

Cookbook for Franklin Community School Corp.

Created by HPS Menu Planner

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Breakfast Fruit Juice

NO IMAGE

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22404

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

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: 5.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	64.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.00mg
Carbohydrates	15.80g
Fiber	0.00g
Sugar	13.80g

Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	24.00mg
Calcium	39.80mg	Iron	0.00mg

Assorted Fresh Fruit



Servings:	6.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup	2.75 oz = 1/2 cup	280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	1/2 Cup	3 oz = 1/2 cup	212768
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

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: 6.00
Serving Size: 0.50 Cup

Amount Per Serving	
Calories	74.17
Fat	0.23g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.89mg
Carbohydrates	19.11g

Fiber	3.16g		
Sugar	10.00g		
Protein	0.93g		
Vitamin A	94.81IU	Vitamin C	25.58mg
Calcium	21.11mg	Iron	0.30mg

Hot Ham and Cheese Sandwich Elem



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-22549

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice		247822
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
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 Sandwich

Amount Per Serving

Calories	240.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	870.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	5.00g
Protein	20.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	0.36mg

Side Salad IN/MS/HS



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1/4 Ounce		
TOMATO CHERRY 11 MRKN	3 Each		569551

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
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	40.60		
Fat	1.60g		
SaturatedFat	0.90g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	71.25mg		
Carbohydrates	3.50g		
Fiber	0.55g		
Sugar	1.25g		
Protein	2.40g		
Vitamin A	374.70IU	Vitamin C	6.16mg
Calcium	8.25mg	Iron	0.12mg

Seasoned Green Beans

NO IMAGE

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	2 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

CCP: Hold for hot service at 135° or higher.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	22.06
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	151.70mg
Carbohydrates	4.44g
Fiber	2.17g
Sugar	2.17g

Protein		1.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.53mg	Iron	0.43mg

Baked Cinnamon Apples

NO IMAGE

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22676

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 #10 CAN	1. Drain apples and put slices into steam table pans 2 cans per ½ pan.	117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	2. Mix honey, pineapple juice and cinnamon.	224723
HONEY CLOVER 4-6 GCHC	1 1/2 Cup		225614
JUICE PINEAP 100 12-46FLZ HV	3 Cup	3. Pour equal parts of the juice mixture over each pan.	100676
MARGARINE &BTR BLND EURO UNSLTD 36-1	1/4 Pound		834071

Preparation Instructions

Bake in a 350° oven until temperature reaches 140°, approx. 20 minutes.

CCP: Hold for hot service at 135° or higher.

Note: Can use frozen apples as well. Use 15 lbs of frozen apples instead of 2 #10 cans with same amount of other ingredients.

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: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	108.68		
Fat	2.00g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.09mg		
Carbohydrates	23.37g		
Fiber	2.16g		
Sugar	19.39g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	11.38mg
Calcium	3.40mg	Iron	0.00mg

Orange Chicken with Rice and Eggroll



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6- 7.2	4 Ounce		791710
RICE 2-10 UBEN	1/2 Cup		427586
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

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

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service

Meal Components (SLE)

Amount Per Serving

Meat	2.05
Grain	2.25
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	668.67
Fat	8.60g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	46.15mg
Sodium	635.54mg
Carbohydrates	120.64g
Fiber	5.05g
Sugar	16.33g
Protein	25.56g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	152.20mg	Iron	6.90mg

Crispy Chicken and Waffle



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25957

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790
WAFFLE BEL WHLWHE 48- 3.5 GINNYS	1 Each	Warm in low temp oven. Do not allow to dry out	243572

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
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

Amount Per Serving	
Calories	500.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	730.00mg
Carbohydrates	54.00g
Fiber	4.00g
Sugar	18.00g
Protein	22.00g
Vitamin A	700.00IU
Vitamin C	0.00mg

Calcium 20.00mg **Iron** 2.52mg

Broccoli Salad

NO IMAGE

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25979
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Pound	Blanch broccoli	732451
ONION RED JUMBO 10 MRKN	2 Ounce	Trim and peel onion. Dice small.	596973
BACON CKD MED SLCD 3- 100CT GFS	2 Slice	Warm bacon until crisp. Dice into small pieces.	314196
MAYONNAISE LT 4-1GAL GFS	3/4 Cup	Whisk mayo vinegar and sugar in a large bowl. Stir in the broccoli, onion, raisins, and bacon.	429406
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Tablespoon		842061
VINEGAR APPLE CIDER 5 4- 1GAL GCHC	2 Tablespoon		430795
RAISIN SELECT 12-2 P/L	1/2 Cup		496146

