

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Cheese Lasagna

<b>Servings:</b>	50.000	<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	2 3/4 Pound		108197
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	READY_TO_EAT None	744520
CHEESE COTTAGE SML 4 4- 5 GCHC	10 Pound	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	220051
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup		513989
CHEESE PARM GRTD 12-1 PG	7 Ounce		164259
CHEESE MOZZ SHRD 4-5 LOL	3 Pound		645170
BREAD GARL TST SLC WGRAIN 12-12CT	50 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>	0.96
<b>Grain</b>	1.44
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.29
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.00 1 piece

#### Amount Per Serving

<b>Calories</b>	361.88		
<b>Fat</b>	12.64g		
<b>SaturatedFat</b>	5.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.40mg		
<b>Sodium</b>	646.30mg		
<b>Carbohydrates</b>	43.86g		
<b>Fiber</b>	3.95g		
<b>Sugar</b>	11.32g		
<b>Protein</b>	19.21g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	267.95mg	<b>Iron</b>	2.83mg

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

# Sloppy Joe on Bun MS/HS

<b>Servings:</b>	1.000	<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-27769
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/5 Ounce	Heat in the bag to a minimum internal temp. of 160°.	564790
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

## Preparation Instructions

Use a # scoop for portioning the sloppy joe.  
CCP: Hold for hot service at 140° or higher.

### 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>	0.15
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	293.80
<b>Fat</b>	7.95g
<b>SaturatedFat</b>	2.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.64mg
<b>Sodium</b>	623.55mg
<b>Carbohydrates</b>	36.92g
<b>Fiber</b>	3.98g
<b>Sugar</b>	11.93g
<b>Protein</b>	18.89g
<b>Vitamin A</b> 455.21IU	<b>Vitamin C</b> 5.95mg
<b>Calcium</b> 104.72mg	<b>Iron</b> 3.98mg

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# Sausage Gravy with Biscuit Sticks and Egg Patty

<b>Servings:</b>	25.000	<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-27761
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Package	Prepare gravy according to package directions.	455555
PORK CRMBL CKD 120Z W/TVP 10 PG	3 Pound	Add pork crumbles and heat until ° minimum for 15 seconds.	499595
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	25 Each	Cook patties from frozen on a lined sheet pan in a 325° oven for 12-16 min.	785880
DOUGH BISC STICK 250-1.25Z RICH	50 Each	<b>BAKE</b> Keep frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
EGG PTY RND 3.5 300-1.25Z PAP	25 Each	Heat egg patties in a 250° oven for approx 10 min from frozen. CCP: Hold for hot service at 135° or higher.	741320

## Preparation Instructions

CCP: Hold sausage gravy for hot service at 140° or higher.

CCP: Hold sausage patties for hot service at 140° of higher.

Portion: 2 biscuit sticks with 6 oz gravy and 1 sausage patty.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<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: 25.000

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	536.08		
<b>Fat</b>	35.51g		
<b>SaturatedFat</b>	14.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	154.43mg		
<b>Sodium</b>	1325.02mg		
<b>Carbohydrates</b>	29.17g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	19.69g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.54mg	<b>Iron</b>	7.64mg

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# Crispy Chicken and Waffle

<b>Servings:</b>	1.000	<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-25957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790
WAFFLE BEL WHLWHE 48- 3.5 GINNYS	1 Each	Warm in low temp oven. Do not allow to dry out	243572

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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: 1.000

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	500.00		
<b>Fat</b>	22.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	54.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.52mg

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# Spicy Chicken Patty Sandwich Middle/High Schools

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22436

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4" Wg Rich Hamburger Bun	1 bun		3474

## Preparation Instructions

### 1. BAKE CONVECTION

Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.

CCP: Hold hot at 135F

### 2. Place cooked patty on top of bun & serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 1.000

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	340.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g

<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	9.00mg

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# Crispy Chicken Bacon Ranch Wrap

<b>Servings:</b>	1.000	<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-25897
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
DRESSING RNCH DISPNSR 2-1.5GAL HELM	2 Tablespoon		479880

## Preparation Instructions

1. Place frozen tenders on a lined sheet pan. Cook in a 350° oven for 8-12 minutes. CCP: Heat to a min. of 165°
2. Heat bacon in a 350° oven for 1-2 minutes.
3. Lay tortilla shells on a flat surface. Spread with ranch dressing.
4. Top with 3 tenders, 2 slices turkey bacon, 2 Tbsp cheese, and 1/2 C lettuce..
5. Roll tightly and cut in half.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.55
<b>Grain</b>	3.26
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	574.00
<b>Fat</b>	29.60g
<b>SaturatedFat</b>	9.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.00mg
<b>Sodium</b>	1031.00mg
<b>Carbohydrates</b>	45.50g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	30.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 152.50mg	<b>Iron</b> 3.57mg

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# Baked Cinnamon Apples

<b>Servings:</b>	48.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22676

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 #10 CAN	1. Drain apples and put slices into steam table pans 2 cans per ½ pan.	117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	2. Mix honey, pineapple juice and cinnamon.	224723
HONEY CLOVER 4-6 GCHC	1 1/2 Cup		225614
JUICE PINEAP 100 12-46FLZ HV	3 Cup	3. Pour equal parts of the juice mixture over each pan.	100676
MARGARINE &BTR BLND EURO UNSLTD 36-1	1/4 Pound	READY_TO_EAT Ready to use.	834071

## Preparation Instructions

Bake in a 350° oven until temperature reaches 140°, approx. 20 minutes.

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

Note: Can use frozen apples as well. Use 15 lbs of frozen apples instead of 2 #10 cans with same amount of other ingredients.

### 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: 48.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	108.68		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.09mg		
<b>Carbohydrates</b>	23.37g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	19.89g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	11.38mg

**Calcium** 3.40mg **Iron** 0.00mg

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