

# **Cookbook for Henderson County High School**

**Created by HPS Menu Planner**

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# Every Day Fruit Juice - HCHS

NO IMAGE

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	6.75 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4565

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-6.75FLZ	1 Each		698332
JUICE BOX ORNG TANGR 100 40-6.75FLZ	1 Each		698351
JUICE BOX FRT PNCH 100 40-6.75FLZ	1 Each		698340
JUICE BOX VERY BRY 40-6.75FLZ	1 Each		698361

## Preparation Instructions

Ready to drink. keep refrigerated till time of service

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.75
<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: 4.00

Serving Size: 6.75 Ounce

#### Amount Per Serving

<b>Calories</b>	97.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	24.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	22.50g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	11.75mg	<b>Iron</b>	0.00mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Mashed Potatoes

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8221
<b>School:</b>	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

<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>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.46

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	101.15		
<b>Fat</b>	2.76g		
<b>SaturatedFat</b>	0.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	174.71mg		
<b>Carbohydrates</b>	16.55g		
<b>Fiber</b>	1.84g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.84g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	18.39mg	<b>Iron</b>	0.66mg
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# Green Beans

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8308
<b>School:</b>	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

<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>	0.75
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	79.08
<b>Fat</b>	0.16g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	197.78mg
<b>Carbohydrates</b>	18.13g
<b>Fiber</b>	4.50g
<b>Sugar</b>	4.00g
<b>Protein</b>	2.80g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.85mg	<b>Iron</b>	0.90mg

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# Egg & Cheese Biscuit



<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>	Breakfast	<b>Recipe ID:</b>	R-13342

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each		441900
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

Wash hands and put on gloves.

Gather all supplies.

Biscuit:

Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven.

Egg Patty:

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 10-12 MIN. FROZEN 18-20 MIN.

After cooking Biscuits & Egg Patties assemble the biscuit with 1 egg patty and 1 slice of cheese.

Place completed biscuits and any extra in warmer until meal time.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.25
<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

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**Amount Per Serving**

<b>Calories</b>	175.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	102.50mg
<b>Sodium</b>	890.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	10.50g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	154.00mg	<b>Iron</b>	1.60mg

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# Every Day Fresh Fruit

NO IMAGE

<b>Servings:</b>	7.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13615
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 113CT MRKN	1/2 Cup		197696
APPLE GALA 100CT MRKN	1/2 Cup		197718
BANANA TURNING SNGL 150CT 40 P/L	1/2 Cup		197769
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1/2 Cup		198013

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.57
<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: 7.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	51.84
<b>Fat</b>	0.16g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.90mg
<b>Carbohydrates</b>	13.75g
<b>Fiber</b>	2.15g

<b>Sugar</b>	9.06g		
<b>Protein</b>	0.43g		
<b>Vitamin A</b>	72.14IU	<b>Vitamin C</b>	11.18mg
<b>Calcium</b>	9.49mg	<b>Iron</b>	0.13mg

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# Pepper Jack Chicken - HCHS

NO IMAGE

<b>Servings:</b>	575.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28107
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pepper Jack Cheese Stick IW	2 Ounce		238911
Unseasoned, chicken Strips, cooked, frozen	2 Ounce		110462

## Preparation Instructions

Cook chicken in steamer until reaches 165 degree internal temp.

Mix in pepper jack cheese then heat until cheese melted.

Serve. - Hold temp at 145 degrees or more.

2 bags of chicken, 1 gallon of shredded Cheddar Cheese & Pepper Jack Cheese.

Salt, Pepper, Garlic Powder, Onion Powder. Serves 65

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 575.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	0.12
<b>Fat</b>	0.01g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.06mg
<b>Sodium</b>	0.24mg
<b>Carbohydrates</b>	0.00g

<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Cheeseburger - HCHS

NO IMAGE

<b>Servings:</b>	600.00	<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-28158
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233

## Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Put one piece of cheese on beef patty and places on bun.

