PFS says you get 39 1/2 cup servings per bag.

CCP- Hold at 135°

Meal Components (SLE)

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: 0.50 Cup

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 75.90 |
| Fat | 0.84g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 345.78mg |
| Carbohydrates | 14.34g |
| Fiber | 0.84g |
| Sugar | 0.00g |

| | | | |
|------------------|--------|------------------|--------|
| Protein | 1.69g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 8.43mg | Iron | 0.25mg |

Shredded Cheese

NO IMAGE

| | | | |
|----------------------|------------|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-13407 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| CHEESE MOZZ SHRD 4-5 LOL | 1/2 Ounce | | 645170 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Ounce | | 150250 |

Preparation Instructions

No Preparation Instructions available.

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

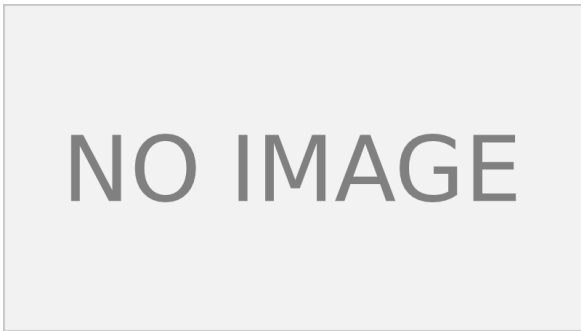
Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 100.00 | | |
| Fat | 7.50g | | |
| SaturatedFat | 4.75g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 22.50mg | | |
| Sodium | 185.00mg | | |
| Carbohydrates | 1.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.50g | | |
| Protein | 7.00g | | |
| Vitamin A | 150.00IU | Vitamin C | 0.00mg |
| Calcium | 202.00mg | Iron | 0.00mg |

Variety of Fresh Fruit (apple slices, orange or banana)



| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 75.00 | Category: | Fruit |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-13504 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| ORANGES FANCY 72-88CT MRKN | 25 Each | | 198005 |
| BANANA TURNING SNGL 150CT 40 P/L | 25 Each | | 197769 |
| APPLE SLCD FRSH | 25 Package | | 530851 |

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: 75.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|---------|------------------|---------|
| Amount Per Serving | | | |
| Calories | 60.15 | | |
| Fat | 0.17g | | |
| SaturatedFat | 0.03g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.02mg | | |
| Carbohydrates | 15.83g | | |
| Fiber | 2.30g | | |
| Sugar | 9.33g | | |
| Protein | 0.68g | | |
| Vitamin A | 93.10IU | Vitamin C | 19.68mg |

Calcium 13.79mg **Iron** 0.14mg

Chicken Gravy



NO IMAGE

| | | | |
|----------------------|----------|-----------------------|---------------------|
| Servings: | 34.00 | Category: | Condiments or Other |
| Serving Size: | 0.25 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-13710 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO | 1 Package | | 552061 |
| Tap Water for Recipes | 1 Gallon | UNPREPARED | 000001WTR |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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 | 0.00 |

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.25 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 30.08 | | |
| Fat | 0.75g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 3.76mg | | |
| Sodium | 97.75mg | | |
| Carbohydrates | 4.51g | | |
| Fiber | 0.00g | | |
| Sugar | 0.75g | | |
| Protein | 0.75g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Sausage Gravy & Biscuit (HS)



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-13779 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| GRAVY SAUS CNTRY 6-10 CHEFM | 1/2 Cup | | 464694 |
| BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS | 2 Each | BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits. | 631902 |

Preparation Instructions

SERVING = 1/2 CUP SAUSAGE GRAVY AND 2 BISCUITS

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 4.00 |
| 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 | 580.00 |
| Fat | 34.00g |
| SaturatedFat | 18.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 1300.00mg |
| Carbohydrates | 58.00g |
| Fiber | 4.00g |

| | | | |
|------------------|----------|------------------|--------|
| Sugar | | 4.00g | |
| Protein | | 12.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 300.00mg | Iron | 2.16mg |

Breakfast Sandwich (HS)

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-13780 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR | 1 Each | BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 663091 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| SAUSAGE PTY LO SOD CKD 80-2Z JDF | 1 Each | | 277722 |
| MUFFIN ENG 100WHLWHT 2Z 6- 12CT THMAS | 1 Each | | 880111 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| 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 | 435.00 |
| Fat | 28.50g |
| SaturatedFat | 9.75g |
| Trans Fat | 0.00g |
| Cholesterol | 147.50mg |
| Sodium | 730.00mg |
| Carbohydrates | 26.00g |
| Fiber | 3.00g |
| Sugar | 1.50g |
| Protein | 18.50g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 100.00IU | Vitamin C | 0.00mg |
| Calcium | 206.00mg | Iron | 2.68mg |

Glazed WG Donut



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-13789 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| DONUT RNG HMSTYL YST RSD 84-2.1Z RICH | 1 Each | | 131940 |
| GLAZE DONUT HNY DIP 24# RICH | 1 Tablespoon | | 889442 |

Preparation Instructions

DONUTS: Place on lined sheet pans. Thaw 60 minutes at room temperature. Heat in 375 degree oven for 2-3 minutes.

