

Cookbook for Clear Lake 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
School:	Clear Lake Elementary		

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
School:	Clear Lake Elementary		

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
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Calcium	358.00mg	Iron	1.80mg
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Orange Chicken Rice Bowl

NO IMAGE

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

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

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		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.25mg	Iron	0.94mg

Elementary ER Pizza Munchers

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12125
School:	Clear Lake Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA W/BASL 6-10 REDPK	1/4 Cup	READY_TO_EAT	256013
PEPPERONI SLCD 14-16/Z 2-12.5 GCHC	8 Slice	READY_TO_EAT	729973
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
BREAD PITA 6 12-10CT OLYMPIA	1/2 Each	READY_TO_EAT	244351
CARROT BABY WHL 200-1.6Z RSS	1 Package		786321
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002
DOUGH CKY SGR 320-1Z OTIS	1 Each		223867

Preparation Instructions

pizza sauce 1/4 cup serving = .7 red/orange vegetable

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.50

GreenVeg	0.00
RedVeg	0.75
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	609.67
Fat	26.93g
SaturatedFat	11.65g
Trans Fat	0.27g
Cholesterol	51.00mg
Sodium	1075.67mg
Carbohydrates	64.53g
Fiber	5.00g
Sugar	28.00g
Protein	22.70g

Vitamin A	0.00IU	Vitamin C	24.80mg
Calcium	497.40mg	Iron	3.98mg