

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Burrito Bowl

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25977
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING CHIX SHRD 4-5 JTM	2 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	560270
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	722110
RICE 2-10 UBEN	1/4 Cup	Cook per package directions.	427586
BEANS BLACK LO SOD 6-10 BUSH	1/2 Cup	Drain and rinse beans, season with Mexican seasoning. Heat to 140° or higher	231981
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CORN CUT SUPER SWT 6-4 GCHC	1/2 Cup	Steam until minimum temperature is 140° or higher.	851329
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## Preparation Instructions

To serve:

Place 1 #6 scoop of rice, top with #6 scoop of chicken taco meat,

Add 1/2 cup black beans and 1/2 C corn. Top with tortilla shell.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00

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

# Crispy Chicken and Waffle

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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

# Spicy Chicken Wrap

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25891
<b>School:</b>	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

<b>Meat</b>	2.50
<b>Grain</b>	3.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00