

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

[Crispy Chicken Sandwich](#)

[Spicy Chicken Wrap](#)

[Broccoli with Cheese Sauce](#)

# Crispy Chicken Sandwich

<b>Servings:</b>	0.000	<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-22510

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	0 Cup	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
3474 WGR HAMBURGER BUN (76) 60g 12ct	0 Cup	READY_TO_EAT	

## Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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

# Spicy Chicken Wrap

<b>Servings:</b>	0.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25891
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	0 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	0 Tablespoon	spread with ranch dressing	676210
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	0 Each	Cook Frozen tenders in a 400°F oven for 6-8 minutes. CCP: Cook until temp. reaches 165°F for 15 sec. Lay 3 tenders on each shell.	399806
CHEESE CHED MLD SHRD 4- 5 LOL	0 Tablespoon	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	0 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Broccoli with Cheese Sauce

<b>Servings:</b>	32.000	<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-22620

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound		610902
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

## Preparation Instructions

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables.
- 4: CCP: Hold for hot service at 135 ° For higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.03
<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