

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

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ORANGE GLAZED CARROTS - Revised



| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 0.33 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11598 |
| School: | OLIVE ELEMENTARY SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|------------------|---------------------------------|------------|
| MARGARINE SPRD 6-3.5 GCHC | 1 Cup | 1 Cup | 772361 |
| SUGAR BROWN MED 25 GCHC | 1 5/8 Quart | 6 1/2 cup | 108626 |
| JUICE ORNG CONC 3+1 12-32FLZ GRPRD | 1 Quart | 4 cup | 119997 |
| WATER | 1 Quart | 4 cup | H2O |
| FLAVORING VANILLA IMIT 1-1GAL KE | 1 Ounce | 1/4 cup | 110744 |
| SPICE CINNAMON GRND 15Z TRDE | 1 3/8 Tablespoon | 1 Tbsp 1 tsp | 224723 |
| SPICE NUTMEG GRND 16Z TRDE | 1 3/8 Tablespoon | 1 Tbsp 1 tsp | 224944 |
| CARROT SLCD C/C LRG 30 GCHC | 2 1/2 Gallon | 2 gal 1 qt 2 2/3 cup 1Tbsp 1Tsp | 285680 |
| CRANBERRY DRIED SWTND 10 OCSPR | 1 5/8 Quart | 6 1/4 cup 2 Tbsp 2 Tsp | 350882 |

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|----------------------|------------|
| STARCH CORN 24-1 ARGO | 1/2 Cup | 1/4 cup 2 Tbsp 2 Tsp | 108413 |

Preparation Instructions

Directions:

Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.

Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.

Fold in carrots and craisins. Bring to a boil for 3-4 minutes.

Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.

Critical Control Point: Heat to 135 °F or higher.

Place 2 qt 2 cups (about 4 lb 7 oz) glazed carrots in a steam table pan (12 x 20 x 2 ½).

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

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

Portion with 1/2 CUP scoop

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup red/orange vegetable and 1/4 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup vegetable and 1/4 cup fruit.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.13 |
| GreenVeg | 0.00 |
| RedVeg | 0.39 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.33 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 106.11 | | |
| Fat | 0.72g | | |
| SaturatedFat | 0.16g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 35.68mg | | |
| Carbohydrates | 25.51g | | |
| Fiber | 2.50g | | |
| Sugar | 22.28g | | |
| Protein | 0.58g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.10mg |
| Calcium | 23.12mg | Iron | 0.21mg |

Lemon Zest Broccoli 2020



| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11669 |
| School: | OLIVE ELEMENTARY SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|---------------|-------------------|------------|
| BROCCOLI FLORET REG CUT 4-3 RSS | 21 Pound | | 732478 |
| LEMON FCY 9AVG P/L | 5 Each | | 414743 |
| CHEESE PARM GRTD 4-5 PG | 30 Tablespoon | | 445401 |
| SALT KOSHER 12-3 DIAC | 5 Teaspoon | | 424307 |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 5 Teaspoon | | 225061 |
| OIL BLND SOY/POM OLV 90/10 6-1GAL KE | 30 Tablespoon | | 524948 |

Preparation Instructions

1. Remove broccoli crowns
2. Steam the broccoli, in a steamer, JUST until bright green, 2-7 minutes.
3. Drain thoroughly.
4. Grate the outer yellow lemon skin on the small grating side of a cheese grater.
5. Mix together the broccoli with the lemon zest, Parmesan cheese, salt, pepper and olive oil in hotel pans. CCP: Hold for hot service at 140°F or higher

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 1.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

| | | | |
|---------------------------|----------|------------------|---------|
| Amount Per Serving | | | |
| Calories | 46.38 | | |
| Fat | 4.51g | | |
| SaturatedFat | 0.75g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 71.84mg | | |
| Carbohydrates | 1.86g | | |
| Fiber | 0.71g | | |
| Sugar | 0.42g | | |
| Protein | 0.85g | | |
| Vitamin A | 116.75IU | Vitamin C | 20.64mg |
| Calcium | 19.18mg | Iron | 0.17mg |

