

# **Cookbook for NEW PRAIRIE HIGH SCHOOL**

**Created by HPS Menu Planner**

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# ROASTED CAULIFLOWER with TURMERIC- Revised



<b>Servings:</b>	50.00	<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-11660
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER IQF 30 GCHC	11 3/4 Pound	12 Pounds	285600
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	5/8 Cup	1/2 cup	524948
OIL SESAME PURE 10-56Z ROLN	5/8 Cup	1/2 cup	348630
SPICE TURMERIC GRND 15Z TRDE	3 3/8 Tablespoon	3 Tbsp	514187
SALT KOSHER 12-3 DIAC	1 1/4 Tablespoon	1 Tbsp	424307

## Preparation Instructions

1. Preheat convection oven to 400°F. Line 3 sheet pans with parchment paper.
2. Trim cauliflower and cut or break into 2-inch florets.
3. Whisk olive oil, sesame oil, turmeric and salt in a large bowl. Add the cauliflower and toss to coat.

4. Divide the cauliflower among the prepared sheet pans and spread in a single layer. Roast until golden, 18 to 20 minutes.
5. Any combination of oil will work, including vegetable oil. You'll want 1 cup total for 50 portions.
6. Wear rubber gloves so the turmeric doesn't stain your hands.

### 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>	0.23
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	53.05		
<b>Fat</b>	5.64g		
<b>SaturatedFat</b>	0.81g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	88.67mg		
<b>Carbohydrates</b>	0.93g		
<b>Fiber</b>	0.47g		
<b>Sugar</b>	0.47g		
<b>Protein</b>	0.47g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.43mg	<b>Iron</b>	0.00mg

# Buba's Baked Beans 2020



<b>Servings:</b>	23.00	<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-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

<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>	0.50
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

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

# Broccoli W/ Cheese (1-G)



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16421
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 30 COMM	1 Cup		256211
JTM Cheddar Cheese Sauce Boil in Bag	1/4 Ounce		15013

## Preparation Instructions

steam broccoli for approx 4-8 min or until crisp to the tooth, cook times will vary depending of fresh, frozen or cut size of product

Follow heating instructions for cheese

Place one cup of broccoli on tray and top with 2 oz of cheese sauce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.12
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<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: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	64.98		
<b>Fat</b>	0.96g		
<b>SaturatedFat</b>	0.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.37mg		
<b>Sodium</b>	93.53mg		
<b>Carbohydrates</b>	10.24g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	2.12g		
<b>Protein</b>	6.84g		
<b>Vitamin A</b>	46.64IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.28mg	<b>Iron</b>	0.00mg



# Pulled Pork Mac and Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16437

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 2-5 AUSTBL	1 Ounce		632160
ENTREE MACAR & CHS WGRAIN ELB 6-5	4 Ounce		609131
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon		655937
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.08
<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: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	431.33		
<b>Fat</b>	19.92g		
<b>SaturatedFat</b>	8.68g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	58.17mg		
<b>Sodium</b>	1049.33mg		
<b>Carbohydrates</b>	44.17g		
<b>Fiber</b>	2.33g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	248.67mg	<b>Iron</b>	1.85mg

# CHICKEN BACON RANCH WRAP



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	2 Cup		110530
WRAP MULTI-GRAIN MED 6-16CT FLATOUT	1 Cup		701140
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
BACON TKY CKD 12-50CT JENNO	1 Cup		834770

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	294.50		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	77.00mg		
<b>Sodium</b>	876.00mg		
<b>Carbohydrates</b>	21.50g		
<b>Fiber</b>	8.25g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	29.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	1.76mg

# Salad - Mixed Garden Greens 2020

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22446

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD HRYS & HRYS 4-2 RSS	4 Cup		573061
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	2 Each	129631
CUCUMBER SELECT 6CT MRKN	1/4 Cup	2 Slices	592323

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.67
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	31.89		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	86.67mg		
<b>Sodium</b>	87.97mg		
<b>Carbohydrates</b>	5.17g		
<b>Fiber</b>	1.66g		
<b>Sugar</b>	2.11g		
<b>Protein</b>	2.91g		
<b>Vitamin A</b>	202.02IU	<b>Vitamin C</b>	3.40mg
<b>Calcium</b>	80.75mg	<b>Iron</b>	2.75mg

# All American Cheeseburger 2020

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22766

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 6/ 80/20 15 GCHC	1 Each		482800
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<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: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	365.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	7.75g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	22.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 159.00mg **Iron** 2.44mg

# Brunch 2020

NO IMAGE

<b>Servings:</b>	1.00	<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-22779

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	1/4 Cup		481492
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Cup		184970
DOUGH BISC STICK 250-1.25Z RICH	2 1/2 Cup	<b>BAKE</b> Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	366.40
<b>Fat</b>	20.72g
<b>SaturatedFat</b>	8.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	178.80mg
<b>Sodium</b>	1050.80mg
<b>Carbohydrates</b>	27.92g
<b>Fiber</b>	0.00g



<b>Sugar</b>	2.96g
<b>Protein</b>	14.80g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 34.56mg	<b>Iron</b> 1.32mg