

Cookbook for Prairie Heights Comm. School Corp.

Created by HPS Menu Planner

Cookbook for Prairie Heights Elementary/Middle School

Created by HPS Menu Planner

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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	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each	118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	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.

Refried Beans

Servings:	264.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9546
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	9 #10 CAN	293962
Salsa, Low-Sodium, Canned	2 #10 CAN	100330
CHEESE CHED MLD SHRD 4-5 LOL	8 Quart	150250
SPICE CHILI POWDER HOT 5.5 TRDE	3 1/2 Tablespoon	224715
SPICE CUMIN GRND 15Z TRDE	2 2/3 Tablespoon	273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Teaspoon	225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Teaspoon	126993

Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.

Baked Beans

Servings:	480.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9547
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN VEGTAR 6-10 GCHC	18 #10 CAN	298913
ONION DEHY CHPD 15 P/L	2 Cup	263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup	860221
SUGAR BROWN LT 50 BIG CHIEF	3/4 Quart	846775
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup	109843
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon	655937
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	200621

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Green Beans

Servings:	432.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9560
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	18 #10 CAN	100307
Tap Water for Recipes	1 Quart	000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound	110611

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10283

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce	779160

Preparation Instructions

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

BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10287
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

1. Bake the BBQ rib in a 350 degree oven for 13 minutes or until the ribs reach 155 degrees.
2. Place the rib on a bun before service.

Golden Corn

Servings:	548.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10292
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 GCHC	120 Pound	285620
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 2/3 Cup	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	647230

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10314
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

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	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.

Biscuits & Gravy

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19578
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	12 1/2 Cup	464694
DOUGH BISC STICK 250-1.25Z RICH	100 Each	149070

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 2 sticks on the tray with a cup of gravy

Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19587
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	60 Pound	110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce	135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Cereal Bar Variety

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20635
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	265931
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	265921
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690

Preparation Instructions

No Preparation Instructions available.

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

Preparation Instructions

No Preparation Instructions available.

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/Middle School		

Ingredients

Description	Measurement	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	576646
CELERY STIX 4-3 RSS	1/4 Cup	781592
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486

Preparation Instructions

Package together.

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/Middle School		

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	100362
SEASONING TACO MIX 2-5 GRSZ	1 Tablespoon	427446
SAUCE TACO A/P 4-1GAL GRSZ	24 Tablespoon	222321
CHEESE CHED MLD SHRD 4-5 LOL	24 Tablespoon	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.

Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27064
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Finnd Ground, 85/15, Frozen	45 Pound	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound	427446
Cold Water	2 1/2 Gallon	0000

Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27277
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	794181

Preparation Instructions

No Preparation Instructions available.

Flavored Applesauce

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27287

Ingredients

Description	Measurement	DistPart #
APPLESAUCE CINN 96-4.5Z	1 Each	358572
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each	250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each	276161
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each	358553
APPLESAUCE CHERRY CUP 96-4.5Z COMM	1 Each	726570

Preparation Instructions

No Preparation Instructions available.

Yogurt, Cheese Stick, and Strawberry Chex

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27337

Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	1 Package	266020

Preparation Instructions

No Preparation Instructions available.

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27342

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170
SAUCE MARINARA 6-10 REDPK	1/4 Cup	502181

Preparation Instructions

No Preparation Instructions available.

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27343
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce	158704
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

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.

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27960
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each	359700
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each	359720
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each	359730

Preparation Instructions

No Preparation Instructions available.

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Carrots, Celery, & Cauliflower

Sidekick Slushie

Cheeseburger on Bun

Grilled Chicken Bacon Ranch Sandwich

Queso Pollo Nachos

Ice Cream Cup

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	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each	118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	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.

Refried Beans

Servings:	264.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9546
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	9 #10 CAN	293962
Salsa, Low-Sodium, Canned	2 #10 CAN	100330
CHEESE CHED MLD SHRD 4-5 LOL	8 Quart	150250
SPICE CHILI POWDER HOT 5.5 TRDE	3 1/2 Tablespoon	224715
SPICE CUMIN GRND 15Z TRDE	2 2/3 Tablespoon	273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Teaspoon	225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Teaspoon	126993

Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.

Baked Beans

Servings:	480.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9547
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN VEGTAR 6-10 GCHC	18 #10 CAN	298913
ONION DEHY CHPD 15 P/L	2 Cup	263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup	860221
SUGAR BROWN LT 50 BIG CHIEF	3/4 Quart	846775
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup	109843
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon	655937
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	200621

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Green Beans

Servings:	432.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9560
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	18 #10 CAN	100307
Tap Water for Recipes	1 Quart	000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound	110611

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

Golden Corn

Servings:	548.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10292
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 GCHC	120 Pound	285620
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 2/3 Cup	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	647230

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10314
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

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	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.

