

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

[Turkey Manhattan](#)

[Dill Chicken Sandwich](#)

[Taco Salad](#)

# Turkey Manhattan

NO IMAGE

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	4 1/2 Ounce		653171
POTATO MASH REAL PREM 12-26Z IDAHOAN	1/2 Cup		166872
24 oz. Whole Grain Rich Sandwich Bread	2 Slice		1292
MARGARINE CUP SPRD 900-5GM CENTRYCR	1 Each		542121

## Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.
2. Open bag into a steam table pan. CCP: Hold for hot service at 140° minimum
3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork. CCP: Hold for hot service at 135° or higher.

To Serve: 1 slice of bread, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey and gravy over top. Add 1 slice of bread a 1 pat or margarine to each serving.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.16
<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>	1.00

### Nutrition Facts

Servings Per Recipe: 1.000  
Serving Size: 1.00

---

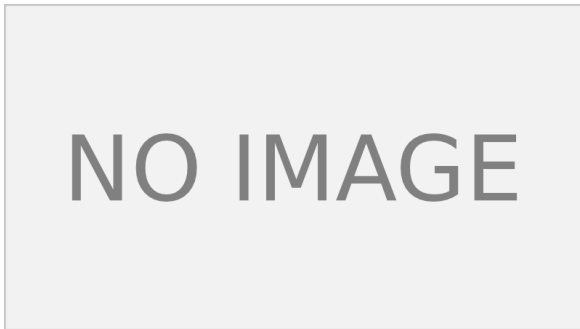
**Amount Per Serving**

<b>Calories</b>	454.81
<b>Fat</b>	11.91g
<b>SaturatedFat</b>	2.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.68mg
<b>Sodium</b>	1382.50mg
<b>Carbohydrates</b>	60.16g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	29.47g

---

<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	7.20mg
<b>Calcium</b>	48.00mg	<b>Iron</b>	9.11mg

# Dill Chicken Sandwich



<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25903

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	1 Each		542832
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

## Preparation Instructions

1. Cook chicken patties at 375° for 13-15 minutes. Turn after 6 minutes.

CCP: Cook patties to an internal temperature of 160°

2. Place one patty on one bu. Wrap in foil wrapper.

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 1.000

Serving Size: 1.00

Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	29.00g

<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	111.00mg	<b>Iron</b>	3.80mg

# Taco Salad

NO IMAGE

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25910
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Thaw product under refrigeration approx 2 days	722330
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
CHEESE CHED MLD SHRD 4- 5 LOL	1/4 Cup		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
84-2.6Z SALSA CUP REDG REDSC2Z	1		536690
SOUR CREAM PKT 100-1Z GCHC	1		745903

## Preparation Instructions

1. Portion romaine lettuce into the bottom of the container.
2. Add 2 oz taco meat, 1/4 cup shredded cheddar cheese.

3. Serve with 1 salsa cup, 1 sour cream packet and 1 bag of chips.

CCP: Hold for cold service at 40° or lower.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<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: 1.000

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	395.28
<b>Fat</b>	19.09g
<b>SaturatedFat</b>	8.14g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	52.08mg
<b>Sodium</b>	534.16mg
<b>Carbohydrates</b>	36.15g
<b>Fiber</b>	5.76g
<b>Sugar</b>	2.76g
<b>Protein</b>	19.58g
<b>Vitamin A</b> 706.94IU	<b>Vitamin C</b> 3.15mg
<b>Calcium</b> 288.87mg	<b>Iron</b> 1.86mg