

# **Cookbook for Barbour County Schools- Philippi, Belington, Kasson, Junior**

**Created by HPS Menu Planner**

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# Chicken or Turkey a la King

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20409

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1 31/50 Cup		733061
FLOUR H&R GOLD MEDAL 14317 2-25	1 1/4 Quart	BAKE Refer to your desired recipe or formula for preparation instructions.	426253
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	2 Gallon		110601
MILK PWD FF INST 6-5 P/L	3 37/100 Quart		311065
SEASONING POULTRY 10Z TRDE	1 Tablespoon		273996
SPICE PEPR WHITE GRND 17Z TRDE	1 33/100 Tablespoon		513776
SPICE ONION POWDER 19Z TRDE	1/2 Cup		126993
CHIX DCD 40 COMM	12 3/4 Pound		110530
PEAS 6-10 COMM	1 18/25 Gallon		150550
PEAS GREEN IQF 30 GCHC	1 3/4 Gallon	BAKE	285660

## Preparation Instructions

Directions:

Melt margarine. Add flour and stir until smooth.

Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended.

Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.

Add chicken or turkey, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through. CCP: Heat to 165° F or higher for at least 15 seconds.

Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

Serve over cooked rice, noodles, or a biscuit.

Notes:

1: Comments:

2: \*See Marketing Guide.

3: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.04
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.56

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	220.57		
<b>Fat</b>	5.15g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.88mg		
<b>Sodium</b>	434.55mg		
<b>Carbohydrates</b>	21.97g		
<b>Fiber</b>	4.07g		
<b>Sugar</b>	9.10g		
<b>Protein</b>	20.72g		
<b>Vitamin A</b>	194.40IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	118.05mg	<b>Iron</b>	0.72mg

# Nachos with Ground Beef

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20448

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	9 Pound		110520
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
MILK PWD FF INST 6-5 P/L	2 Quart		311065
CHEESE CHED REDC FAT SHRD 6-5 COMM	6 1/4 Pound		448010
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	6 1/4 Pound	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

## Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately.

Add seasoning and mix.

Add milk to ground beef mixture. Stir frequently over medium heat. When simmering add cheese. Stir frequently over medium heat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.

Add green chili peppers (optional) and stir to combine.

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately ¼ cup) taco shell pieces.

If desired, garnish with chopped green peppers, chopped tomatoes, and chopped green chili peppers.

Notes:

1: Comments: \*See Marketing Guide.

2: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and

3: Seasoning Mixes) may be used to

4: replace these ingredients. For

5: 50 servings, use ¼ cup 1 ½ tsp

6: Mexican Seasoning Mix. For 100

7: servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

8: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	337.86		
<b>Fat</b>	18.46g		
<b>SaturatedFat</b>	7.15g		
<b>Trans Fat</b>	1.07g		
<b>Cholesterol</b>	49.15mg		
<b>Sodium</b>	396.69mg		
<b>Carbohydrates</b>	24.03g		
<b>Fiber</b>	2.04g		
<b>Sugar</b>	2.91g		
<b>Protein</b>	18.47g		
<b>Vitamin A</b>	39.61IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	90.26mg	<b>Iron</b>	0.50mg

# Pepperoni Rolls

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20454

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YEAST DRY 12-2 RDSTR	3 1/4 Ounce		453722
WHOLE WHEAT FLOUR STONE GROUND	7 1/4 Pound		330094
MILK PWD FF INST 6-5 P/L	2 67/100 Cup		311065
SUGAR BEET GRANUL 25 GFS	1 3/4 Cup		108588
SALT IODIZED 18-2.25 GCHC	1/4 Cup		350732
OIL LIQ CORN NT 6-1GAL GFS	1 67/100 Cup		107662
Cold Water	1 1/4 Quart		0000
MARGARINE SLD 30-1 GCHC	2 1/2 Tablespoon		733061
PEPPERONI SLCD 16/Z 2-12.5 HRML	100 Ounce		263613

## Preparation Instructions

Direction: USE USDA B-16 Roll Recipe listed below-

Dissolve dry yeast in warm water (3 cups at 110 degree F). Let stand for 4-5 minutes

Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.

