

# **Cookbook for NEW PRAIRIE HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

**CHICKEN PATTY SANDWICH**

**BOSCO MOZZARELLA STICKS & MARINARA SAUCE**

**ORANGE GLAZED CARROTS**

**ROASTED CAULIFLOWER with TURMERIC- Revised**

**Chicken Wings Boneless 2020**

**Buba's Baked Beans 2020**

**Broccoli W/ Cheese (1-G)**

**Butted Corn (1-S .12)**

**Blushing Chilled Pears 2020**

**PENNE ALFREDO & CHICKEN**

**CHICKEN BACON RANCH WRAP**

**Open Face Turkey 2020**

**Applesauce Cup**

**Strawberries**

**Garlic Green Beans 2020**

**Salad - Mixed Garden Greens 2020**

**Peaches 2020**

**Spaghetti w/ Meat Sauce 2020**

**All American Cheeseburger 2020**

**Cobbler**

**Sesame Chicken Noodle 2020**

**Stuffed Crust Pizza 2020**

**Parmesan Broccoli**

**Spanish Bean Stew**

# CHICKEN PATTY SANDWICH

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11595
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Cup		281622
HAMBURGER BUN 3.5" WHOLE WHEAT	1 Cup		7491

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Layer patty on bottom of bun. Top with remaining half of bun.
3. Serve.
4. Allow student to select condiment of choice.

### 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

# BOSCO MOZZARELLA STICKS & MARINARA SAUCE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11599
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Cup		235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Cup		677721

## Preparation Instructions

Place Bosco Sticks on a lined baking sheet.

Allow to thaw for 7-9 minutes.

Spray butter spray on the bosco sticks

Sprinkle with Ranch seasoning packet and garlic powder. Garnish with parsley

Bake at 400 until 155 temp or according to package

Place 2 sticks in a bag and hold at 135.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# ORANGE GLAZED CARROTS

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11650
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SPRD 6-3.5 GCHC	1/2 Cup		772361
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Cup		119997
WATER	1/2 Cup		H2O
SPICE CINNAMON GRND 15Z TRDE	1 Cup		224723
SPICE NUTMEG GRND 16Z TRDE	1 Cup		224944
CARROT SLCD C/C LRG 30 GCHC	50 Cup		285680
CRANBERRY DRIED SWTND 10 OCSPR	1 Cup		350882
STARCH CORN 24-1 ARGO	1/2 Cup		108413
FLAVORING VANILLA IMIT 1-QT KE	1/2 Cup		110736

## Preparation Instructions

Directions:

Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.

Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.

Fold in carrots and craisins. Bring to a boil for 3-4 minutes.

Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.

Critical Control Point: Heat to 135 °F or higher.

Place 2 qt 2 cups (about 4 lb 7 oz) glazed carrots in a steam table pan (12 x 20 x 2 ½).

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 1/2 CUP scoop

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup red/orange vegetable and 1/4 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup vegetable and 1/4 cup fruit.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.04
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# ROASTED CAULIFLOWER with TURMERIC- Revised

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11660
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER IQF 30 GCHC	11 3/4 Pound	12 Pounds	285600
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	5/8 Cup	1/2 cup	524948
OIL SESAME PURE 10-56Z ROLN	5/8 Cup	1/2 cup	348630
SPICE TURMERIC GRND 15Z TRDE	3 3/8 Tablespoon	3 Tbsp	514187
SALT KOSHER 12-3 DIAC	1 1/4 Tablespoon	1 Tbsp	424307

## Preparation Instructions

1. Preheat convection oven to 400°F. Line 3 sheet pans with parchment paper.
2. Trim cauliflower and cut or break into 2-inch florets.
3. Whisk olive oil, sesame oil, turmeric and salt in a large bowl. Add the cauliflower and toss to coat.
4. Divide the cauliflower among the prepared sheet pans and spread in a single layer. Roast until golden, 18 to 20 minutes.
5. Any combination of oil will work, including vegetable oil. You'll want 1 cup total for 50 portions.
6. Wear rubber gloves so the turmeric doesn't stain your hands.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00



<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.23
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Chicken Wings Boneless 2020

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11890

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	200 Cup	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE BBQ 6-80FLZ SWTBRAY	1/4 Cup		212071

## Preparation Instructions

Directions:

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

TRANSFER TO CONTAINER AND TOP WITH SAUCE.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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

# Buba's Baked Beans 2020

<b>Servings:</b>	23.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11945

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	1 Cup		298913
ONION DEHY CHPD 15 P/L	1 Cup		263036
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
BACON TKY CKD 12-50CT JENNO	1/8 Cup		834770
SAUCE BBQ 6-80FLZ SWTBRAY	1 Cup		212071
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/2 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221

## Preparation Instructions

MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.

