

Cookbook for Argos High School

Created by HPS Menu Planner

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Steamed Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13612
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	11 1/4 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 package butterbuds	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	30.17
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	27.25mg
Carbohydrates	5.88g
Fiber	3.07g
Sugar	1.02g

Protein		3.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Corn

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13613
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	4 #10 CAN		100313
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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	0.50

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.27		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.12mg		
Carbohydrates	16.64g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13623
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	2 #10 CAN	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098
Beans, Vegetarian, Low Sodium, Canned	2 #10 CAN		100364
SPICE ONION MINCED 12Z TRDE	1 Cup		513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	1 1/2 Teaspoon	1/2 pump of mustard dispenser	819506
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
KETCHUP DISPENSER PK 2-1.5GAL HNZ	20 Tablespoon	20 pumps of ketchup from dispenser	819492

Preparation Instructions

Drain beans.

Pour into 4" steam table pan.

Add the remaining ingredients.

Stir.

Bake in oven on 350 degrees-400 degrees for 2-2.5 hours.

Check that temperature is at least 135 degrees.

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	0.50

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.80		
Fat	0.74g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	388.71mg		
Carbohydrates	29.96g		
Fiber	4.99g		
Sugar	13.25g		
Protein	6.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.87mg	Iron	0.98mg

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Green Beans

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13868
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	4 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.46		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.84mg		
Carbohydrates	3.71g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Peas

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13874
School:	Argos High School- Pre Covid		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	20 Pound	BAKE	100350
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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	0.50

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.96		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.71mg		
Carbohydrates	11.43g		
Fiber	3.98g		
Sugar	3.98g		
Protein	3.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Assortment Pop-tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27968
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CHOC CHIP FRSTD 72-2	1 Piece		351730
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

Preparation Instructions

Frosted Chocolate Chip (Non-Whole Grain) = 2.50 Grains , Frosted Strawberry = 2.25, Frosted Fudge=2.50

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	304.67		
Fat	5.67g		
SaturatedFat	1.93g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	328.67mg		
Carbohydrates	61.83g		
Fiber	4.03g		
Sugar	25.50g		
Protein	3.73g		
Vitamin A	73.33IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	2.65mg

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Fresh Baked Cookie

Servings:	4.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27997
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY SGR WGRAIN R/F 192-1.85Z	1 Each		170041
DOUGH CKY CHOC CHP WGRAIN 192-1.85Z	1 Each		169992
DOUGH CKY CNDY WGRAIN R/F 192-1.85Z	1 Each		170031
DOUGH CKY DBL CHOC WGRAIN 192-1.85Z	1 Each		170071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 cookie

Amount Per Serving			
Calories	192.15		
Fat	5.95g		
SaturatedFat	2.10g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	182.13mg		
Carbohydrates	34.00g		
Fiber	3.50g		
Sugar	17.00g		
Protein	3.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.35mg	Iron	1.25mg

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Assorted Cereal & Graham Snack

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28102
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Ounce		288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM ELF CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	3 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CINN TOAST CRNCH BWL 96CT GENM	3 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	3 Each		283620

Preparation Instructions

Offer 1 graham snack and 1 cereal together everyday for breakfast with fruit and juice.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.03
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	235.56		
Fat	5.44g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	286.11mg		
Carbohydrates	43.89g		
Fiber	3.00g		
Sugar	16.11g		
Protein	3.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.22mg	Iron	4.69mg

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Cook's Choice Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29653
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

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: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Cook's Choice Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29655
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

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: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Cook's Choice Fries

Servings:	6.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29702
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	2 7/8 Ounce	Weight	174251
HASHBROWN FAST 2.5Z 6-3.5 LAMB	2 Each	2 Each= 1/2 cup of starchy vegetables	242241
FRIES SPIRAL SEAS CRSPY OVEN 6-4	2 1/7 Ounce	Weight	717490
POTATO SPUDSTER 4-5 SIMPL	7 Each		526401
FRIES SWT POT 5/16 THIN S/O 6-2.5	3 1/8 Ounce	Weight---Counts as Red/Orange Vegetable	787100
POTATO SMILES 26/ 6-4 OREI	4 Each		228818

Preparation Instructions

See case of product for preparation instructions.

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	0.50

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	159.91		
Fat	6.66g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	273.20mg		
Carbohydrates	22.99g		
Fiber	2.17g		
Sugar	1.33g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	2.00mg
Calcium	11.00mg	Iron	0.45mg

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

Corn Dog or Mini Corn Dogs

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29703
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	6 Each		497360
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

Preparation Instructions

See case with specific cooking instructions.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 2.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	395.00mg		
Carbohydrates	25.00g		
Fiber	1.00g		
Sugar	6.50g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.25mg

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

Assorted Muffin

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29708
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	175.00		
Fat	5.50g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	100.00mg		
Carbohydrates	28.00g		
Fiber	1.50g		
Sugar	14.50g		
Protein	3.00g		
Vitamin A	7.21IU	Vitamin C	0.03mg
Calcium	13.88mg	Iron	1.17mg

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

Doritos or Sunchips

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29709
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Each	1.50 Grain Equivalents	456090
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	1.25 Grain Equivalents	105260
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	1.50 Grain Equivalents	541502

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	133.33		
Fat	5.33g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	183.33mg		
Carbohydrates	19.67g		
Fiber	2.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	0.40mg

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