

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Nachos Supreme MS/HS

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27755
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS CHED POUCH 6- 106Z LOL	1 Ounce	Heat bag in steamer approx 12-15 minutes	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.23
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	348.76		
Fat	14.97g		
SaturatedFat	4.70g		
Trans Fat	0.27g		
Cholesterol	43.12mg		
Sodium	619.58mg		
Carbohydrates	35.40g		
Fiber	4.89g		
Sugar	1.89g		
Protein	17.45g		
Vitamin A	610.41IU	Vitamin C	4.73mg

Calcium 174.47mg **Iron** 2.49mg

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

Shredded Pork BBQ Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

Preparation Instructions

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.

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

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: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	449.00
Fat	19.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	443.00mg
Carbohydrates	44.00g
Fiber	2.00g
Sugar	20.00g
Protein	24.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 71.00mg **Iron** 2.00mg

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Cheeseburger on Bun

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
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: 1.000

Serving Size: 1.00

Amount Per Serving			
Calories	390.00		
Fat	19.00g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	480.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	27.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	174.50mg	Iron	3.80mg

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BLT Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28418
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Tablespoon	Spread mayo onto each shell.	429406
BACON TKY CKD 12-50CT JENNO	10 Slice	Lay 10 slices of bacon onto each shell.	834770
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Add shredded lettuce.	451730
TOMATO 6X6 LRG 10 MRKN	4 Slice	Layer with 3-4 sl of tomato. Roll tightly and cut in half.	199001
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	Serve with cheese stick.	786801
TORTILLA HNY WHEAT 12 6-12 GRSZ	1 Each		116701

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.25
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving	
Calories	630.24
Fat	26.61g
SaturatedFat	9.65g
Trans Fat	0.00g
Cholesterol	82.51mg
Sodium	1914.52mg
Carbohydrates	64.60g
Fiber	6.26g
Sugar	13.50g

Protein	33.64g
Vitamin A 1199.52IU	Vitamin C 19.73mg
Calcium 307.41mg	Iron 4.05mg

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MS HS Crispy Chicken Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	11.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	500.00mg
Carbohydrates	36.00g

Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	Iron	3.00mg

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Refried Beans with Cheese

Servings:	32.000	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28454
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	2 Package	RECONSTITUTE 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341
Cold Water	1 Gallon	Heat water to boiling or dispense from the hot water dispenser.	0000
CHEESE MOZZ SHRD 4- 5 LOL	12 Ounce		645170

Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.38
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	1.08
Starch	0.00

Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.50

Amount Per Serving	
Calories	206.43
Fat	2.25g
SaturatedFat	1.31g
Trans Fat	0.00g
Cholesterol	5.63mg
Sodium	240.18mg
Carbohydrates	30.59g
Fiber	10.79g
Sugar	0.38g

Protein	13.42g		
Vitamin A	0.00IU	Vitamin C	0.95mg
Calcium	131.42mg	Iron	2.48mg

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