

Cookbook for Zeeland High Schools

Created by HPS Menu Planner

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Chicken Nuggets & Dinner Roll



Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13277

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
Honey Wheat Tea Roll BB	1 Each	READY_TO_EAT	4365

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

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: 5.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	62.00
Fat	3.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	112.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	0.60g

Protein	3.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.20mg	Iron	1.60mg

Cheese Pizza



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13422
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	1 Each	<p>BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.</p>	626930

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733

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	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories	385.00		
Fat	18.50g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	860.00mg		
Carbohydrates	34.00g		
Fiber	2.00g		
Sugar	5.50g		
Protein	20.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	430.00mg	Iron	1.98mg

Spicy Chicken Patty on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13456
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
4" Whole Grain Hamburger Bun	1	READY_TO_EAT	3159

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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 Sandwich

Amount Per Serving

Calories 430.00

Fat 17.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 590.00mg

Carbohydrates 46.00g

Fiber 5.00g

Sugar 5.00g

Protein 21.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 40.00mg **Iron** 12.00mg

Bacon & Onion Pizza



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13960

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733
BACON TOPPING 3/8 DCD 2-5 HRML	1/4 Cup		104396
ONION RED JUMBO 25 MRKN	1/4 Cup		198722

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
 - 2) Place dough on Pizza Screen. Cover and store in cooler overnight.
 - 3) Allow crust to reach room temp and double in size. Brush crust with seasoned oil.
 - 4) Place 8 oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge. Be sure to thin it out in center so it cooks evenly
 - 5) Weigh out 16 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
 - 6) Sprinkle oregano over cheese.
 - 7) Top with veggies.
 - 8) Cover and refrigerate until ready to bake. Hold in cooler at 40°F or below.
 1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust hold have some color. For Impinger Oven Bake at 500F for 4.5-5.5 minutes
 2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.
- CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	401.79
Fat	19.63g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	36.25mg
Sodium	940.17mg
Carbohydrates	34.48g
Fiber	2.08g
Sugar	5.66g
Protein	21.80g
Vitamin A 0.09IU	Vitamin C 0.33mg
Calcium 431.03mg	Iron 1.99mg

Turkey & Cheese Hot Sub

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14039
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.17
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 Serving

Amount Per Serving

Calories	286.67
Fat	8.25g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	708.33mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.50g
Protein	23.67g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.30mg

Ham & Cheese Sub

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15243
School:	Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.83
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 Serving

Amount Per Serving	
Calories	325.72
Fat	11.04g
SaturatedFat	3.21g
Trans Fat	0.00g
Cholesterol	85.93mg
Sodium	1027.45mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.50g
Protein	27.80g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.94mg

Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21428
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	3/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup		621420

Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup
 1/2 cup fruit (either blueberry or strawberry) on top of the yogurt
 Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)
 You will measure 3/4 cup of granola into the insert and place it on top of the berries
 Finish with placing a dome lid on top
 label and keep in the cooler at 41 or below until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	1.00
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

Amount Per Serving

Calories	772.76		
Fat	11.99g		
SaturatedFat	2.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	428.81mg		
Carbohydrates	148.04g		
Fiber	6.00g		
Sugar	90.67g		
Protein	19.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	537.31mg	Iron	2.20mg

Pico De Gallo

NO IMAGE

Servings:	24.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21657
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 6X6 LRG 25 MRKN	18 Ounce	wash all veggies and dice	199036
ONION SPANISH JUMBO 10 MRKN	3 Ounce	wash all veggies and dice	109620
PEPPERS JALAPENO 10	1 1/2 Ounce	chopped	303186
JUICE LIME SWEETENED 12-1LTR	3 Fluid Ounce		401680
CILANTRO CLEANED 4-1 RSS	1/4 Cup	chopped	219550
SALT IODIZED 25 CARG	1/2 Teaspoon	combine all ingredients and mix well. store in refrigerator	108286

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: 24.00			
Serving Size: 2.00			
Amount Per Serving			
Calories	7.58		
Fat	0.10g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	49.99mg		
Carbohydrates	1.79g		
Fiber	0.45g		
Sugar	1.04g		
Protein	0.24g		
Vitamin A	178.77IU	Vitamin C	4.96mg
Calcium	3.73mg	Iron	0.10mg

TACO BAR

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21661
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 0.00

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chef Salad w/ diced chicken



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21666
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CUCUMBER SELECT SUPER 45 MRKN	4 Slice		198587
TOMATO 6X6 LRG 25 MRKN	2 Piece		199036
CROUTON HMSTYL SEAS 10-2 GCHC	6 Piece		748500
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	UNSPECIFIED Not currently available	570533

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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 Serving

Amount Per Serving

Calories	224.70
Fat	11.81g
SaturatedFat	6.53g
Trans Fat	0.00g
Cholesterol	48.33mg
Sodium	324.32mg
Carbohydrates	14.88g
Fiber	3.67g
Sugar	4.65g
Protein	17.52g
Vitamin A 696.69IU	Vitamin C 6.75mg
Calcium 260.16mg	Iron 0.52mg

Taco meat - Beef

NO IMAGE

Servings:	900.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21675
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	120 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
ONION DEHY CHPD 15 P/L	3 Cup		263036
SALSA 103Z 6-10 REDG	2 #10 CAN	READY_TO_EAT None	452841
SPICE PEPR BLK 30 MESH REG GRIND 5	1/4 Cup		225045
SALT IODIZED 25 CARG	1/4 Cup		108286
SPICE CHILI POWDER HOT 5.5 TRDE	1 1/11 Cup	ingredient already mixed in House Taco Seasoning	224715
SPICE CUMIN GRND 15Z TRDE	5/6 Cup	ingredient already mixed in House Taco Seasoning	273945
SPICE PAPRIKA SMOKED 19Z TRDE	4 3/8 Tablespoon	ingredient already mixed in House Taco Seasoning	860430
SPICE ONION POWDER 19Z TRDE	4 3/8 Tablespoon	ingredient already mixed in House Taco Seasoning	126993

Preparation Instructions

Heat 120# Beef Crumbles. Add 2.5 cups HOUSE TACO SEASONING (see our recipe for this - broke recipe down

for nutrition to this recipe above), onions, salsa, pepper, salt and water to right consistency. Bring to boil. Reduce heat and simmer for 30 minutes

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: 900.00

Serving Size: 2.00

Amount Per Serving

Calories	105.45		
Fat	5.98g		
SaturatedFat	2.56g		
Trans Fat	0.00g		
Cholesterol	25.60mg		
Sodium	417.87mg		
Carbohydrates	1.53g		
Fiber	0.04g		
Sugar	0.17g		
Protein	11.12g		
Vitamin A	109.48IU	Vitamin C	0.03mg
Calcium	17.51mg	Iron	1.77mg