Chicken Wings Boneless 2020



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 5.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11890 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5 | 5 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes. | 561301 |
| SAUCE BBQ CANNONBALL 4-1GAL KENS | 1/8 Gallon | | 433388 |

Preparation Instructions

Directions:

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

TRANSFER TO BOWL AND TOSS WITH SAUCE.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| 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: 5.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 276.73 |
| Fat | 8.75g |
| SaturatedFat | 1.88g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 823.43mg |
| Carbohydrates | 31.68g |
| Fiber | 2.50g |
| Sugar | 16.62g |
| Protein | 17.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 11.25mg | Iron 1.76mg |

Buba's Baked Beans 2020



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 23.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11945 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BEAN VEGTAR 6-10 GCHC | 1 #10 CAN | | 298913 |
| KETCHUP POUCH 2-1.5GAL CRWNCOLL | 1/2 Cup | | 452801 |
| ONION DEHY CHPD 15 P/L | 1 Ounce | | 263036 |
| MUSTARD PKT 500-5.5GM GFS | 5 Each | BAKE | 700051 |
| SUGAR BROWN LT 12-2 P/L | 1/2 Cup | | 860311 |
| SAUCE BBQ CANNONBALL 4-1GAL KENS | 1 Cup | | 433388 |

Preparation Instructions

MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.

POUR MIXTURE INTO BEANS AND MIX WELL.

COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS.

STORE IN WARMER UNTIL SERVICE.

SERVE WITH #8 DIPPER for 1/2 cup serving.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

CCP: DISCARD LEFTOVERS

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 | 0.50 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 199.39 | | |
| Fat | 0.61g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 679.59mg | | |
| Carbohydrates | 40.33g | | |
| Fiber | 5.71g | | |
| Sugar | 16.39g | | |
| Protein | 9.10g | | |
| Vitamin A | 0.11IU | Vitamin C | 0.01mg |
| Calcium | 62.50mg | Iron | 2.42mg |

Blushing Chilled Pears 2020



| | | | |
|----------------------|-------------------------|-----------------------|---------|
| Servings: | 28.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-16440 |
| School: | NEW PRAIRIE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| PEAR DCD 6-10 COMM | 14 Cup | 1 #10 CAN | 110690 |
| GELATIN MIX CHERRY 12-24Z GCHC | 3 Teaspoon | | 524611 |

Preparation Instructions

1. Pour drained pears into serving line pans.
2. Sprinkle cherry gelatin over pears to give blushing color (pink to light red).
3. Cover and chill.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

4. Portion two pear halves. Each portion provides.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

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: 28.00 | | | |
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| Calories | 61.25 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 6.61mg | | |
| Carbohydrates | 16.30g | | |
| Fiber | 2.00g | | |
| Sugar | 12.30g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.02mg | Iron | 0.00mg |

Open Face Turkey 2020



| | | | |
|----------------------|-------------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-17527 |
| School: | NEW PRAIRIE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| TURKEY BRST SKNLS CKD 2-9AVG JENNO | 12 1/8 Cup | | 442763 |
| BREAD WGRAIN SLCD 3/4 7-32Z GCHC | 50 Cup | | 230952 |
| GRAVY TKY RSTD 12- 50Z HRTHTN | 12 1/2 Cup | | 673595 |
| POTATO MASH SEAS R/SOD 6-4 MCC | 50 Cup | BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD. | 860560 |

Preparation Instructions

Follow heating instructions for turkey

Follow heating instructions for potatoes

follow heating instructions for gravy

Place 4 slices of turkey on V sliced bread.

Place a scoop of mashed potatoes inside of the V.

Spoon/Pour the gravy over the sandwich and mashed potatoes.

Serve immediately.