Preparation Instructions

CCP: Hold for hot service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00
Serving Size: 0.50

Amount Per Serving

Calories	89.30
Fat	2.06g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	12.80mg
Sodium	106.64mg
Carbohydrates	16.78g
Fiber	2.46g
Sugar	8.93g
Protein	2.71g

Vitamin A	473.74IU	Vitamin C	68.16mg
Calcium	42.72mg	Iron	0.86mg

Hamburger on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144- 2.25Z	1 Each	GRILL Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).conventional oven: frozen at 375 degree f for 15-18 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

Preparation Instructions

1. Cook beef patty according to manufacturer's instructions. CCP: Heat to minimum internal temperature of 165 F or higher.
2. Assemble burger. Wrap in foil. CCP: Keep warm at 135 F or higher.

**Allergens: Soy, Wheat

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
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			
<hr/>			
Calories	240.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	275.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	16.00g		
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Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg
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Nachos Supreme



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce		768230
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce		135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
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

Amount Per Serving	
Calories	262.97
Fat	10.82g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	64.82mg
Sodium	627.27mg
Carbohydrates	22.66g
Fiber	1.00g

Sugar	0.00g
Protein	19.28g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 145.60mg	Iron 1.38mg

Chicken Nuggets w/Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26019

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .98Z 30	4 Each	Cook 8-10 minutes in a 350° convection oven. Cook to a minimum of 165°.	548832
Whole Grain Pan Roll	1 Each		3920

Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.

Serve 4 nuggets and 1 roll together as an entree.

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	370.00
Fat	18.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	465.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	2.00g
Protein	21.00g
Vitamin A 200.00IU	Vitamin C 108.00mg

Calcium 68.00mg **Iron** 2.08mg

Sloppy Joe on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/5 Ounce	Heat in the bag to a minimum internal temp. of 160°.	564790
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

Preparation Instructions

Use a # scoop for portioning the sloppy joe.
CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	253.80		
Fat	7.45g		
SaturatedFat	2.18g		
Trans Fat	0.00g		
Cholesterol	43.64mg		
Sodium	603.55mg		
Carbohydrates	29.92g		
Fiber	3.98g		
Sugar	10.93g		
Protein	16.89g		
Vitamin A	455.21IU	Vitamin C	5.95mg

Calcium 33.72mg **Iron** 1.98mg

Crispy Chicken Patty Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26022

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Cook from frozen. Cook for 8-10 minutes in a 350° convection oven.	548852
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

Preparation Instructions

Place one patty on one bun. Wrap

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.50
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

Amount Per Serving

Calories	390.00		
Fat	18.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	530.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	200.00IU	Vitamin C	108.00mg

Calcium 20.00mg **Iron** 1.08mg

Hot Dog on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26025

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	Fully Cooked, may be steamed, grilled, or oven heated. Heat to 165°	304913
6" Whole Grain Hot Dog Bun	1 Each	READY_TO_EAT	3709

Preparation Instructions

Serve one hot dog on one bun. Wrap

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
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

Amount Per Serving	
Calories	280.00
Fat	17.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	770.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	4.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 80.11mg **Iron** 1.84mg

Sausage Gravy with Biscuit Sticks



Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26027

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Package	Prepare gravy according to package directions.	455555
PORK CRMBL CKD 120/Z W/TVP 10 PG	3 Pound	Add pork crumbles and heat until ° minimum for 15 seconds.	499595
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	25 Each	Cook patties from frozen on a lined sheet pan in a 325° oven for 12-16 min.	785880
DOUGH BISC STICK 250-1.25Z RICH	50 Each	BAKE Keep 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

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

CCP: Hold sausage patties for hot service at 140° of higher.

Portion: 2 biscuit sticks with 6 oz gravy and 1 sausage patty.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 25.00			
Serving Size: 1.00			
Amount Per Serving			
<hr/>			
Calories	476.08		
Fat	31.51g		
SaturatedFat	13.55g		
Trans Fat	0.00g		
Cholesterol	59.43mg		
Sodium	1215.02mg		
Carbohydrates	28.17g		
Fiber	0.00g		
Sugar	2.00g		
Protein	16.69g		
<hr/>			
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	28.54mg	Iron	7.64mg
<hr/>			

Deli Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26028

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Lay tortillas out. Spread 1 side with dressing.	523610
DRESSING RNCH DISPNSR 2-1.5GAL HELM	1 Tablespoon		479880
TURKEY HAM UNCURED 6-2 JENNO	2 Slice	Top each tortilla with 2 slices each of turkey ham and turkey. Add 1 slice cheese.	690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half.	451730

Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	357.80		
Fat	14.62g		
SaturatedFat	5.78g		
Trans Fat	0.00g		
Cholesterol	56.31mg		
Sodium	834.84mg		
Carbohydrates	33.56g		
Fiber	3.50g		
Sugar	4.04g		
Protein	23.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.00mg	Iron	1.81mg

Crispy Chicken Smackers with a Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26038

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
Whole Grain Dinner Roll	1 Each		3920

Preparation Instructions

CCP: Hold chicken smackers for hot service at 140° or higher.
Serve 10 smackers with 1 roll.

