

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

[Chicken Fajitas with Rice](#)

[Salad with Spicy Chicken](#)

Chicken Fajitas with Rice

| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25972 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|---------------------------------|------------|
| CHIX STRP FAJT GRLLD 6-5 GLDKST | 2 1/2 Ounce | | 903490 |
| ONION SPANISH JUMBO 10 MRKN | 1 Ounce | Slice or dice onions | 109620 |
| PEPPERS RED 5 P/L | 1 Ounce | Slice or dice peppers | 597082 |
| TORTILLA FLOUR ULTRGR 8 18-12CT | 1 Each | | 882700 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Ounce | | 150250 |
| RICE 2-10 UBEN | 1/8 Cup | Prepare per package directions. | 427586 |

Preparation Instructions

1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
2. Steam peppers and onions until just tender.
3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.

To serve:

Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| Grain | 2.50 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.20 |
| OtherVeg | 0.50 |
| Legumes | 0.00 |
| Starch | 0.00 |

Salad with Spicy Chicken

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25995 |
| School: | FRANKLIN COMMUNITY HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|--|------------|
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 2 Cup | | 451730 |
| CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5 | 3 Each | Fully Cooked, reheat in 350 ° oven for 12-15 minutes or until internal temperature is 165° | 399806 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Ounce | | 150250 |
| TOMATO CHERRY 11 MRKN | 1/2 Cup | Slice tomatoes in half. | 569551 |
| OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC | 1 Tablespoon | | 324531 |
| CROUTON CHS GARL WGRAIN 250-.5Z | 2 Package | | 661022 |
| DRESSING RNCH ORIG PKT 102-1Z MARZ | 1 Ounce | | 554693 |
| APPLE FRSH SLCD 100-2Z P/L | 1 Package | READY_TO_EAT | 473171 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| Grain | 2.00 |
| Fruit | 0.50 |
| GreenVeg | 1.00 |
| RedVeg | 0.50 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

Starch

0.00