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 | 1.00 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 497.28 |
| Fat | 10.52g |
| SaturatedFat | 2.84g |
| Trans Fat | 0.00g |
| Cholesterol | 44.99mg |
| Sodium | 1859.24mg |
| Carbohydrates | 69.10g |
| Fiber | 6.68g |
| Sugar | 5.00g |
| Protein | 27.67g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 158.78mg | Iron 3.68mg |

Strawberry Applesauce Cup



| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-17560 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| APPLESAUCE STRAWB BAN CUP 96-4.5Z | 1 Each | | 726560 |

Preparation Instructions

Serve as is

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: 1.00 | | | |
| Serving Size: 1.00 Cup | | | |
| Amount Per Serving | | | |
| Calories | 70.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 17.00g | | |
| Fiber | 1.00g | | |
| Sugar | 14.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.00mg | Iron | 0.00mg |

Strawberries



| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-17561 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| STRAWBERRY 8 MRKN | 9 Ounce | | 212768 |

Preparation Instructions

Rinse and Serve as is

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 1.00 |
| 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 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|----------|
| Calories | 81.60 | | |
| Fat | 0.80g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.60mg | | |
| Carbohydrates | 20.00g | | |
| Fiber | 5.20g | | |
| Sugar | 12.00g | | |
| Protein | 1.80g | | |
| Vitamin A | 30.62IU | Vitamin C | 150.02mg |
| Calcium | 40.82mg | Iron | 1.04mg |

Garlic Green Beans 2020



| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 120.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-17625 |
| School: | OLIVE ELEMENTARY SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|------------------|-------------------|------------|
| BEAN GRN FZ 30 COMM | 60 Cup | 1 30 lb case | 355490 |
| OIL OLIVE PURE 4-3LTR GCHC | 1 Cup | | 432061 |
| GARLIC CRSHD FRESH 6-2 P/L | 5 Tablespoon | | 768154 |
| SALT SEA 36Z TRDE | 5 Tablespoon | | 748590 |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 2 1/2 Tablespoon | | 225061 |

Preparation Instructions

Directions:

WASH HANDS

1. Roast green by adding oil, garlic, salt and pepper .
2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-------------|------|
| Meat | 0.00 |
|-------------|------|

| | |
|-----------------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.50 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 120.00
Serving Size: 0.50 Cup

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 37.53 |
| Fat | 2.00g |
| SaturatedFat | 0.27g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 276.07mg |
| Carbohydrates | 4.13g |
| Fiber | 2.01g |
| Sugar | 1.00g |
| Protein | 1.03g |

| | | | |
|------------------|--------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.11mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Peaches 2020

NO IMAGE

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22448 |
| School: | ROLLING PRAIRIE ELEMENTARY SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| PEACH SLCD IN JCE 6-10 GCHC | 1/2 Cup | | 610267 |

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: 1.00

Serving Size: 1.00 Cup

| Amount Per Serving | |
|----------------------|--------|
| Calories | 50.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 0.00mg |
| Carbohydrates | 12.00g |
| Fiber | 1.00g |
| Sugar | 10.00g |
| Protein | 1.00g |
| Vitamin A | 0.00IU |
| Vitamin C | 0.00mg |

Calcium 9.00mg **Iron** 0.00mg

Blueberry Cobbler

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|---------------------|
| Servings: | 288.00 | Category: | Condiments or Other |
| Serving Size: | 0.50 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-23520 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--------------------------------|------------|
| STARCH CORN 24-1 ARGO | 2 1/2 Pound | | 108413 |
| SUGAR BEET GRANUL 25 GCHC | 27 Cup | Divided: 3 cups and 10.25 lbs. | 108588 |
| BLUEBERRY IQF 4-5 GCHC | 18 Pound | | 166720 |
| FLOUR ULTRAGRAIN 50 HLCHC | 7 3/4 Pound | | 515002 |
| BAKING POWDER DBL ACTION 6-5 RDSTR | 1/2 Cup | | 683700 |
| Fat Free Skim Milk | 11 Cup | BAKE | 51801 |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 9 Cup | | 840860 |

