

Cookbook for Ballard County Elementary School

Created by HPS Menu Planner

Table of Contents

Ham & Cheese

Walking Taco

Bomber Nachos

Ranch Mashed Potatoes

Protein Pack

Pot-pie

Ham & Cheese Tortilla Spirals

Turkey & Cheese Tortilla Spirals

Turkey, Ham & Cheese Tortilla Spirals

Chicken & Waffles

Country Breakfast Scramble Wraps- Elementary

Bacon Cheeseburger

Texas Straw Hats

Hot Dog

Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16315
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	2 Slice		231053
HAM HNY DELI SHVD FRSH 6-2 GFS	1 Ounce		779160
CHEESE AMER SHRP 160CT SLCD 4-5 GCHC	1 Slice		163597

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.50
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 Sandwich

Amount Per Serving

Calories	300.00		
Fat	7.75g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	760.00mg		
Carbohydrates	42.50g		
Fiber	4.00g		
Sugar	6.00g		
Protein	13.50g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	223.00mg	Iron	2.20mg

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16329
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS 104-SSV DORITOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105060
TACO FILLING PORK REDC FAT 6-5 COMM	3 Ounce		641390
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1/4 Cup		191043

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.89
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 TACO

Amount Per Serving

Calories	378.56		
Fat	21.73g		
SaturatedFat	7.70g		
Trans Fat	0.00g		
Cholesterol	61.23mg		
Sodium	653.57mg		
Carbohydrates	25.68g		
Fiber	3.39g		
Sugar	3.39g		
Protein	22.25g		
Vitamin A	932.18IU	Vitamin C	4.73mg

Calcium 277.59mg **Iron** 1.25mg

Bomber Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 nacho	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16402
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce		722110
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489
TOMATO DCD PETITE 6-10 GFS	4/9 Cup		498871
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.13
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 nacho

Amount Per Serving			
Calories	245.78		
Fat	12.09g		
SaturatedFat	6.44g		
Trans Fat	0.18g		
Cholesterol	52.08mg		
Sodium	981.66mg		
Carbohydrates	16.65g		
Fiber	2.66g		
Sugar	6.46g		
Protein	15.98g		
Vitamin A	806.94IU	Vitamin C	3.15mg
Calcium	250.87mg	Iron	1.59mg

Ranch Mashed Potatoes

Servings:	266.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17327
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	185 1/2 Ounce	185.5oz = 7 bags. Use 7 gallons of water to reconstitute. RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
DRESSING MIX RNCH 18-3.2Z GCHC	1 Package		766130

Preparation Instructions

Day of Service:

1. Add 7 gallons hot water to mixer add butter buds
2. Add 7 bags potato pearls
3. Whip with mixer
4. Heat in steamer to 165
5. Dip 1/2 cup serving in bowls
6. Hold in warmer at 140 or above

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

Nutrition Facts

Servings Per Recipe: 266.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	76.49		
Fat	0.53g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.23mg		
Carbohydrates	15.51g		
Fiber	1.06g		
Sugar	0.00g		
Protein	2.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.82mg	Iron	0.27mg

Protein Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17908
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD 8-18CT SNYFR	1 Each		219160
CRACKER SALTINE 300-4CT ZESTA	1 Package		270644
SEED SUNFLWR RSTD SLTD 4-4 GFS	1/4 Cup		337910
CHEESE COLBY JK CUBED 6-1 GCHC	4 Piece		471461

Preparation Instructions

Day of Service:

1. place sunflower seeds in a 6oz cup or small ziploc bag
2. place all items in a plastic container with a lid which will be given individually.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.50
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 Serving

Amount Per Serving			
Calories	410.00		
Fat	29.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	195.00mg		
Sodium	625.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	236.00mg	Iron	3.14mg

Pot-pie

Servings:	1.00	Category:	Entree
Serving Size:	6.20 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17910
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FILLING POT PIE CHIX 4-5 JTM	4 Ounce		513242
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

Day of Service:

1. Bake Biscuits
2. Heat pot pie filling until internal temp of 145
2. In a 8oz container, place the bottom half of a biscuit (press to the edges)
3. Then place 4oz of pot pie filling
4. Cover filling with the top half of the biscuit (try to press the top and bottom half of biscuit together so there is no leaking)

Meal Components (SLE)

Amount Per Serving

Meat	0.94
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.20 Ounce

Amount Per Serving

Calories	264.53
Fat	10.21g
SaturatedFat	5.94g
Trans Fat	0.02g
Cholesterol	17.00mg
Sodium	693.42mg
Carbohydrates	33.03g
Fiber	1.85g
Sugar	4.89g
Protein	10.38g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.89mg	Iron	1.42mg

Ham & Cheese Tortilla Spirals

Servings:	3.00	Category:	Entree
Serving Size:	1.00 tortilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18066
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340

Preparation Instructions

Day of Service:

1. Fill one tortilla with 3oz of ham and 1 slice of cheese and wrap
2. Do this with different colored tortillas
3. Cut them into wedges and align the slices so that they look like spirals with different colored tortillas throughout
4. Each serving should have 3 tortilla wedges to make one spiral

Meal Components (SLE)

Amount Per Serving

Meat	1.15
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 tortilla

Amount Per Serving

Calories	120.33		
Fat	4.97g		
SaturatedFat	2.65g		
Trans Fat	0.00g		
Cholesterol	19.75mg		
Sodium	420.16mg		
Carbohydrates	12.97g		
Fiber	0.33g		
Sugar	2.15g		
Protein	7.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.67mg

Turkey & Cheese Tortilla Spirals

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18068
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
TURKEY BRST DELI SHVD FRSH 6-2 GFS	3 Ounce		779170

Preparation Instructions

Day of Service:

1. Fill one tortilla with 3oz of turkey and 1 slice of cheese and wrap
2. Do this with different colored tortillas
3. Cut them into wedges and align the slices so that they look like spirals with different colored tortillas throughout
4. Each serving should have 3 tortilla wedges to make one spiral

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.25
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 Serving

Amount Per Serving

Calories	345.00		
Fat	11.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	1290.00mg		
Carbohydrates	37.00g		
Fiber	1.00g		
Sugar	5.50g		
Protein	23.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.54mg

Turkey, Ham & Cheese Tortilla Spirals

Servings:	3.00	Category:	Entree
Serving Size:	1.00 tortilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18408
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 Ounce		779170

Preparation Instructions

Day of Service:

1. Fill one tortilla with 2oz of ham, 2oz of turkey, and 1 slice of cheese and wrap
2. Do this with different colored tortillas
3. Cut them into wedges and align the slices so that they look like spirals with different colored tortillas throughout
4. Each serving should have 3 tortilla wedges to make one spiral

Meal Components (SLE)

Amount Per Serving

Meat	0.88
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 tortilla

Amount Per Serving

Calories	126.89		
Fat	4.76g		
SaturatedFat	2.38g		
Trans Fat	0.00g		
Cholesterol	19.84mg		
Sodium	490.11mg		
Carbohydrates	13.09g		
Fiber	0.33g		
Sugar	2.21g		
Protein	9.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 15.00mg **Iron** 0.79mg

Chicken & Waffles

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18411
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL SGR PRL 60-1.94Z AVIETA	1 Each		660603
CHIX STRP BRD WGRAIN FC 1.3Z 30	2 Each		548842
SYRUP PANCK CUP 200-1.5Z GFS	1 Each	BAKE	160090

Preparation Instructions

Day of Service:

Serve with 2 fried chicken strips and 1 waffle with little syrup cups as an option

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
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: 2.00 Each

Amount Per Serving

Calories	529.33		
Fat	20.93g		
SaturatedFat	8.00g		
Trans Fat	0.50g		
Cholesterol	64.67mg		
Sodium	459.07mg		
Carbohydrates	70.00g		
Fiber	2.00g		
Sugar	34.00g		
Protein	15.00g		
Vitamin A	133.33IU	Vitamin C	72.00mg
Calcium	15.33mg	Iron	4.72mg

