

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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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

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

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 #
WAFFLE BEL WHLWHE 48-3.5 GINNY5	1 Each	Warm in low temp oven. Do not allow to dry out	243572
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	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

Preparation Instructions

Place prepared chicken breast on top of waffle and serve.

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	490.00		
Fat	23.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	450.00mg		
Carbohydrates	46.00g		
Fiber	5.00g		
Sugar	18.00g		
Protein	23.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.44mg

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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 PK 2-1.5GAL HNZ	2 Tablespoon		676210

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	3.25
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		614.00	
Fat		34.60g	
SaturatedFat		10.65g	
Trans Fat		0.00g	
Cholesterol		77.00mg	
Sodium		1021.00mg	
Carbohydrates		45.50g	
Fiber		6.00g	
Sugar		6.50g	
Protein		30.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	152.50mg	Iron	3.57mg

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Honey Sriracha Boneless Chicken Wing Basket

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	6 Each	Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892
FRIES JOJO JR SEAS 6-5# LAMB	4 Ounce	Cooking Instructions Conventional Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 25-30 minutes. Convection Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 14-16 minutes.	445353

Preparation Instructions

Boneless Wings:

Convection Oven, From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

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

Fries:

Conventional Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 25-30 minutes.

Convection Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 14-16 minutes.

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

To Serve:

Assemble 6 boneless wings and fries in a boat and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.000
Serving Size: 1.00

Amount Per Serving

Calories	425.35
Fat	19.11g
SaturatedFat	3.65g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	683.77mg
Carbohydrates	40.65g
Fiber	4.31g
Sugar	4.40g
Protein	25.31g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.67mg	Iron	2.48mg

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Roasted Cauliflower

Servings:	50.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30465

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT 2-3 RSS	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

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: 50.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	50.90		
Fat	4.58g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.20mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	24.10mg

Calcium 11.00mg **Iron** 0.21mg

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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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