

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

[Cheese Lasagna](#)

[Pizza Buildable](#)

[Italian Green Beans](#)

[Spinach Salad](#)

[Coleslaw](#)

# Cheese Lasagna

<b>Servings:</b>	0.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1 piece	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28409
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	0 Pound		108197
SAUCE SPAGHETTI 6-10 P/L	0 #10 CAN	READY_TO_EAT None	744520
CHEESE COTTAGE SML 4 4- 5 GCHC	0 Pound	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	220051
SPICE PARSLEY FLAKES 11Z TRDE	0 Cup		513989
CHEESE PARM GRTD 12-1 PG	0 Ounce		164259
CHEESE MOZZ SHRD 4-5 LOL	0 Pound		645170
BREAD GARL TST SLC WGRAIN 12-12CT	0 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

If needed, drain cottage cheese. In a large bowl, combine the cottage cheese, parsley, Parmesan and mozzarella cheese. If cottage cheese is too dry, add a small amount of milk to loosen.

Assemble as follows:

- layer 2 1/4 C sauce in the bottom of each pan.
- layer with 9 noodles

- layer with 2# cheese mixture
- Layer another 2 1/4 C of sauce
- repeat with noodles, cheese mixture, and sauce
- layer noodles and top with 1 1/4 C sauce. Top with an additional 2 C of shredded mozzarella cheese
- cover with plastic wrap and refrigerate overnight

Next Day - remove the plastic wrap and cover with foil. Bake in a convection oven at 325° for 40 minutes.

CCP: Heat to 160° or higher for 15 sec.

Remove from oven and allow to sit for at least 15 min. before serving.

CCP: Hold for hot service at 135° or higher.

Cut each pan 5 X 5 (25 portions per pan)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Pizza Buildable

<b>Servings:</b>	0.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28423
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD NAAN MINI 64-1.625Z STNFIRE	0 Each	Thoroughly thaw flatbread. Bring to room temperature on the day of service. Cut flatbread into 4 quarters.	460911
PEPPERONI SLCD SAND 3.34 8/Z 5-2	0 Slice	Place the 4 pieces of flatbread , 8 slices of pepperoni, olives, banana peppers and marinara sauce into the container.	776221
CHEESE MOZZ SHRD 4-5 LOL	0 Ounce		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	0 Each	READY_TO_EAT None	677721
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	0 Ounce	Drain, portion with the banana peppers into a 2 oz souffle cup,	324531
PEPPERS BAN RING MILD 4-1GAL GCHC	0 Ounce	Drain, portion with the olives into a 2 oz souffle cup.	466220

## Preparation Instructions

CCP: Hold for cold service at 41° or lower.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Italian Green Beans

<b>Servings:</b>	0.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28427
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	0 #10 CAN	Drain off most of the liquid. Steam green beans in a steam table pan about 4-8 minutes.	118737
CHEESE PARM GRTD 4-5 PG	0 Cup	Toss green beans with garlic seasoning	445401
SEASONING GARLIC PEPR 21Z TRDE	0 Tablespoon	Just before serving, sprinkle with Parmesan cheese.	655252

## Preparation Instructions

CCP: Hold for hot service at 135° or higher.

### 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

# Spinach Salad

<b>Servings:</b>	0.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28420
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	0 Pound	Combine chopped lettuce and spinach. Place greens in a 4" deep full size steam table pan. Divide between 2 pans if making 100 servings.	560545
LETTUCE ROMAINE RIBBONS 6-2 RSS	0 Pound		451730
TOMATO GRAPE SWT 10 MRKN	0 Pound	Wash tomatoes and set aside.	129631
APPLE GALA MI 138CT MRKN	0 Each	Core and dice apples. Hold in a solution of Nutra Seal to prevent browning.	569392
CUCUMBER SELECT 4-6CT MRKN	0 Pound	Slice and dice cucumbers. Remove seeds if cucumbers are large.	361510
CRANBERRY DRD 2-48Z OCSPR	0 Ounce	Combine tomatoes, diced apples, cucumbers and dried cranberries. Add 2 cups of fruit mixture to each pan.	392313
DRESSING HNY DIJON MSTRD 4-1GAL KENS	0 Cup	Toss salad with dressing. CCP: Hold for cold service at 41° or lower.	188743

## Preparation Instructions

Portion 1 cup in to a side salad container. Add to the Pizza Buildable clam shell.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

**Starch**

0.00

---



# Coleslaw

<b>Servings:</b>	0.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28419
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	0 Pound	Combine bagged ingredients in mixing bowl.	198226
1 % White Milk	0 Cup	Mix together remaining ingredients.	3601
MAYONNAISE LT 4-1GAL GFS	0 Cup		429406
VINEGAR APPLE CIDER 5 4-1GAL GCHC	0 Tablespoon		430795
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	0 Tablespoon	Add dressing to cabbage and mix lightly.	842061

## Preparation Instructions

CCP: Chill salad to 41° or below.

CCP: Hold for cold service at 41° or below

### 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