Country Breakfast Scramble Wraps- Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18891
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
EGG LIQ SUB FF CHOLEST FR 15-2 GCHC	1 Tablespoon		449390
HASHBROWN BKFST CUBES 6-6 PRVTRES	1/4 Cup		744107
CHEESE CHED MLD SHRD FTHR 4-5 GCHC	1/6 Cup		411841
TACO FILLING PORK REDC FAT 6-5 COMM	1 Ounce		641390
SAUCE SRIRACHA PKT 500-7GM	1 Each	READY_TO_EAT None	768331

Preparation Instructions

Day before Service:

1. Cook pork taco filling until internal temp reaches 160degrees and drain the excess liquid
2. Scramble eggs
3. Fry Hashbrowns at 360degrees to 3 minutes and 30 seconds
4. Mix together the hashbrowns, eggs, taco filling, and cheese (should be approximately 1/2 cup of filling for each tortilla, 1/4 cup hashbrown, 1/4 cup of the rest)
4. Place the mix in the center of tortilla
5. Fold up tortilla into a wrap and wrap individually in foil and hold in the fridge
6. Make as many as needed

Day of Service:

1. warm up wraps to 140degrees then serve
2. Serve with siracha sauce as an option

Meal Components (SLE)

Amount Per Serving

Meat	0.63
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		366.99	
Fat		13.95g	
SaturatedFat		6.72g	
Trans Fat		0.00g	
Cholesterol		30.81mg	
Sodium		877.89mg	
Carbohydrates		44.07g	
Fiber		2.63g	
Sugar		3.63g	
Protein		15.16g	
Vitamin A	210.73IU	Vitamin C	1.58mg
Calcium	204.88mg	Iron	2.91mg

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21376
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM CKD 3Z 6-4.875# JTM	2 1/4 Ounce		547933
American Cheese Sliced RF	1 Slice		666204
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315

Preparation Instructions

Prep:

1. Get Buns out of freezer

Day of Service:

1. Cook beef party to 155 for 15 seconds
2. Place burger on bun
3. Place cheese and bacon on burger
4. Put top on bun
5. Place cloth on top of buns
6. Put in warmer Hold at 140 or above

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 5.00 Ounce

Amount Per Serving	
Calories	398.83
Fat	19.32g
SaturatedFat	7.15g
Trans Fat	0.68g
Cholesterol	70.50mg
Sodium	887.57mg
Carbohydrates	29.75g
Fiber	1.75g

Sugar	4.50g
Protein	25.18g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 125.50mg	Iron 1.50mg

Texas Straw Hats

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21509
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE BLND MEX SHRD FTNR 4-5 GCHC	1/4 Cup		606952
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	1/4 Cup		661891
CHIP CORN 8-1# FRITOS	1 Package		210170

Preparation Instructions

Day of Service:

1. Heat up Chili
2. Place 1/2 cup of chili on a bed of fritos equal to 1 individual bag
3. Place 1/4 cup of cheese on top of warm chili as an option
4. Hold at 140°F for serving

Meal Components (SLE)

Amount Per Serving

Meat	0.35
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	2677.86
Fat	169.29g
SaturatedFat	30.11g
Trans Fat	0.00g
Cholesterol	32.09mg
Sodium	2754.37mg
Carbohydrates	257.58g
Fiber	16.15g
Sugar	0.29g
Protein	39.73g
Vitamin A 366.36IU	Vitamin C 0.97mg
Calcium 522.62mg	Iron 0.10mg

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22741
School:	Ballard County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830
FRANKS MEAT CN 8/# 10# KENTQ	1 Each		168530

Preparation Instructions

Prep:

1. Thaw Hot Dogs in the refrigerator a day or two before service.

Day of Service:

1. Cook Hot dogs to reach internal temp of 165°F for 15 seconds
2. Keep hotdogs at 140°F for service.
3. Serve hot dogs with a hot dog bun as an option

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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 Serving

Amount Per Serving			
Calories	290.00		
Fat	17.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	695.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	53.41mg	Iron	1.57mg