

# **Cookbook for NEW PRAIRIE HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

**ORANGE GLAZED CARROTS**

**Chicken Wings Boneless 2020**

**Buba's Baked Beans 2020**

**Butted Corn (1-S .12)**

**Blushing Chilled Pears 2020**

**Open Face Turkey 2020**

**Applesauce Cup**

**Strawberries**

**Garlic Green Beans 2020**

**Peaches 2020**

**Spaghetti w/ Meat Sauce 2020**

**Cobbler**

**Sesame Chicken Noodle 2020**

**Stuffed Crust Pizza 2020**

**Parmesan Broccoli**

# ORANGE GLAZED CARROTS

NO IMAGE

<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-11650
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SPRD 6-3.5 GCHC	1/2 Cup		772361
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Cup		119997
WATER	1/2 Cup		H2O
SPICE CINNAMON GRND 15Z TRDE	1 Cup		224723
SPICE NUTMEG GRND 16Z TRDE	1 Cup		224944
CARROT SLCD C/C LRG 30 GCHC	50 Cup		285680
CRANBERRY DRIED SWTND 10 OCSPR	1 Cup		350882
STARCH CORN 24-1 ARGO	1/2 Cup		108413
FLAVORING VANILLA IMIT 1-QT KE	1/2 Cup		110736

## 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 raisins. 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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.04
<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: 50.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	124.10		
<b>Fat</b>	0.72g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	76.83mg		
<b>Carbohydrates</b>	29.60g		
<b>Fiber</b>	4.72g		
<b>Sugar</b>	23.68g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	59.70mg	<b>Iron</b>	0.54mg

# Chicken Wings Boneless 2020



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11890

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	200 Cup	<b>BAKE</b> 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. <b>CONVECTION</b> 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 6-80FLZ SWTBRAY	1/4 Cup		212071

## 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 CONTAINER AND TOP 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

<b>Meat</b>	2.00
<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: 50.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	162.80		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	281.60mg		
<b>Carbohydrates</b>	10.68g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.64g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	1.01mg

# 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 Cup		298913
ONION DEHY CHPD 15 P/L	1 Cup		263036
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
BACON TKY CKD 12-50CT JENNO	1/8 Cup		834770
SAUCE BBQ 6-80FLZ SWTBRAY	1 Cup		212071
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/2 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221

## 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 350 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.

TOP WITH BROKEN PIECE OF BACON

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>	1.00
<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>	53.48		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.03mg		
<b>Sodium</b>	207.79mg		
<b>Carbohydrates</b>	12.50g		
<b>Fiber</b>	0.70g		
<b>Sugar</b>	8.22g		
<b>Protein</b>	0.93g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.97mg	<b>Iron</b>	0.35mg



# Butted Corn (1-S .12)



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16425

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	1 Cup		283730
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Tablespoon		184622

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.75

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	265.90		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.80g		
<b>Trans Fat</b>	0.16g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 6.04mg **Iron** 0.80mg

# Blushing Chilled Pears 2020



<b>Servings:</b>	28.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16440
<b>School:</b>	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

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

# Open Face Turkey 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-17527
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SKNLS CKD 2-9AVG JENNO	12 1/8 Cup	3 OZ SLICE	442763
BREAD WGRAIN SLCD 3/4 7-32Z GCHC	50 Cup		230952
GRAVY TKY RSTD 12- 50Z HRTHTN	12 1/2 Cup	2 CANS	673595
POTATO MASH SEAS R/SOD 6-4 MCC	25 Cup	26 SERVINGS PER BAG 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
SPICE PARSLEY FLAKES 2Z TRDE	1/8 Cup	TO GARNISH MASHED POTATO	259195

## 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

<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>	0.50

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	396.13
<b>Fat</b>	7.76g
<b>SaturatedFat</b>	1.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.99mg
<b>Sodium</b>	1684.53mg
<b>Carbohydrates</b>	52.55g
<b>Fiber</b>	4.84g
<b>Sugar</b>	5.00g
<b>Protein</b>	25.84g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 140.39mg	<b>Iron</b> 3.02mg

# Applesauce Cup



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

## Ingredients

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

## Preparation Instructions

Serve as is

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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 Cup			
<b>Amount Per Serving</b>			
<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg



# Strawberries



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.00
<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 Cup

#### Amount Per Serving

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

# Garlic Green Beans 2020



<b>Servings:</b>	120.00	<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-17625
<b>School:</b>	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 Cup		768154
SPICE PEPR BLK REST GRIND 16Z TRDE	2 1/2 Cup		225061
SALT KOSHER 12-3 DIAC	4 Cup		424307

## 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

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

### Nutrition Facts

Servings Per Recipe: 120.00  
Serving Size: 0.50 Cup

---

**Amount Per Serving**

<b>Calories</b>	37.53
<b>Fat</b>	2.00g
<b>SaturatedFat</b>	0.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	113.06mg
<b>Carbohydrates</b>	4.13g
<b>Fiber</b>	2.01g
<b>Sugar</b>	1.00g
<b>Protein</b>	1.03g

---

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.11mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Peaches 2020

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22448
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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 Cup

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

**Calcium** 9.00mg **Iron** 0.00mg

# Spaghetti w/ Meat Sauce 2020



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22616

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	10 Pound		110520
PEPPERS GREEN LRG 5 MRKN	10 Ounce		592315
ONION WHITE 12-2 P/L	10 Ounce		652054
SAUCE MARINARA A/P 6-10 REDPK	6 #10 CAN		592714
PASTA SPAGHETTI 10 2-10 KE	10 Pound		654560

## Preparation Instructions

1. Brown ground beef uncovered on mediumhigh heat

in a large hotel pan using combi-oven. Stir often.

