

Cookbook for South Heights Elementary

Created by HPS Menu Planner

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Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8221
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	4 Ounce		860560

Preparation Instructions

WASH HANDS BEFORE YOU BEGIN

COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.46

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	101.15		
Fat	2.76g		
SaturatedFat	0.92g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	174.71mg		
Carbohydrates	16.55g		
Fiber	1.84g		
Sugar	0.00g		
Protein	1.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.39mg	Iron	0.66mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pork Rib Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8222
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z 6-5	1 Each		661921
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each		763225

Preparation Instructions

Wash hands and put on clean gloves

Pork Rib Patty:

Lay out patties on an oven sheet pan in a single layer. Heat in a conventional oven preheated to 350 degrees F for 12-14 minutes or heat in a convection oven preheated to 350 degrees F for 10-12 minutes.

Once patties are cooked assemble sandwich and place in warmer until meal time.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	580.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	17.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	44.00mg	Iron	2.08mg

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Chicken Strip Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8233
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN	3 Each		546561
FRIES 1/2 C/C OVEN 6-5 MCC	4 Ounce		200697
BREAD GARL TX TST SLC 12-12CT GCHC	1 Slice		611910
GRAVY MIX BISC WHITE SAUCE 12-24Z	1 Fluid Ounce		242420

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

CHICKEN STRIPS:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

CRINKLE FRIES:

CONVENTIONAL: PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

GARLIC TOAST:

Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.

GRAVY:

PREPARE AS INSTRUCTED ON PACKAGE

ONCE ALL COMPONENTS ARE PREPARED CUP GRAVY INTO 4 OZ STYROFOAM CUPS, AND BOAT ALL 4 ITEMS TOGETHER IN A 2#BOAT

PUT IN WARMER UNTIL MEAL TIME

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.75

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	1.01

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	619.49		
Fat	26.80g		
SaturatedFat	5.26g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	1126.42mg		
Carbohydrates	64.78g		
Fiber	6.04g		
Sugar	2.50g		
Protein	21.52g		
Vitamin A	100.00IU	Vitamin C	85.27mg
Calcium	35.02mg	Iron	3.53mg

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Scrambled Eggs with Toast

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8234
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 16-22Z GCHC	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce		192330

Preparation Instructions

Scrambled Eggs:

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Place in oven.

CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast:

Spray pan with butter spray, place bread slices and spray tops of them.

Cook in 300 degree oven to your desired state of browning.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	125.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	260.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 45.00mg **Iron** 1.00mg

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Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8235
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 42.00mg
Calcium 120.00mg	Iron 2.68mg

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Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8245
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
TURKEY SUB MEAT COMBO PK 12 GCHC	2 Ounce		239640
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

Wash hands and put on gloves.

Gather all supplies

Place pan liner paper down on table.

Line sub buns out, put 2 slices of meat and 1 slice of cheese per sandwich.

Bag sandwich and place in pan back in cooler until meal time

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	275.00
Fat	9.00g
SaturatedFat	3.05g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	843.30mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	19.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 185.33mg	Iron 2.67mg

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Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8308
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	3/4 Cup		221990
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Fluid Ounce		580562
ONION DEHY CHPD 15 P/L	2 Fluid Ounce		263036
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

OPEN AND EMPTY CANS INTO TILT SKILLET

ADD BEEF BASE, DEHYDRATED ONIONS AND BLACK PEPPER.

COOK AT 350 DEGREE F FOR 2 HOURS

FOR STOVE TOP EMPTY CANS INTO STOCK POT, ADD ADDITIONAL INGREDIENTS

COOK ON LOW FOR 3 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	79.08		
Fat	0.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	197.78mg		
Carbohydrates	18.13g		
Fiber	4.50g		
Sugar	4.00g		
Protein	2.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 63.85mg **Iron** 0.90mg

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