Wrap in foil and place in warmer until time to serve. Hold temp should be 145 degrees. Hold time is 4 hours.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	0.93		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.20mg		
<b>Sodium</b>	1.52mg		
<b>Carbohydrates</b>	0.05g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.31mg	<b>Iron</b>	0.01mg

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# Every Day Fruit - HCHS

NO IMAGE

<b>Servings:</b>	600.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28349
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
PEAR 95-110CT MRKN	1 Piece		198056
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Cup		322326
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
APPLE DELICIOUS RED 163CT MRKN	1 Piece		540005
APPLE DELIC GLDN 125-138CT MRKN	1 Piece		597481
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931
PEACH DCD CUP IN JCE 36-4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	131970
PINEAPPLE TIDBITS CUP 36-4Z DOLE	1 Ounce	READY_TO_EAT Ready to Eat	216300
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
CRANBERRY DRIED 200-1.16Z OCSPR	1 Each		784641

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Cup	READY_TO_EAT	544426
Mixed Berry Cup	1 1	READY_TO_EAT Thaw and Serve	
Strawberry Cups Froz	1		
Peaches, Diced, Cups, Frozen	1		51478

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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: 600.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	2.59		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.09mg		
<b>Carbohydrates</b>	0.65g		
<b>Fiber</b>	0.07g		
<b>Sugar</b>	0.51g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.97IU	<b>Vitamin C</b>	0.40mg
<b>Calcium</b>	0.32mg	<b>Iron</b>	0.01mg

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# Chicken Biscuit - HCHS



<b>Servings:</b>	110.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28671

## 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
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each	Thaw and use, warm if want hot. No Grain	685000
Sliced American Cheese	1 Ounce	OPTIONAL ITEM	100018

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
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<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: 110.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	5.45
<b>Fat</b>	0.28g
<b>SaturatedFat</b>	0.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.41mg
<b>Sodium</b>	12.09mg
<b>Carbohydrates</b>	0.57g
<b>Fiber</b>	0.03g
<b>Sugar</b>	0.06g
<b>Protein</b>	0.18g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.38mg
<b>Calcium</b>	0.65mg	<b>Iron</b>	0.04mg

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# Sausage, Egg, & Cheese Biscuit - HCHS



<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28674
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each	thaw and serve. No grain value.	685000
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	cook at 350 for about 15 min until reaches 165.	641783
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
Cheese, American Blended, Yellow, Skim/Red Fat, Sliced	1	1 slice commodity cheese	51551
Egg Patty Round Commodity	1 PATTY	cook at 350 for about 12 min until reaches 165	

## Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min until reaches 145

Cook Egg at 350 for about 12 min until reaches 165

Put Sausage, Egg, and Cheese on Biscuit and wrap in foil. Serve. Holding temp 145 degrees.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.50
<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: 200.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	3.23		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.58mg		
<b>Sodium</b>	8.15mg		
<b>Carbohydrates</b>	0.28g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.53mg	<b>Iron</b>	0.02mg

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# Hamburger - HCHS

NO IMAGE

<b>Servings:</b>	500.00	<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-28788
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233

## Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Place beef patty on bun and wrap in foil. Hold at 145 degrees for no more than 4 hours.

### Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	1.01
<b>Fat</b>	0.05g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.21mg
<b>Sodium</b>	1.37mg
<b>Carbohydrates</b>	0.06g
<b>Fiber</b>	0.01g
<b>Sugar</b>	0.01g
<b>Protein</b>	0.07g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.21mg	<b>Iron</b> 0.01mg

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



# Side Salad - HCHS

NO IMAGE

<b>Servings:</b>	1000.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29228
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<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: 1000.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	0.14
<b>Fat</b>	0.01g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.03mg
<b>Sodium</b>	0.22mg
<b>Carbohydrates</b>	0.01g
<b>Fiber</b>	0.00g

<b>Sugar</b>	0.00g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	7.01IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.22mg	<b>Iron</b>	0.00mg

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