

# **Cookbook for Urey Middle**

**Created by HPS Menu Planner**

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# BBQ Chicken

<b>Servings:</b>	0.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10377

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	0 Pound		570533
SAUCE BBQ 5GAL SWTBRAY	0 Pound	6 cups	262595

## Preparation Instructions

Cook Chicken as directed by box directions. Coat chicken in bbq sauce and hold in warmer until ready to serve. 4 ounce spoodle or 1/2 cup equals a serving.

Note: If use Commodity Brown Box Diced Chicken counts as 2 1/2 Meat/Meat Alternative as 1/2 cup (4 fluid ounce)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<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>	0.00

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	162.27		
<b>Fat</b>	4.16g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.84mg		
<b>Sodium</b>	326.12mg		
<b>Carbohydrates</b>	14.61g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.01g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.84mg	<b>Iron</b>	0.84mg

# Ham Chef Salad

<b>Servings:</b>	0.000	<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-9657

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	0 Ounce	If no USDA Foods (Brown Box)-, use GFS 202150.	100188-H
Cheese, Cheddar Reduced fat, Shredded	0 Cup	If no USDA Foods (Brown Box), use GFS 150250. 1/4 cup= 1 oz. weight	100012
EGG HRD CKD DCD IQF 4-5 GCHC	0 Tablespoon		192198
LETTUCE ROMAINE CHOP 6-2 RSS	0 Cup		735787
CUCUMBER SELECT 6CT MRKN	0 Cup		592323
CARROT BABY WHL CLEANED 12-2 RSS	0 Cup		510637
TOMATO CHERRY 11 MRKN	0 Cup		569551
CROUTON CHS GARL WGRAIN 250-.5Z	0 Package		661022

## Preparation Instructions

Note: Salad should have 2 packages of crouton (GFS#661022) inputted in container with salad ingredients and 2 oz whole grain muffin (example: GFS#557970) offered on side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	345.79
<b>Fat</b>	14.70g
<b>SaturatedFat</b>	7.06g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	172.84mg
<b>Sodium</b>	964.48mg
<b>Carbohydrates</b>	31.70g
<b>Fiber</b>	4.93g

<b>Sugar</b>	9.06g
<b>Protein</b>	24.87g
<b>Vitamin A</b> 16438.66IU	<b>Vitamin C</b> 12.38mg
<b>Calcium</b> 76.76mg	<b>Iron</b> 2.54mg

# Turkey Chef Salad

<b>Servings:</b>	0.000	<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-9658

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DCD 2-5	0 Ounce	Weight.	451300
Cheese, Cheddar Reduced fat, Shredded	0 Cup	If no USDA Foods (Brown Box), use GFS 150250. 1/4 cup= 1 oz. weight	100012
EGG HRD CKD DCD IQF 4-5 GCHC	0 Tablespoon		192198
LETTUCE ROMAINE CHOP 6-2 RSS	0 Cup		735787
CUCUMBER SELECT 6CT MRKN	0 Cup		592323
CARROT BABY WHL CLEANED 12-2 RSS	0 Cup		510637
TOMATO CHERRY 11 MRKN	0 Cup		569551
CROUTON CHS GARL WGRAIN 250-.5Z	0 Package		661022

## Preparation Instructions

Note: Salad should have 2 packages of crouton (GFS#661022) inputted in container with salad ingredients and 2 oz whole grain muffin (example: GFS#557970) offered on side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	331.05
<b>Fat</b>	13.57g
<b>SaturatedFat</b>	5.68g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	163.74mg
<b>Sodium</b>	885.17mg
<b>Carbohydrates</b>	29.95g
<b>Fiber</b>	4.93g

<b>Sugar</b>	7.42g
<b>Protein</b>	25.35g
<b>Vitamin A</b> 16438.66IU	<b>Vitamin C</b> 12.38mg
<b>Calcium</b> 76.76mg	<b>Iron</b> 2.72mg

# California Blend

<b>Servings:</b>	0.000	<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-7685

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GCHC	0 Pound		285740
BUTTER PRINT SLTD GRD AA 36-1 GCHC	0 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	0 Tablespoon	Any salt free seasoning may be used.	565164

## 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	27.11		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	25.85mg		
<b>Carbohydrates</b>	2.92g		
<b>Fiber</b>	1.46g		
<b>Sugar</b>	0.97g		
<b>Protein</b>	0.97g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.60mg	<b>Iron</b>	0.49mg