POUR MIXTURE INTO BEANS AND MIX WELL.

COVER AND BAKE IN 350 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS.

STORE IN WARMER UNTIL SERVICE.

SERVE WITH #8 DIPPER for 1/2 cup serving.

TOP WITH BROKEN PIECE OF BACON

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

CCP: DISCARD LEFTOVERS

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	1.00
<b>Starch</b>	0.00

# Broccoli W/ Cheese (1-G)

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16421
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 30 COMM	30 Cup		256211
JTM Cheddar Cheese Sauce Boil in Bag	26 1/2 Cup		15013

## Preparation Instructions

steam broccoli for approx 4-8 min or until crisp to the tooth, cook times will vary depending of fresh, frozen or cut size of product

Follow heating instructions for cheese

Place one cup of broccoli on tray and top with 2 oz of cheese sauce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.12
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Butted Corn (1-S .12)

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16425

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	1 Cup		283730
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Tablespoon		184622

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<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>	0.75

# Blushing Chilled Pears 2020

<b>Servings:</b>	28.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16440
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	14 Cup	1 #10 CAN	110690
GELATIN MIX CHERRY 12-24Z GCHC	3 Teaspoon		524611

## Preparation Instructions

1. Pour drained pears into serving line pans.
2. Sprinkle cherry gelatin over pears to give blushing color (pink to light red).
3. Cover and chill.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

4. Portion two pear halves. Each portion provides.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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



# PENNE ALFREDO & CHICKEN

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16856
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1/2 Cup		786520
ENTREE PENNE W/ALFREDO SCE 6-5	6 Cup		491074

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<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

# CHICKEN BACON RANCH WRAP

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	2 Cup		110530
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
BACON TKY CKD 12-50CT JENNO	1 Cup		834770
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Cup		720526

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Open Face Turkey 2020

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17527
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SKNLS CKD 2-9AVG JENNO	12 1/8 Cup	3 OZ SLICE	442763
BREAD WGRAIN SLCD 3/4 7-32Z GCHC	50 Cup		230952
GRAVY TKY RSTD 12- 50Z HRTHTSN	12 1/2 Cup	2 CANS	673595
POTATO MASH SEAS R/SOD 6-4 MCC	25 Cup	26 SERVINGS PER BAG BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560
SPICE PARSLEY FLAKES 2Z TRDE	1/8 Cup	TO GARNISH MASHED POTATO	259195

## Preparation Instructions

Follow heating instructions for turkey  
Follow heating instructions for potatoes  
follow heating instructions for gravy  
Place 4 slices of turkey on V sliced bread.  
Place a scoop of mashed potatoes inside of the V.  
Spoon/Pour the gravy over the sandwich and mashed potatoes.  
Serve immediately.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<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>	0.50

# Applesauce Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17560

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Cup		726560

## Preparation Instructions

Serve as is

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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

# Strawberries

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17561

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	9 Ounce		212768

## Preparation Instructions

Rinse and Serve as is

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.00
<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

# Garlic Green Beans 2020

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17625
<b>School:</b>	OLIVE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN FZ 30 COMM	60 Cup	1 30 lb case	355490
OIL OLIVE PURE 4-3LTR GCHC	1 Cup		432061
GARLIC CRSHD FRESH 6-2 P/L	5 Cup		768154
SPICE PEPR BLK REST GRIND 16Z TRDE	2 1/2 Cup		225061
SALT KOSHER 12-3 DIAC	4 Cup		424307

## Preparation Instructions

Directions:

WASH HANDS

1. Roast green by adding oil, garlic, salt and pepper .
2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Salad - Mixed Garden Greens 2020

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22446

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD HRTS & HRTS 4-2 RSS	4 Cup		573061
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	2 Each	129631
CUCUMBER SELECT 6CT MRKN	1/4 Cup	2 Slices	592323

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.67
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00



# Peaches 2020

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22448
<b>School:</b>	ROLLING PRAIRIE ELEMENTARY SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	1/2 Cup		610267

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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

# Spaghetti w/ Meat Sauce 2020

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22616

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	10 Pound		110520
PEPPERS GREEN LRG 5 MRKN	10 Ounce		592315
ONION WHITE 12-2 P/L	10 Ounce		652054
SAUCE MARINARA A/P 6-10 REDPK	6 #10 CAN		592714
PASTA SPAGHETTI 10 2-10 KE	10 Pound		654560

## Preparation Instructions

1. Brown ground beef uncovered on mediumhigh heat in a large hotel pan using combi-oven. Stir often.

Critical Control Point:

Heat to 165 °F or higher for at least 15 seconds

2. Drain meat. Return to pan.

3. Add onions and bell peppers. Stir well.

Simmer uncovered over low heat for 5 minutes

4 Add Sauce, Stir well.

5.Cover and simmer for 1 hour.