Add oil and blend for approximately 2 minutes on low speed.

Add water. Mix for 1 minute for 2 minutes on low speed.

Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

Add dissolved yeast and mix for 2 minutes on low speed.

Place dough in warm area (about 90° F) for 45-60 minutes

Punch down dough to remove air bubbles.

Spray work surface with pan release.

Pinching off 2 oz dough pieces, flatten out and place 1 oz pepperoni in center.

Bring outside edges of dough towards the center, rolling it up as you go. Pinching seams to seal.

Place seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray.

Bake until lightly browned: Conventional oven: 350° F for 12-14 minutes Convection oven: 325° F for 18-20 minutes

CCP: Heat to 165° or above for 15 seconds.

Brush lightly with melted margarine (approximately 1 Tbsp per pan) while warm.

Allow to cool 135° , cover with pan liner and place in warmer until served

CCP: Hold for hot service at 135° or higher

Notes:

1: Special Tip:

2: To use high-activity (instant

3: ) yeast, follow di

4:rections below or manufacturer's

5: instructions.

6: For 50 servings, omit step 1. In step

7: 2, add ¼ cup high-activity (instant)

8: yeast. Continue with step

9: 3. In step 4, add 1 qt wa

10:ter (110° F). Omit step 5.

11: In step 6, knead for 10 minute

12: s. Continue with steps 7-12.

13: For 100 servings, omit step 1. In step

14: 2, add 2 ½ oz (½ cup) high-activity

15: (instant) yeast. Continue with step 3. In

16: step 4, add 2 qt water (110° F). Omit

17: step 5. In step 6, knead for 10

18: minutes. Continue with steps 7-12.

19: Variation:

20: A. Frankfurter Rolls

21: 50 and 100 servings: Follow steps 1-8. In step 9, shape 2 oz pieces of dough to approximately 2 1/2" x 6 1/2".

Place rolls in rows of 8 down and 4 across on sheet pans which have been lightly coated with pan release spray.

Continue with steps 10-12.

22: B. Hamburger Rolls

23: 50 and 100 servings: Follow steps 1-8. In step 9, shape and flatten 2 oz pieces of dough to approximately 4" in

diameter. Place rolls in rows of 6 down and 4 across on sheet pans which have been lightly coated with pan release

spray. Continue with steps 10-12.

24: C. Wheat Rolls

25: 50 servings: Follow step 1. In step 2 use 1 lb 13 oz (1 2 1/2 cups) Whole wheat/enriched blend flour and 1 lb 13 oz (1 qt 2 3/4 cups) whole wheat flour. Continue with steps 3-12.

26: 100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) Whole wheat/enriched blend flour and 3 lb 10 oz (3 qt 1 1/2 cups) whole wheat flour. Continue with steps 3-12.



27: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	180.94		
<b>Fat</b>	5.82g		
<b>SaturatedFat</b>	1.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.28mg		
<b>Sodium</b>	328.57mg		
<b>Carbohydrates</b>	27.63g		
<b>Fiber</b>	3.72g		
<b>Sugar</b>	4.33g		
<b>Protein</b>	6.24g		
<b>Vitamin A</b>	18.75IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.69mg	<b>Iron</b>	1.21mg

# Royal Brownies

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20457

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BEET GRANUL 25 GFS	1 67/77 Quart		108588
FLAVORING VANILLA IMIT 1-QT KE	1 Ounce		110736
OIL LIQ CORN NT 6-1GAL GFS	1 1/2 Cup		107662
APPLESAUCE UNSWT 6-10 COMM	1 1/4 Quart		549280
EGG WHITES LIQ CHOLEST FR 6-5 GFS	3 Cup		677922
WHOLE WHEAT FLOUR STONE GROUND	1 3/4 Quart		330094
COCOA PWD BAKING 6-5 GCHC	3 1/4 Cup		269654
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Ounce		683700
SUGAR POWDERED 10X 12-2 PION	0 Ounce		859740

## Preparation Instructions

Directions:

Cream oil, sugar,, vanilla, and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.