GLAZE: Store at room temperature. Stir glaze before applying to hot donuts. Dip or pour glaze over hot donuts. Allow to dry on cooling rack 10-15 minutes. Securely tighten lid after each use.

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 | 325.00 |
| Fat | 16.00g |
| SaturatedFat | 8.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 270.00mg |
| Carbohydrates | 41.00g |
| Fiber | 1.00g |
| Sugar | 19.00g |
| Protein | 4.00g |
| Vitamin A | 0.00IU |
| Vitamin C | 0.00mg |

Calcium 20.00mg **Iron** 1.44mg

100% Fruit Juice

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 5.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-14893 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| JUICE BOX GRP 100 40-4.23FLZ | 1 Each | | 698211 |
| JUICE BOX FRT PNCH 100 40-4.23FLZ | 1 Each | | 698240 |
| JUICE BOX ORNG TANGR 100 40-4.23FLZ | 1 Each | | 698251 |
| JUICE BOX VERY BRY 40-4.23FLZ | 1 Each | | 698391 |
| JUICE BOX APPL 100 40-4.23FLZ | 1 Each | | 698744 |

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|--------|
| Calories | 64.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 7.00mg |
| Carbohydrates | 16.20g |
| Fiber | 0.00g |
| Sugar | 14.80g |

| | | | |
|------------------|---------|------------------|--------|
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 59.80mg | Iron | 0.00mg |

Blueberry Yogurt Parfait



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-18964 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 4 Ounce | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| BLUEBERRY FREE-FLOW IQF 30 GFS | 1/2 Cup | | 119873 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| 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 Serving

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 151.94 | | |
| Fat | 1.25g | | |
| SaturatedFat | 0.75g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 3.73mg | | |
| Sodium | 59.70mg | | |
| Carbohydrates | 31.63g | | |
| Fiber | 2.00g | | |
| Sugar | 22.42g | | |
| Protein | 3.73g | | |
| Vitamin A | 0.00IU | Vitamin C | 1.80mg |
| Calcium | 134.33mg | Iron | 0.00mg |

Strawberry Yogurt Parfait



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-18965 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|--|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 4 Ounce | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| STRAWBERRY WHL IQF 4-5 GFS | 1/2 Cup | | 244630 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| 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 Serving

| Amount Per Serving | |
|-------------------------|--------------------------|
| Calories | 136.94 |
| Fat | 0.75g |
| SaturatedFat | 0.75g |
| Trans Fat | 0.00g |
| Cholesterol | 3.73mg |
| Sodium | 59.70mg |
| Carbohydrates | 29.63g |
| Fiber | 1.50g |
| Sugar | 20.92g |
| Protein | 3.73g |
| Vitamin A 0.00IU | Vitamin C 27.00mg |
| Calcium 144.33mg | Iron 0.36mg |

PBJ, Cheese Stick, Graham Snack

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-18979 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z | 1 Each | | 527462 |
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 1 Each | | 786801 |
| CRACKER GRHM STCK SCOOPY 210-1Z | 1 Package | | 859550 |

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: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 480.00 | | |
| Fat | 22.50g | | |
| SaturatedFat | 6.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 10.00mg | | |
| Sodium | 595.00mg | | |
| Carbohydrates | 54.00g | | |
| Fiber | 5.00g | | |
| Sugar | 24.00g | | |
| Protein | 18.00g | | |
| Vitamin A | 500.00IU | Vitamin C | 0.00mg |

Calcium 338.00mg **Iron** 1.72mg

Snickerdoodle

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-20791 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-----------------|-------------------|------------|
| DOUGH CKY SGR WGRAIN R/F 192-1.85Z | 1 Each | | 170041 |
| SUGAR CANE GRANUL 25 GFS | 1/4 Teaspoon | | 108642 |
| SPICE CINNAMON GRND 15Z TRDE | 13/100 Teaspoon | | 224723 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 1.25 |
| 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 | 197.65 | | |
| Fat | 6.00g | | |
| SaturatedFat | 2.10g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 18.00mg | | |
| Sodium | 200.00mg | | |
| Carbohydrates | 36.00g | | |
| Fiber | 3.70g | | |
| Sugar | 18.00g | | |
| Protein | 2.80g | | |
| Vitamin A | 106.50IU | Vitamin C | 0.03mg |
| Calcium | 14.60mg | Iron | 1.00mg |