Stir occasionally

Critical Control Point:

Heat to 165 °F or higher for at least 15 seconds

6. Bring 6 gallons of water to a rolling boil.

7. Slowly add pasta. Stir constantly until water boils again.

Cook about 8 minutes or until al dente.

Stir occasionally.

DO NOT OVERCOOK. Drain well.

Combine pasta and beef mixture in stock pot. Stir.

Transfer to a steam table pan lightly coated with pan-release spray.

Critical Control Point:

Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# All American Cheeseburger 2020

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22766

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 6/ 80/20 15 GCHC	50 Cup		482800
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Cup		517810
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Cup		722360

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

# Cobbler

<b>Servings:</b>	30.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23520

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STARCH CORN 24-1 ARGO	6 Cup		108413
SUGAR BEET GRANUL 25 GCHC	30 Cup		108588
BLUEBERRY IQF 4-5 GCHC	30 Cup		166720
CAKE MIX WHT 6-5# GILST	30 Cup		114240

## Preparation Instructions

SAUCE: Mix cornstarch with 3 c. white sugar. Add enough water (@5 c.) to mixture to make a smooth, pourable consistency. Add this to 2 gallons of water. Microwave on high 3 minutes 3 times stirring in between for a total of 9 minutes. Should be thick and smooth. Add frozen blueberries. \*\*May want to add some blueberries to sauce while cooking for color.\*\*

BATTER: top cobbler following box instructions

Bake @300\* untill lightly brown

288 - #8 Servings.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.00
<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

# Sesame Chicken Noodle 2020

<b>Servings:</b>	118.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION GREEN CLPD 4-2 RSS	3 Cup		198889
SAUCE GARL SESM 4-.5GAL ASIAN	6 Cup		802870
GARLIC CHPD IN WTR 6-32Z TULK	2 1/4 Cup		322164
PEPPERS RED 11 P/L	2 Cup		321141
CHIX STRP FAJT DK MT FC 6-5 TYS	30 Cup	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
CARROT SMOOTH COIN CUT 2-5 RSS	6 Cup		313173
PASTA SPAG 51 WGRAIN 2-10	15 Cup		221460

## Preparation Instructions

Cook meat at 350  
Boil water for pasta  
cook pasta according to package directions  
dice onion, mix whole garlic red peppers and carrots.  
Put meat and pasta in equal amount in pan  
Divide sauce to equal parts per pan  
garnish with green onions  
Serve in 1c. servings

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Stuffed Crust Pizza 2020

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25055

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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



# Parmesan Broccoli

<b>Servings:</b>	143.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25947
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	30 Pound		549292
CHEESE PARM GRTD 4-5 PG	3 Cup		445401
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1 Cup		524948
SALT KOSHER 12-3 DIAC	2 Tablespoon		424307
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061

## Preparation Instructions

1. Remove broccoli crowns
2. Steam the broccoli, in a steamer, JUST until bright green 2-7 minutes.
3. Drain thoroughly.
4. Mix together the broccoli with the parmesan cheese, salt, pepper and olive oil in hotel pans.
5. Transfer to shotguns.

CCP: Hold for hot service at 140 or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Spanish Bean Stew

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25949
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1 1/2 Cup		524948
GARLIC CRSHD FRESH 6-2 P/L	3 Cup		768154
ONION DCD 1/4 2-5 RSS	5 Cup		198307
SPICE PAPRIKA 16Z TRDE	4 Cup		518331
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
BEAN VEGETARIAN 6-10 COMM	8 1/4 Cup		120530
TOMATO CRSHD A/P 6-10 REDPK	3 Cup	READY_TO_EAT None	248096
VINEGAR WINE RED 5 4-1GAL GCHC	1/2 Cup		644481
SALT KOSHER COARSE 12-3 MRTN	0 Cup		153550
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Cup		225037
SPINACH CHPD 12-3 GCHC	4 1/2 Cup		119474
BROTH CHIX NO MSG 12-5 HRTHSTN	3 1/2 Cup		261564

## Preparation Instructions

Heat oil in roasting pan.

Add garlic and saute for 2-3 min. Add onions continue to saute for 5-7 min. until the onions are translucent.

Mix in paprika and cumin

Add spinach and saute for 15 min.

Mix in beans, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 min.

Add vinegar, salt and pepper. Mix well.

Heat to 135 or higher for at least 15 seconds.

Serve 1/2 cup servings.

Special tip for preparing dry beans: SOAKING BEANS OVERNIGHT METHOD:

Add 1 3/4 quarts cold water to every 1 pound of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

### **Meal Components (SLE)**

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	1.00
<b>Starch</b>	0.00