

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

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# Pepperoni Pizza-Big Daddy

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Slice

#### Amount Per Serving

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

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

# Spaghetti w/ Meat Sauce and garlic knot

<b>Servings:</b>	55.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 55.000

Serving Size: 4.00

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

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

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# Seasoned Green Beans

<b>Servings:</b>	48.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.75
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.000

Serving Size: 0.75 Cup

#### Amount Per Serving

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

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# Caesar Side Salad

<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29647
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00

#### Amount Per Serving

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

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# Fresh Mixed Fruit

<b>Servings:</b>	4.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30479

## 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
GRAPES RED SDLSS 18AVG MRKN	5 Piece		197831

## Preparation Instructions

Slice fruit on hand from above list and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 4.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	108.28
<b>Fat</b>	0.36g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.65mg
<b>Carbohydrates</b>	28.08g
<b>Fiber</b>	4.40g
<b>Sugar</b>	15.17g
<b>Protein</b>	1.29g
<b>Vitamin A</b> 165.91IU	<b>Vitamin C</b> 26.92mg
<b>Calcium</b> 30.07mg	<b>Iron</b> 0.32mg

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