

Cookbook for RIDGEVIEW ELEMENTARY

Created by HPS Menu Planner

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Chef Salad with Whole Grain Cracker

Servings:	18.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9401
School:	JOAN MARTIN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	18 Cup		451730
Ham, Cubed Frozen	45 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	27 Ounce		150250
TOMATO GRAPE SWT 10 MRKN	54 Each		129631
CUCUMBER SLCD 1/4 2-3 RSS	36 Each		329517
Ranch Spikerz Cracker	18 pouch		51210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.15
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	357.87		
Fat	18.14g		
SaturatedFat	11.07g		
Trans Fat	0.00g		
Cholesterol	81.89mg		
Sodium	932.22mg		
Carbohydrates	25.16g		
Fiber	3.45g		
Sugar	5.11g		
Protein	24.08g		
Vitamin A	737.96IU	Vitamin C	4.81mg
Calcium	318.92mg	Iron	0.11mg

Pizza Lunchable

Servings:	38.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13658

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	76 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	38 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD 4-5 LOL	76 Ounce		645170

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 1.00 set

Amount Per Serving			
Calories	295.00		
Fat	13.75g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	705.00mg		
Carbohydrates	22.50g		
Fiber	2.00g		
Sugar	7.00g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	430.00mg	Iron	0.00mg

Yogurt Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8122

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	1 Each		765020
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	1 Package	READY_TO_EAT Ready to serve and eat	266020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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 set

Amount Per Serving			
Calories	260.00		
Fat	9.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	310.00mg		
Carbohydrates	34.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	12.00g		
Vitamin A	600.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	0.70mg

Mashed Potatoes

Servings:	97.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	1 Package	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
Cold Water	12 2/3 Quart		0000

Preparation Instructions

Boil water, boil more than you actually need.

Add 1 package of butter buds to your container of mashed potatoes.

Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes.

Using whip attachment, set mixer on low speed.

Slowly add your potato mixture into your mixing bowl over the boiled water.

Add remaining boiling water.

Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes).

Transfer potatoes to 4" steamtable pans.

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: 97.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	94.55
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.14mg
Carbohydrates	20.38g
Fiber	2.02g

Sugar	0.00g		
Protein	2.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.45mg	Iron	0.42mg

Fresh Apple Slices

Servings:	0.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9489

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 1-138CT MRKN	0 Each		256662
APPLE DELIC GLDN 125-138CT MRKN	0 Each		597481

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: 0.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	33.30		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.65mg		
Carbohydrates	9.00g		
Fiber	1.55g		
Sugar	6.50g		
Protein	0.15g		
Vitamin A	34.56IU	Vitamin C	2.95mg
Calcium	3.84mg	Iron	0.08mg

Chilly Ice Cream Treat

Servings:	148.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14881

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP CHOC LT 4FLZ 3-24CT	48 5/6 Each		400713
ICE CRM CUP STRAWB LT 4FLZ 3-24CT	48 5/6 Each		400895
ICE CRM CUP VAN LT 4FLZ 3-24CT DEANS	48 5/6 Each		400783

Preparation Instructions

The students will be allowed 1 cup of ice cream with their complete meal. This is an extra item, just like birthday cake.

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: 148.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	99.00		
Fat	1.98g		
SaturatedFat	1.16g		
Trans Fat	0.00g		
Cholesterol	8.25mg		
Sodium	41.25mg		
Carbohydrates	18.81g		
Fiber	0.33g		
Sugar	14.19g		
Protein	2.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	77.88mg	Iron	0.20mg