Critical Control Point:

Heat to 165 °F or higher for at least 15 seconds

2. Drain meat. Return to pan.

3. Add onions and bell peppers. Stir well.

Simmer uncovered over low heat for 5 minutes

4 Add Sauce, Stir well.

5.Cover and simmer for 1 hour.

Stir occasionally

Critical Control Point:

Heat to 165 °F or higher for at least 15 seconds

6. Bring 6 gallons of water to a rolling boil.

7. Slowly add pasta. Stir constantly until water boils again.

Cook about 8 minutes or until al dente.

Stir occasionally.

DO NOT OVERCOOK. Drain well.

Combine pasta and beef mixture in stock pot. Stir.

Transfer to a steam table pan lightly coated with pan-release spray.

Critical Control Point:

Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<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 Cup

### Amount Per Serving

<b>Calories</b>	664.40		
<b>Fat</b>	15.94g		
<b>SaturatedFat</b>	4.78g		
<b>Trans Fat</b>	2.39g		
<b>Cholesterol</b>	62.09mg		
<b>Sodium</b>	1406.53mg		
<b>Carbohydrates</b>	87.13g		
<b>Fiber</b>	13.12g		
<b>Sugar</b>	23.01g		
<b>Protein</b>	37.80g		
<b>Vitamin A</b>	20.96IU	<b>Vitamin C</b>	4.56mg
<b>Calcium</b>	95.20mg	<b>Iron</b>	3.22mg

# Cobbler



<b>Servings:</b>	30.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23520

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STARCH CORN 24-1 ARGO	6 Cup		108413
SUGAR BEET GRANUL 25 GCHC	30 Cup		108588
BLUEBERRY IQF 4-5 GCHC	30 Cup		166720
CAKE MIX WHT 6-5# GILST	30 Cup		114240

## 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: top cobbler following box instructions

Bake @300\* untill lightly brown

288 - #8 Servings.

### Meal Components (SLE)

Amount Per Serving

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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	110.89		
<b>Fat</b>	0.25g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.95mg		
<b>Sodium</b>	21.46mg		
<b>Carbohydrates</b>	27.18g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	19.45g		
<b>Protein</b>	1.13g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.53mg	<b>Iron</b>	0.07mg

# Sesame Chicken Noodle 2020



<b>Servings:</b>	118.00	<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-25052

## Ingredients

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

## Preparation Instructions

Cook meat at 350  
 Boil water for pasta  
 cook pasta according to package directions  
 dice onion, mix whole garlic red peppers and carrots.  
 Put meat and pasta in equal amount in pan  
 Divide sauce to equal parts per pan  
 garnish with green onions  
 Serve in 1c. servings

### 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>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 118.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	449.68		
<b>Fat</b>	10.51g		
<b>SaturatedFat</b>	2.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	108.47mg		
<b>Sodium</b>	1242.08mg		
<b>Carbohydrates</b>	58.54g		
<b>Fiber</b>	4.82g		
<b>Sugar</b>	12.98g		
<b>Protein</b>	32.00g		
<b>Vitamin A</b>	3936.72IU	<b>Vitamin C</b>	5.35mg
<b>Calcium</b>	40.58mg	<b>Iron</b>	3.36mg

# Stuffed Crust Pizza 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-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

<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

Amount Per Serving			
<b>Calories</b>	310.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	340.00mg	<b>Iron</b>	2.60mg

# Parmesan Broccoli

NO IMAGE

<b>Servings:</b>	143.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25947
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	30 Pound		549292
CHEESE PARM GRTD 4-5 PG	3 Cup		445401
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1 Cup		524948
SALT KOSHER 12-3 DIAC	2 Tablespoon		424307
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061

## Preparation Instructions

1. Remove broccoli crowns
2. Steam the broccoli, in a steamer, JUST until bright green 2-7 minutes.
3. Drain thoroughly.
4. Mix together the broccoli with the parmesan cheese, salt, pepper and olive oil in hotel pans.
5. Transfer to shotguns.

CCP: Hold for hot service at 140 or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 143.00  
Serving Size: 1.00 Cup

---

**Amount Per Serving**

<b>Calories</b>	78.04
<b>Fat</b>	2.32g
<b>SaturatedFat</b>	0.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	125.88mg
<b>Carbohydrates</b>	10.49g
<b>Fiber</b>	6.29g
<b>Sugar</b>	2.10g
<b>Protein</b>	7.30g

---

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.17mg	<b>Iron</b>	0.00mg