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

Amount Per Serving	
Calories	350.00
Fat	14.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	675.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	2.00g
Protein	22.00g
Vitamin A	200.00IU
Vitamin C	0.00mg

Calcium 20.00mg **Iron** 1.44mg

BBQ Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26046

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	Heat a 350° for 30 minutes or until minimum temperature is 160°	498702
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

Preparation Instructions

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

To serve: Put 4 oz pork on each bun. Wrap.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
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

Amount Per Serving	
Calories	409.00
Fat	18.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	423.00mg
Carbohydrates	37.00g
Fiber	2.00g
Sugar	19.00g
Protein	22.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

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Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

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Breakfast Fruit Juice

Crispy Chicken Sandwich HS

Broccoli with Cheese Sauce

Spicy Chicken Wrap

Crispy Chicken Bacon Ranch Wrap

Shredded BBQ Sandwich

Breakfast Fruit Juice

NO IMAGE

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22404

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

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: 5.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	64.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.00mg
Carbohydrates	15.80g
Fiber	0.00g
Sugar	13.80g

Protein	0.00g
Vitamin A 200.00IU	Vitamin C 24.00mg
Calcium 39.80mg	Iron 0.00mg

Crispy Chicken Sandwich HS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Cup	Cook from frozen. Convection oven: cook for 8-10 minutes at 350 degrees F.	548852
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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 430.00

Fat 19.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 550.00mg

Carbohydrates 42.00g

Fiber 4.00g

Sugar 4.00g

Protein 24.00g

Vitamin A 200.00IU **Vitamin C** 108.00mg

Calcium 91.00mg **Iron** 3.08mg

Broccoli with Cheese Sauce



Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound		610902
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

Preparation Instructions

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables.
4. CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.37
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: 32.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	22.08
Fat	0.42g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	1.25mg
Sodium	32.92mg
Carbohydrates	3.54g
Fiber	2.00g
Sugar	0.67g
Protein	2.29g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.29mg	Iron	0.67mg

Spicy Chicken Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25891
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	1 Tablespoon	spread with ranch dressing	676210
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each	Cook Frozen tenders in a 400°F oven for 6-8 minutes. CCP: Cook until temp. reaches 165°F for 15 sec. Lay 3 tenders on each shell.	399806
CHEESE CHED MLD SHRD 4- 5 LOL	2 Tablespoon	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	3.25
Fruit	0.00
GreenVeg	0.25

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1 each

Amount Per Serving

Calories	508.00
Fat	25.70g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	78.00mg
Sodium	715.00mg
Carbohydrates	45.50g
Fiber	5.50g
Sugar	3.00g
Protein	24.00g

Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	155.50mg	Iron	2.44mg

Crispy Chicken Bacon Ranch Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25897
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
DRESSING RNCH DISPNSR 2-1.5GAL HELM	2 Tablespoon		479880

Preparation Instructions

1. Place frozen tenders on a lined sheet pan. Cook in a 350° oven for 8-12 minutes. CCP: Heat to a min. of 165°
2. Heat bacon in a 350° oven for 1-2 minutes.
3. Lay tortilla shells on a flat surface. Spread with ranch dressing.
4. Top with 3 tenders, 2 slices turkey bacon, 2 Tbsp cheese, and 1/2 C lettuce..
5. Roll tightly and cut in half.

CCP: Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	2.55
Grain	3.01
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		574.00	
Fat		29.60g	
SaturatedFat		9.15g	
Trans Fat		0.00g	
Cholesterol		67.00mg	
Sodium		1034.00mg	
Carbohydrates		44.50g	
Fiber		5.00g	
Sugar		5.50g	
Protein		29.50g	
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	147.50mg	Iron	3.01mg

Shredded BBQ Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25899
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Cup		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

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	449.00
Fat	19.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	443.00mg
Carbohydrates	44.00g
Fiber	2.00g
Sugar	20.00g

Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	Iron	2.00mg

Cookbook for FRANKLIN COMMUNITY MIDDLE SCHOOL

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