

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Chicken Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22379
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Cook to a minimum internal temperature of 160°.	528820
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Individually wrap sandwiches.

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

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 0.00

Amount Per Serving

Calories	310.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	550.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	3.00g

Protein	13.00g
Vitamin A 0.00IU	Vitamin C 42.00mg
Calcium 80.00mg	Iron 2.16mg

Breakfast Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22381
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	1 Ounce		149052
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 10-12 MIN. FROZEN 18-20 MIN. CCP:	592625

Preparation Instructions

Cook egg at 250 until temperature reaches 135 degree. Assemble and serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
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	156.00		
Fat	6.00g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	99.00mg		
Sodium	246.00mg		
Carbohydrates	15.40g		
Fiber	1.60g		
Sugar	3.20g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.00mg

Spicy Chicken Wrap

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

1% Milk

Servings:	1.00	Category:	Milk
Serving Size:	8.00 1 each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25895

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk	1 Carton		13871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
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: 8.00 1 each

Amount Per Serving			
Calories	100.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	120.00mg		
Carbohydrates	11.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	8.00g		
Vitamin A	10.00IU	Vitamin C	2.00mg
Calcium	30.00mg	Iron	0.00mg

Chocolate 1% Milk

Servings:	1.00	Category:	Milk
Serving Size:	8.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25898
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chocolate 1% Milk	1 Cup	READY_TO_DRINK	13875

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
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: 8.00 Ounce

Amount Per Serving

Calories	150.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	230.00mg		
Carbohydrates	24.00g		
Fiber	0.00g		
Sugar	22.00g		
Protein	8.00g		
Vitamin A	173.00IU	Vitamin C	0.00mg
Calcium	277.00mg	Iron	0.00mg

Shredded BBQ Sandwich

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

Elementary Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25911
School:	CREEKSIDE ELEM SCHL		

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
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
SOUR CREAM PKT FF 100-1Z LOL	1 Each		853190
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

Preparation Instructions

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.49
Grain	1.25
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

Amount Per Serving

Calories	304.63
Fat	11.98g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	69.82mg
Sodium	568.94mg
Carbohydrates	26.49g
Fiber	1.50g
Sugar	2.50g
Protein	22.95g
Vitamin A 150.00IU	Vitamin C 0.00mg
Calcium 197.43mg	Iron 1.38mg