

# **Cookbook for GREENVILLE MIDDLE SCHOOL**

**Created by HPS Menu Planner**

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# Side Salad

NO IMAGE

<b>Servings:</b>	1.00	<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-9533
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CARROT SHRD MED 2-5 RSS	1 Ounce		313408

## Preparation Instructions

Wash all vegetables, combine

### 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>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	34.21
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	22.25mg
<b>Carbohydrates</b>	7.42g
<b>Fiber</b>	2.94g
<b>Sugar</b>	4.08g
<b>Protein</b>	2.12g

<b>Vitamin A</b>	5130.41IU	<b>Vitamin C</b>	7.90mg
<b>Calcium</b>	37.83mg	<b>Iron</b>	0.12mg

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

# Ham Sub

NO IMAGE

<b>Servings:</b>	1.00	<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-9578
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Ounce	READY_TO_EAT	100018
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	466.08
<b>Fat</b>	21.30g
<b>SaturatedFat</b>	8.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	142.65mg
<b>Sodium</b>	1451.18mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g

<b>Protein</b>		39.45g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	3.41mg

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# Turkey Sub

NO IMAGE

<b>Servings:</b>	1.00	<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-9579
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Ounce	READY_TO_EAT	100018
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1	READY_TO_EAT	276142

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.05
<b>Grain</b>	2.00
<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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	352.19
<b>Fat</b>	12.53g
<b>SaturatedFat</b>	6.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.10mg
<b>Sodium</b>	972.33mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g

<b>Protein</b>		30.49g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.00mg

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# Ham/Ranch Wrap

NO IMAGE

<b>Servings:</b>	1.00	<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-9581
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING RNCH LT 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	861850
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		533.58	
<b>Fat</b>		26.80g	
<b>SaturatedFat</b>		11.44g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		150.15mg	
<b>Sodium</b>		1411.18mg	
<b>Carbohydrates</b>		34.50g	
<b>Fiber</b>		3.25g	
<b>Sugar</b>		3.75g	
<b>Protein</b>		39.70g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	327.50mg	<b>Iron</b>	3.03mg

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# Turkey Ranch Wrap



<b>Servings:</b>	1.00	<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-9582
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
DRESSING RNCH LT 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	861850
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.05
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	419.69
<b>Fat</b>	18.03g
<b>SaturatedFat</b>	9.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	73.60mg
<b>Sodium</b>	932.33mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	3.25g
<b>Sugar</b>	3.75g
<b>Protein</b>	30.74g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 327.50mg	<b>Iron</b> 1.62mg

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# Chicken Ranch Wrap

NO IMAGE

<b>Servings:</b>	1.00	<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-9584
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK 40 COMM	2 Ounce		150200
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
DRESSING RNCH LT 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	861850
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	337.50
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	3.25g
<b>Sugar</b>	3.75g
<b>Protein</b>	12.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 327.50mg	<b>Iron</b> 1.62mg

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# Chicken Caesar Wrap



<b>Servings:</b>	1.00	<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-9585
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK 40 COMM	2 Ounce		150200
CHEESE PARM GRTD 4-5 PG	1 Tablespoon		445401
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
DRESSING CAESAR 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Use as a dressing or dip	132141
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	257.50
<b>Fat</b>	12.75g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	322.50mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.25g
<b>Sugar</b>	2.75g
<b>Protein</b>	6.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 148.00mg	<b>Iron</b> 1.62mg

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# Taco Salad

NO IMAGE

<b>Servings:</b>	1.00	<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-9587
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
LETTUCE ROMAINE CHOP 6-2 RSS	1 1/2 Cup		735787
SOUR CREAM L/F 4-5 RGNLBRND	2 Tablespoon		534331
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
CHIP TORTL RND YEL 5-1.5 KE	1 Piece		163020

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.89
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.17
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		285.43	
<b>Fat</b>		11.64g	
<b>SaturatedFat</b>		3.70g	
<b>Trans Fat</b>		0.27g	
<b>Cholesterol</b>		43.12mg	
<b>Sodium</b>		420.58mg	
<b>Carbohydrates</b>		31.73g	
<b>Fiber</b>		5.39g	
<b>Sugar</b>		5.06g	
<b>Protein</b>		17.61g	
<b>Vitamin A</b>	610.41IU	<b>Vitamin C</b>	4.73mg
<b>Calcium</b>	148.80mg	<b>Iron</b>	4.10mg

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# Chicken Alfredo

NO IMAGE

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 once	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29010
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	7 Pound		110530
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	5 Pound		229951

## Preparation Instructions

Place chicken and alfredo sauce in a 6 in deep steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 in steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain and combine with chicken and sauce. Mix thoroughly and keep warm.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 once

<b>Amount Per Serving</b>	
<b>Calories</b>	278.58
<b>Fat</b>	8.42g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.33mg
<b>Sodium</b>	511.94mg
<b>Carbohydrates</b>	29.67g

<b>Fiber</b>	2.29g		
<b>Sugar</b>	4.89g		
<b>Protein</b>	21.09g		
<b>Vitamin A</b>	276.03IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	244.28mg	<b>Iron</b>	1.09mg

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# Cinnamon Toast Crunch Cereal Bar with Cheese stick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29011
<b>School:</b>	GREENVILLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Serve as is

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	240.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g

<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	428.00mg	<b>Iron</b>	1.70mg

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