Add egg whites and mix for 1 minute on medium speed. Scrape down sides of bowl.

In a separate bowl combine, flour, cocoa, and baking powder. Mix for 1 minute on medium speed.

Add dry mixture to creamed ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Batter will be very thick.

Spread 5 lb 3 oz (2 qt 1 ½ cups) of batter in each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Dust powdered sugar lightly over brownies just before serving.

Bake: Conventional oven: 350° F for 20-30 minutes Convection oven: 300° F for 18-25 minutes Bake until set, but still moist in the center.

Cut each pan 5 x 10 (50 pieces per pan).

Notes:

1: Special Tip:

2: Brownies may be iced with Brownie Ic

3: ing (C-22) or ligh

4: tly dusted with

5: powdered sugar.

6: Variation:

7: Swiss Brownies: Swiss Brownies are

8: lighter in color th

9: an Royal Brownies.

10: For 50 servings, decrease cocoa to 4 oz (1

11:

12: cups). For 100 servings,

13: decrease cocoa to 8 oz (2

14:

15: cups).

16: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.05
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	136.11		
<b>Fat</b>	3.90g		
<b>SaturatedFat</b>	0.66g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	58.68mg		
<b>Carbohydrates</b>	23.15g		
<b>Fiber</b>	1.27g		
<b>Sugar</b>	16.66g		
<b>Protein</b>	2.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.76mg	<b>Iron</b>	0.30mg

# Steamed Corn



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20461

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN 6-10 CMDTY	3 #10 CAN		120483
SPICE PEPR WHITE GRND 17Z TRDE	2 Tablespoon		513776

## Preparation Instructions

Directions:

Place 3 #10 cans of corn in a 4" steam table pan

Mix Seasoning over corn and mix.

Cook cornto internal temperature of 140° F

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	50.44
<b>Fat</b>	0.78g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.64mg
<b>Carbohydrates</b>	11.64g

<b>Fiber</b>	1.55g		
<b>Sugar</b>	2.33g		
<b>Protein</b>	1.55g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Baked Beans w/Canned Vegetarian Beans

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20463

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	4 #10 CAN		120530
SPICE MUSTARD DRY 1 COLMANS	4 Tablespoon		400018
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
SUGAR BEET GRANUL 25 GFS	2 Cup		108588
VINEGAR APPLE CIDER 5% 4-1GAL HNZ	1 Cup		201812
ONION DEHY CHPD 15 P/L	4 1/2 Tablespoon		263036
SAUCE TOMATO MW 6-10 GCHC	6 Cup		306347

## Preparation Instructions

### Directions:

Combine beans, onions, bell peppers, ground mustard, brown sugar, granulated sugar, tomato sauce, apple cider vinegar in a large bowl. Stir.

Pour 1 gal (9 lb 7 oz) baked beans into a steam table pan (12 x 20 x 2 ½).

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

### Bake:

Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15 minutes.

Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 4 fl oz slotted spoodle (1/2 cup).

### Notes:

1: NSLP/SBP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) is the equivalent of 5 oz of baked beans. One portion provides:

2: Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate and 1/8 cup additional vegetable.

3: OR

4: Legume as Vegetable: 1/2 cup legume vegetable and 1/8 cup additional vegetable.

5: CACFP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) is the equivalent of 5 oz of baked beans. One portion provides:

6: Legume as Meat/Meat Alternate: 2 oz meat/meat alternate and 1/8 cup vegetable.

7: OR

8: Legume as Vegetable: 5/8 cup vegetable.

9: \*Please note that this recipe contains differing crediting and serving size amounts. This is due to the volume of the baked beans once they have been cooked.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	148.99		
<b>Fat</b>	1.04g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	212.25mg		
<b>Carbohydrates</b>	29.79g		
<b>Fiber</b>	5.48g		
<b>Sugar</b>	13.51g		
<b>Protein</b>	7.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.08mg
<b>Calcium</b>	0.33mg	<b>Iron</b>	0.18mg