

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Orange Chicken with Rice and Eggroll

Turkey Club Sub Sandwich

Assorted Fresh Fruit

Orange Chicken with Rice and Eggroll



Servings:	1.000	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: 1.000
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

Turkey Club Sub Sandwich

NO IMAGE

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 1/4 Ounce		689541
BACON TKY CKD 12-50CT JENNO	1/2 Ounce		834770
CHEESE COLBY JK SLCD 6-1.5 GCHC	1 Slice		105988
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	2 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving	
Calories	387.10
Fat	14.43g
SaturatedFat	5.43g
Trans Fat	0.00g
Cholesterol	68.32mg
Sodium	1070.35mg
Carbohydrates	33.30g

Fiber	4.13g		
Sugar	6.25g		
Protein	30.76g		
Vitamin A	599.76IU	Vitamin C	9.86mg
Calcium	161.20mg	Iron	10.38mg

Assorted Fresh Fruit



Servings:	6.000	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: 6.000

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