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15198
School:	Prairie Heights HS Salad Bar		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT & SPCY FC 3.23Z 4-7.5	1 Each	150180
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Shredded BBQ Pork on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15228
School:	Prairie Heights HS Salad Bar		

Ingredients

Description	Measurement	DistPart #
PORK SHRDD BBQ 6-5 JTM	5 Ounce	366320
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

No Preparation Instructions available.

Biscuits & Gravy

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19578
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	12 1/2 Cup	464694
DOUGH BISC STICK 250-1.25Z RICH	100 Each	149070

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 2 sticks on the tray with a cup of gravy

Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19587
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	60 Pound	110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce	135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20118
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	576255
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071

Preparation Instructions

No Preparation Instructions available.

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20658

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 Ounce	852759
MEATBALL CKD .65Z 6-5 COMM	4 Each	785860
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170

Preparation Instructions

No Preparation Instructions available.

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/Middle School		

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	100362
SEASONING TACO MIX 2-5 GRSZ	1 Tablespoon	427446
SAUCE TACO A/P 4-1GAL GRSZ	24 Tablespoon	222321
CHEESE CHED MLD SHRD 4-5 LOL	24 Tablespoon	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.

Carrots, Celery, & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27040
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	1/2 Cup	576646
CELERY STIX 4-3 RSS	1/4 Cup	781592
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486

Preparation Instructions

Package together.

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27277
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	794181

Preparation Instructions

No Preparation Instructions available.

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27343
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce	158704
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

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.

Grilled Chicken Bacon Ranch Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27916
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	499521

Preparation Instructions

1. To assemble sandwich, place cooked chicken patty on bottom of bun. Then place cheese slice and 2 halves of 1 bacon slice on top. Place lid on and serve with ranch cup on the side.

CCP: Keep at 41 F or below.

**Allergens: Wheat, Milk, Egg, Soy

Queso Pollo Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27917
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Each	133273

Preparation Instructions

No Preparation Instructions available.

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27960
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each	359700
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each	359720
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each	359730

Preparation Instructions

No Preparation Instructions available.

Cookbook for Prairie Heights HS Salad Bar

Created by HPS Menu Planner

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Cookbook for Prairie Heights Middle School

Created by HPS Menu Planner

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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	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each	118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	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.

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	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce	158704
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

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.

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	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.

Fruited Gelatin

Servings:	110.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15903

Ingredients

Description	Measurement	DistPart #
Diced Peaches CND 6-10	3 #10 CAN	100220
Diced Pears 6-10	3 #10 CAN	100225
Tap Water for Recipes	4 2/5 Quart	000001WTR
GELATIN MIX STRAWB 12-24Z GCHC	1 1/2 Pound	524581

Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

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	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.

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/Middle School		

Ingredients

Description	Measurement	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	576646
CELERY STIX 4-3 RSS	1/4 Cup	781592
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486

Preparation Instructions

Package together.

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/Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN GARBANZO 6-10 GCHC	1 #10 CAN	118753
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN	231981
BEAN KIDNEY RED LT 6-10 GCHC	1 #10 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.

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/Middle School		

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	100362
SEASONING TACO MIX 2-5 GRSZ	1 Tablespoon	427446
SAUCE TACO A/P 4-1GAL GRSZ	24 Tablespoon	222321
CHEESE CHED MLD SHRD 4-5 LOL	24 Tablespoon	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.

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/Middle School		

Ingredients

Description	Measurement	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.

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/Middle School		

Ingredients

Description	Measurement	DistPart #
TOMATO CHERRY 11 MRKN	1/4 Cup	569551
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	732451
PEAS SGR SNAP STRINGLESS 10 P/L	1/4 Cup	778214

Preparation Instructions

No Preparation Instructions available.

Cherry Tomatoes, Broccoli, & Snap Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27041
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
TOMATO CHERRY 11 MRKN	1/2 Cup	569551
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	732451
PEAS SGR SNAP STRINGLESS 10 P/L	1/4 Cup	778214

Preparation Instructions

No Preparation Instructions available.

Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27064
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Finnd Ground, 85/15, Frozen	45 Pound	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound	427446
Cold Water	2 1/2 Gallon	0000

Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27277
School:	Prairie Heights High School		

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	794181

Preparation Instructions

No Preparation Instructions available.