

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Country Fried Steak w/ Roll

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27757
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes.	667202
GRAVY MIX CNTRY 6-1.5 PION	1 Ounce	Add 1 quart tap water to 1 package of gravy mix until lump free. Pour this into 3 quarts boiling water. Bring back to a boil. CCP: Hold for hot service at 140°	455555
Whole Grain Rich Clustered Pan Rolls	1 roll	BAKE Toast to desired color	3920

Preparation Instructions

Serve each steak with 1 oz. gravy and 1 each dinner roll.

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	373.83		
Fat	18.63g		
SaturatedFat	5.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	700.43mg		
Carbohydrates	30.76g		
Fiber	2.50g		
Sugar	1.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.01mg	Iron	4.70mg

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

Pepperoni Pizza-Big Daddy

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22434

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN SLCD 3-3CT	1 Slice		673133

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Serving Slice: 1 slice

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	570.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	74.00IU	Vitamin C	0.00mg
Calcium	316.00mg	Iron	2.00mg

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BBQ Chicken Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30430

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION OVEN: PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL. PREHEAT OVEN TO 350 DEGREES F AND BAKE FOR APPROXIMATELY 16-20 MINUTES.	152121
SAUCE BBQ 4-158Z KCMSTRPC	1 Tablespoon		754684
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	ready to eat	

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F

PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL.

BAKE FOR APPROXIMATELY 16-20 MINUTES

Heat to 165 F for 15 seconds.

Transfer patties to a steam table pan and cover with BBQ sauce.

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

Serve 1 patty on a whole grain bun.

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: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	300.00
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	650.00mg
Carbohydrates	35.50g
Fiber	2.00g
Sugar	10.00g

Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	3.00mg

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Spaghetti w/ Meat Sauce and garlic knot

Servings:	55.000	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30474

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201
PASTA SPAGHETTI 10 4-5 GCHC	5 Pound	2. Break spaghetti noodles into 1/4's. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness. 3. Place 1/2 pan in combi oven at 235F for 8 minutes. 4. Drain off water and rinse in cold water to stop the cooking process.	413370
ROLL GARL KNOT WGRAIN 144CT	1 1 roll	Preheat convection oven to 350 degrees F. (Conventional oven to 375 degrees F.)Place frozen Garlic Knots on a parchment lined sheet pan. Bake Garlic Knots 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165 degrees F. Remove from oven. Serve. Holding: Hold for up to 2 hours in a warmer at 145 degrees F.	842041

Preparation Instructions

To Serve:

Place a 4 oz spoodle of noodles in a bowl and top with a #6 scoop of meat sauce.

Serve with a garlic knot on the side.

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: 55.000

Serving Size: 4.00

Amount Per Serving	
Calories	278.68
Fat	6.31g
SaturatedFat	2.21g
Trans Fat	0.00g
Cholesterol	42.86mg
Sodium	230.88mg
Carbohydrates	37.98g
Fiber	3.05g

Sugar	6.95g
Protein	16.85g
Vitamin A 504.16IU	Vitamin C 14.81mg
Calcium 34.29mg	Iron 2.87mg

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Cool Ranch Chicken Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	1. Bake and cool chicken. Conventional Oven 8-10 minutes at 400°F from frozen. Convection Oven 6-8 minutes at 375°F from frozen. CCP: Heat to a minimum temperature of 165F. Cool chicken completely. CCP: Hold cold, below 41 degrees, until ready for assembly and service.	283951
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	2. Lay out tortillas.	882690
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	2 Tablespoon	3. Spread 2 T ranch dressing across each tortilla.	676210
TOMATO 6X6 LRG 10 MRKN	2 Slice	4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.	199001
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece	5. Place 1 piece of leaf lettuce on top of tomatoes.	702595

Preparation Instructions

1. Bake and cool chicken.
Conventional Oven: 8-10 minutes at 400°F from frozen.
Convection Oven: 6-8 minutes at 375°F from frozen.
CCP: Heat to a minimum temperature of 165F.
Cool chicken completely.
CCP: Hold cold, below 41 degrees, until ready for assembly and service.
2. Lay out tortillas.
3. Spread 2 T ranch dressing across each tortilla.
4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.
5. Place 1 piece of leaf lettuce on top of tomatoes.
6. Roll tightly.
CCP: Hold for cold service at 41F or lower.
Serve with a small ranch packet on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving			
Calories	478.78		
Fat	29.61g		
SaturatedFat	6.03g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	718.51mg		
Carbohydrates	34.88g		
Fiber	5.61g		
Sugar	4.25g		
Protein	17.46g		
Vitamin A	708.08IU	Vitamin C	6.58mg
Calcium	66.12mg	Iron	3.16mg

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Corn, frozen

Servings:	100.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce		834071

Preparation Instructions

Add margarine to hot corn.

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

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: 100.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	123.10		
Fat	8.42g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.82g		
Fiber	1.48g		
Sugar	4.43g		
Protein	1.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.02mg	Iron	0.00mg

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Seasoned Green Beans

Servings:	48.000	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.000

Serving Size: 0.75 Cup

Amount Per Serving

Calories	32.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	227.15mg		
Carbohydrates	6.59g		
Fiber	3.25g		
Sugar	3.24g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.70mg	Iron	0.65mg

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Caesar Side Salad

Servings:	50.000	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29647
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	9 1/2 Pound	Open package, check for and remove any brown pieces of lettuce.	451730
CROUTON CHS GARL WGRAIN 250-.5Z	50 Package		661022
DRESSING CAESAR RYL PKT 60- 1.5Z MARZ	50 Each		554758

Preparation Instructions

Portion 1.5 cups of lettuce into a side salad container. Bag or seal with a lid.

Serve 1 package of dressing and 1 pkg croutons with each salad.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.50
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00

Amount Per Serving			
Calories	251.70		
Fat	19.80g		
SaturatedFat	3.20g		
Trans Fat	0.02g		
Cholesterol	10.00mg		
Sodium	550.20mg		
Carbohydrates	14.04g		
Fiber	2.42g		
Sugar	3.52g		
Protein	4.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.87mg	Iron	0.54mg

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Fruit and Yogurt Parfait

Servings:	32.000	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28453
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BERRIES BURST O IQF 4-5 GCHC	5 Pound	If the frozen fruit has been thawed, drain most of liquid. Canned fruit should also be drained prior to building the parfait. Other canned or frozen fruit may be used in place of the frozen berries.	244620
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Pound	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

Build parfait in the following layers: 2 oz yogurt in the bottom of the cup, then 1/2 C (4 oz) fruit and topped with 1 Tbsp granola.

Use container #672524 and Lid #195987

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

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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: 32.000

Serving Size: 1.00

Amount Per Serving	
Calories	76.18
Fat	0.83g
SaturatedFat	0.23g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	37.77mg
Carbohydrates	15.54g
Fiber	0.91g
Sugar	10.08g

Protein		2.19g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.38mg	Iron	0.21mg

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HS Assorted Fruit

Servings:	9.000	Category:	Fruit
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	3/4 Cup		621420
PEAR DCD IN JCE 6-10 GCHC	3/4 Cup		610364
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	3/4 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S 6-10 GCHC	3/4 Cup		152811
PEACH DCD XL/S 6-10 GCHC	3/4 Cup		268348

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.75
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 9.000

Serving Size: 0.75 Cup

Amount Per Serving

Calories	92.17
Fat	0.12g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.83mg
Carbohydrates	22.62g
Fiber	2.62g
Sugar	14.79g

Protein			0.93g
Vitamin A	62.07IU	Vitamin C	11.50mg
Calcium	17.73mg	Iron	0.49mg

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