

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Cheese Lasagna

Servings:	50.000	Category:	Entree
Serving Size:	0.00 1 piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28409
School:	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

Meat	0.96
Grain	1.44
Fruit	0.00
GreenVeg	0.00
RedVeg	1.29
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.00 1 piece

Amount Per Serving

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

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

Sloppy Joe on Bun MS/HS

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27769
School:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.15
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

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

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Sausage Gravy with Biscuit Sticks and Egg Patty

Servings:	25.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27761
School:	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	BAKE 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

Meat	2.50
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: 25.000
Serving Size: 1.00

Amount Per Serving

Calories	536.08
Fat	35.51g
SaturatedFat	14.55g
Trans Fat	0.00g
Cholesterol	154.43mg
Sodium	1325.02mg
Carbohydrates	29.17g
Fiber	0.00g
Sugar	2.00g
Protein	19.69g

Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	46.54mg	Iron	7.64mg

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Crispy Chicken and Waffle

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 GINNY5	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

Meat	2.00
Grain	2.50
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	500.00		
Fat	22.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	730.00mg		
Carbohydrates	54.00g		
Fiber	4.00g		
Sugar	18.00g		
Protein	22.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.52mg

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Spicy Chicken Patty Sandwich Middle/High Schools

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	BAKE 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. 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.	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

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 Sandwich

Amount Per Serving	
Calories	340.00
Fat	12.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	560.00mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	4.00g

Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	9.00mg

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Crispy Chicken Bacon Ranch Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25897
School:	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

Meat	2.55
Grain	3.26
Fruit	0.00
GreenVeg	0.25
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	574.00
Fat	29.60g
SaturatedFat	9.65g
Trans Fat	0.00g
Cholesterol	67.00mg
Sodium	1031.00mg
Carbohydrates	45.50g
Fiber	6.00g
Sugar	5.50g
Protein	30.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.50mg	Iron 3.57mg

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Baked Cinnamon Apples

Servings:	48.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 48.000

Serving Size: 0.50 Cup

Amount Per Serving

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

Calcium	3.40mg	Iron	0.00mg
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