

Cookbook for Prairie Heights Elementary

Created by HPS Menu Planner

Table of Contents

Fruit Juice

Hamburger on Bun

Poptarts

Muffin

Turkey & Cheese Lunch Kit

Carrots, Celery, & Cauliflower

Three Bean Salad

Taco Bean Dip

Ham Deli Sub

Cherry Tomatoes, Broccoli, & Snap Peas

Fruit Juice

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9541
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.83mg
Carbohydrates	16.00g
Fiber	0.00g

Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	10.20mg
Calcium	8.95mg	Iron	0.21mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10296
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce		158704
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	377.50		
Fat	18.50g		
SaturatedFat	6.75g		
Trans Fat	1.13g		
Cholesterol	56.25mg		
Sodium	238.75mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	21.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.35mg

Poptarts

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10317
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	368.00		
Fat	5.83g		
SaturatedFat	1.93g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	382.33mg		
Carbohydrates	76.00g		
Fiber	5.73g		
Sugar	30.33g		
Protein	4.70g		
Vitamin A	333.33IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19925
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.01mg

Turkey & Cheese Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21449

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	Weigh	394123
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice		722360

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	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	315.30		
Fat	11.61g		
SaturatedFat	5.05g		
Trans Fat	0.00g		
Cholesterol	37.65mg		
Sodium	1105.45mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	22.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	308.00mg	Iron	1.66mg

Carrots, Celery, & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26998
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	3 sticks (1/2-inch by 4-inch) OR 1/4 cup baby carrots 1.07 oz. weight	576646
CELERY STIX 4-3 RSS	1/4 Cup	3 sticks (1/2-inch by 4-inch) 1.14 oz. weight	781592
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	0.89 oz. weight	732486

Preparation Instructions

Package together.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	25.31
Fat	0.05g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	68.30mg
Carbohydrates	5.27g
Fiber	2.42g
Sugar	2.89g
Protein	1.23g
Vitamin A 4945.87IU	Vitamin C 13.85mg
Calcium 35.21mg	Iron 0.19mg

Three Bean Salad

Servings:	65.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27005
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	1 #10 CAN	Approximately 10.5 cups drained beans per can	118753
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN	Approximately 11.25 cups drained beans per can.	231981
BEAN KIDNEY RED LT 6-10 GCHC	1 #10 CAN	Approximately 11 cups drained beans per can.	118788
DRESSING ITAL CLSC 4-1GAL PMLL	1 Cup		726044

Preparation Instructions

- Drain and rinse beans.
- Combine all ingredients.
- Portion into 1/2 cup servings.
- Chill.

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	134.91
Fat	2.12g
SaturatedFat	0.41g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	235.79mg
Carbohydrates	22.14g
Fiber	6.93g
Sugar	2.36g
Protein	7.55g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 69.92mg **Iron** 1.98mg

Taco Bean Dip

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27016
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SEASONING TACO MIX 2-5 GRSZ	1 Tablespoon		427446
SAUCE TACO A/P 4-1GAL GRSZ	24 Tablespoon	1.5 Cups	222321
CHEESE CHED MLD SHRD 4-5 LOL	24 Tablespoon	1.5 cups or 6 oz. weight	150250

Preparation Instructions

1. Open can of refried beans.
2. Transfer 1 no. 10 can of beans to a 4 inch pan or large container.
3. Add taco seasoning to beans. Stir well to combine. Place in refrigerator until ready to use
4. Portion 1/2 cup of refried beans in 5.5oz portion cup.
5. Top each cup with 1 Tbsp. taco sauce and 1 Tbsp. shredded cheese.
6. Serve chilled.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	143.34
Fat	2.25g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	299.17mg
Carbohydrates	21.42g
Fiber	5.00g
Sugar	1.00g

Protein		8.75g	
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	49.92mg	Iron	0.00mg

Ham Deli Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27022
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce		779160
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	265.00
Fat	6.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	850.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 146.00mg	Iron 2.36mg

Cherry Tomatoes, Broccoli, & Snap Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27023
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	1/4 Cup	3 each or 1.33 oz. weight	569551
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	0.56 oz. weight	732451
PEAS SGR SNAP STRINGLESS 10 P/L	1/4 Cup		778214

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	22.10		
Fat	0.20g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.25mg		
Carbohydrates	4.50g		
Fiber	1.60g		
Sugar	2.50g		
Protein	1.50g		
Vitamin A	686.91IU	Vitamin C	35.24mg
Calcium	22.34mg	Iron	0.60mg