Preparation Instructions

SAUCE: Mix cornstarch with 3 c. white sugar. Add enough water (@5 c.) to mixture to make a smooth, pourable consistency. Add this to 2 gallons of water. Microwave on high 3 minutes 3 times stirring in between for a total of 9 minutes. Should be thick and smooth. Add frozen blueberries. **May want to add some blueberries to sauce while cooking for color.**

BATTER: 10 ¼ # White Sugar 7 ¾ # Flour

½ C. Baking Powder 11 1/3 C. FF Milk

Melt 1 cup of margarine in bottom of 9 2B Pans. Add scant 1 qt. batter to each pan. Add @1 ½ qts. Of thickened fruit on top of batter.

Bake @300* for 40 minutes.

288 - #8 Servings.

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: 288.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 177.32 | | |
| Fat | 5.74g | | |
| SaturatedFat | 2.29g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.02mg | | |
| Sodium | 104.43mg | | |
| Carbohydrates | 31.25g | | |
| Fiber | 1.46g | | |
| Sugar | 20.90g | | |
| Protein | 1.83g | | |
| Vitamin A | 0.05IU | Vitamin C | 0.02mg |
| Calcium | 4.22mg | Iron | 0.52mg |

Mini Corn Dogs 2020



| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 6.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-24930 |
| School: | OLIVE ELEMENTARY SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|---------------|-------------------|------------|
| CORN DOG TKY MINI .67Z 6-5 JTM | 2 1/2 Package | | 722301 |

Preparation Instructions

Follow instructions on product

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: 50.00

Serving Size: 6.00 Each

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 267.11 |
| Fat | 11.00g |
| SaturatedFat | 1.90g |
| Trans Fat | 0.00g |
| Cholesterol | 34.01mg |
| Sodium | 365.15mg |
| Carbohydrates | 33.01g |
| Fiber | 3.00g |
| Sugar | 12.00g |

| | | | |
|------------------|----------|------------------|---------|
| Protein | 9.00g | | |
| Vitamin A | 114.05IU | Vitamin C | 51.02mg |
| Calcium | 66.03mg | Iron | 1.00mg |

Sesame Chicken Noodle 2020



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 118.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25052 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|----------------|---|------------|
| ONION GREEN CLPD 4-2 RSS | 3 Fluid Ounce | | 198889 |
| SAUCE GARL SESM 4-.5GAL ASIAN | 3 Pint | | 802870 |
| GARLIC CHPD IN WTR 6-32Z TULK | 2 Tablespoon | | 322164 |
| PEPPERS RED 11 P/L | 2 Cup | | 321141 |
| CHIX STRP FAJT DK MT FC 6-5 TYS | 22 1/8 Pound | BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen. | 860390 |
| CARROT SMOOTH COIN CUT 2-5 RSS | 48 Fluid Ounce | | 313173 |
| PASTA SPAG 51 WGRAIN 2-10 | 14 7/8 Pound | | 221460 |

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 | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 118.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 359.22 | | |
| Fat | 8.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 79.91mg | | |
| Sodium | 730.92mg | | |
| Carbohydrates | 48.95g | | |
| Fiber | 4.09g | | |
| Sugar | 6.89g | | |
| Protein | 24.82g | | |
| Vitamin A | 309.60IU | Vitamin C | 4.03mg |
| Calcium | 24.75mg | Iron | 2.92mg |

Stuffed Crust Pizza 2020

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25055 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| PIZZA SAUS WDG WGRAIN STFD 72CT MAX | 1 Each | | 134686 |

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 | 310.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 20.00mg | | |
| Sodium | 670.00mg | | |
| Carbohydrates | 36.00g | | |
| Fiber | 4.00g | | |
| Sugar | 4.00g | | |
| Protein | 16.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 340.00mg | Iron | 2.60mg |