

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Fish & Chips

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30436

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	1 Each	BAKE Cook from frozen state.CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes.CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	519420
FRIES WAFFLE 6-4.5 MCC	3 Ounce	Bake according to package instruction.	201081
Whole Grain Dinner Roll	1 Each	Ready to eat	3920

Preparation Instructions

Prepare fish from frozen.

CONVECTION OVEN: BAKE AT 400 DEGREES F FOR 14-16 MINUTES.

CONVENTIONAL OVEN: BAKE AT 425 DEGREES F FOR 18-20 MINUTES.

FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F.

Bake waffle fries per package instruction. (3 oz McCain Waffle Fries = 1/2 cup starchy vegetable.)

Assemble fries, fish, and roll in a 6 oz boat and serve.

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	0.50

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	370.00		
Fat	13.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	385.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	40.00mg	Iron	1.62mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

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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Roasted Broccoli

Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.63
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.20
Fat	2.24g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	57.40mg
Carbohydrates	4.20g

Fiber	2.52g		
Sugar	0.84g		
Protein	2.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.40mg	Iron	0.84mg

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Orange Wedges

Servings:	100.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22634

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVAL/VALENCIA FCY 138CT MRKN	138 Each	Cut oranges into wedges using the sectionizer.	198021

Preparation Instructions

Serve 6 wedges into a side dish container.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.69
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.86		
Fat	0.35g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.49g		
Fiber	3.11g		
Sugar	0.00g		
Protein	1.31g		
Vitamin A	285.66IU	Vitamin C	60.24mg
Calcium	49.68mg	Iron	0.11mg

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