

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

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Chicken Fajitas with Rice

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce		903490
ONION SPANISH JUMBO 10 MRKN	1 Ounce	Slice or dice onions	109620
PEPPERS RED 5 P/L	1 Ounce	Slice or dice peppers	597082
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
RICE 2-10 UBEN	1/8 Cup	Prepare per package directions.	427586

Preparation Instructions

1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
2. Steam peppers and onions until just tender.
3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.

To serve:

Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Salad with Spicy Chicken

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25995
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each	Fully Cooked, reheat in 350 ° oven for 12-15 minutes or until internal temperature is 165°	399806
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
TOMATO CHERRY 11 MRKN	1/2 Cup	Slice tomatoes in half.	569551
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Ounce		554693
APPLE GALA 138CT MRKN	1 Piece	Wedge whole apples into sections	569392

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.25
Fruit	1.00
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Mixed Fruit Cup

Servings:	50.000	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 #10 CAN	USE COMMODITY FRUIT FIRST. Drain most of the liquid from the canned fruit.	268348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 #10 CAN		189979
PEAR DCD XL/S 6-10 GCHC	1 #10 CAN	Add frozen cherries or blueberries. Mix.	290203
CHERRY DK SWT 4-5 GCHC	1 Pound	COMMODITY Frozen blueberries may be substituted for the frozen cherries.	221061

Preparation Instructions

Portion into clear cups.

CCP: hold for cold service at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.70
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00