

# **Cookbook for NEW PRAIRIE HIGH SCHOOL**

**Created by HPS Menu Planner**

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# CHICKEN PATTY SANDWICH



<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-11595
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Cup		281622
HAMBURGER BUN 3.5" WHOLE WHEAT	1 Cup		7491

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Layer patty on bottom of bun. Top with remaining half of bun.
3. Serve.
4. Allow student to select condiment of choice.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	380.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	22.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.00mg	<b>Iron</b>	2.00mg
<hr/>			

# BOSCO MOZZARELLA STICKS & MARINARA SAUCE



<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-11599
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Cup		235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Cup		677721

## Preparation Instructions

Place Bosco Sticks on a lined baking sheet.

Allow to thaw for 7-9 minutes.

Spray butter spray on the bosco sticks

Sprinkle with Ranch seasoning packet and garlic powder. Garnish with parsley

Bake at 400 until 155 temp or according to package

Place 2 sticks in a bag and hold at 135.

## 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>	1.00
<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>		340.00	
<b>Fat</b>		10.00g	
<b>SaturatedFat</b>		5.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		640.00mg	
<b>Carbohydrates</b>		42.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		22.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	464.00mg	<b>Iron</b>	2.00mg

# 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



# Broccoli W/ Cheese (1-G)



<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 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	30 Cup		256211
JTM Cheddar Cheese Sauce Boil in Bag	26 1/2 Cup		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>	0.50
<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: 120.00

Serving Size: 0.50 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

# PENNE ALFREDO & CHICKEN

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-16856
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1/2 Cup		786520
ENTREE PENNE W/ALFREDO SCE 6-5	6 Cup		491074

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<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>	365.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	71.50mg
<b>Sodium</b>	1345.00mg
<b>Carbohydrates</b>	30.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b>	473.00IU
<b>Vitamin C</b>	1.00mg

**Calcium** 402.00mg **Iron** 1.36mg

# 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
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
BACON TKY CKD 12-50CT JENNO	1 Cup		834770
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Cup		720526

## 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>	0.13
<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

### Amount Per Serving

<b>Calories</b>	424.50		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	77.00mg		
<b>Sodium</b>	846.00mg		
<b>Carbohydrates</b>	23.50g		
<b>Fiber</b>	2.25g		
<b>Sugar</b>	0.25g		
<b>Protein</b>	25.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.36mg

# 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 HRTS & HRTS 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



<b>Servings:</b>	50.00	<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-22766

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 6/ 80/20 15 GCHC	50 Cup		482800
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Cup		517810
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Cup		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: 50.00

Serving Size: 1.00 Each

#### 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

# Spanish Bean Stew

NO IMAGE

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25949
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1 1/2 Cup		524948
GARLIC CRSHD FRESH 6-2 P/L	3 Cup		768154
ONION DCD 1/4 2-5 RSS	5 Cup		198307
SPICE PAPRIKA 16Z TRDE	4 Cup		518331
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
BEAN VEGETARIAN 6-10 COMM	8 1/4 Cup		120530
TOMATO CRSHD A/P 6-10 REDPK	3 Cup	READY_TO_EAT None	248096
VINEGAR WINE RED 5 4-1GAL GCHC	1/2 Cup		644481
SALT KOSHER COARSE 12-3 MRTN	0 Cup		153550
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Cup		225037
SPINACH CHPD 12-3 GCHC	4 1/2 Cup		119474
BROTH CHIX NO MSG 12-5 HRTHSTN	3 1/2 Cup		261564

## Preparation Instructions

Heat oil in roasting pan.

Add garlic and saute for 2-3 min. Add onions continue to saute for 5-7 min. until the onions are translucent.

Mix in paprika and cumin

Add spinach and saute for 15 min.

Mix in beans, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 min.

Add vinegar, salt and pepper. Mix well.

Heat to 135 or higher for at least 15 seconds.

Serve 1/2 cup servings.

Special tip for preparing dry beans: SOAKING BEANS OVERNIGHT METHOD:

Add 1 3/4 quarts cold water to every 1 pound of dry beans. Cover and refrigerate overnight. Discard the water.

Proceed with recipe.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	1.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Serving

### Amount Per Serving

<b>Calories</b>	358.48		
<b>Fat</b>	17.69g		
<b>SaturatedFat</b>	2.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	354.03mg		
<b>Carbohydrates</b>	41.55g		
<b>Fiber</b>	5.60g		
<b>Sugar</b>	11.49g		
<b>Protein</b>	6.14g		
<b>Vitamin A</b>	264.08IU	<b>Vitamin C</b>	0.28mg
<b>Calcium</b>	86.10mg	<b>Iron</b>	1.47mg