

Cookbook for St. John's Lutheran

Created by HPS Menu Planner

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Grilled Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30325
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	2 Ounce		271411
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Teaspoon		614640

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	235.00
Fat	10.67g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	391.67mg
Carbohydrates	22.50g
Fiber	4.00g
Sugar	2.50g
Protein	8.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	158.83mg	Iron	2.00mg

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

Apple Crisp

NO IMAGE

Servings:	24.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30335
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD RED PLD IQF 4-5 GCHC	7 1/2 Pound		818895
FLOUR H&R A/P 2-25 GCHC	2 Cup		227528
SUGAR BEET GRANUL 50 GCHC	1 3/4 Cup		224413
SPICE CINNAMON GRND 15Z TRDE	4 Teaspoon		224723
BAKING POWDER DBL ACTION 6-5 RDSTR	2 Teaspoon		683700
EGG SHL LRG A GRD 10-30CT GCHC	2 Each		505412
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	6 Tablespoon		299405

Preparation Instructions

1. Spray pans very well.
2. Place fruit in pans.
3. Combine flour, sugar, cinnamon, baking powder, and eggs. Crumble and sprinkle on tops of fruit.
4. Pour melted butter over the top.
5. Bake 30-40 minutes at 350 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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Grain	0.50
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	177.87
Fat	3.23g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	22.92mg
Sodium	67.51mg
Carbohydrates	37.39g
Fiber	2.25g
Sugar	26.92g
Protein	1.67g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.71mg	Iron	0.51mg

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Chocolate Chip Cookies

NO IMAGE

Servings:	87.50	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30572
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR H&R A/P 2-25 GCHC	1 1/4 Quart		227528
BAKING SODA 36Z GCHC	3/4 Tablespoon		513849
SALT IODIZED 18-2.25 GCHC	3/4 Tablespoon		350732
EGG SHL LRG A GRD 6-30CT GCHC	4 Each		206539
SUGAR BEET GRANUL 25 GCHC	3/8 Quart		108588
SUGAR BROWN LT 12-2 P/L	3/8 Quart	or 2 quarts	860311
MARGARINE SLD 30-1 GCHC	1 Pound		733061
FLAVORING VANILLA IMIT 1-QT KE	3/4 Tablespoon		110736
CHOC CHIPS SMISWT 1000/ 25 HERSH	1/2 Quart		242115

Preparation Instructions

1. Pre-heat oven to 350 degrees
2. Mix ingredients together.
3. Stir in Chocolate chips
4. Using a size #20 scoop drop dough on cookie sheet.
5. Bake until lightly brown

*Note: This is considered a dessert grain

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.23
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 87.50

Serving Size: 1.00 cookie

Amount Per Serving			
Calories	114.03		
Fat	5.76g		
SaturatedFat	2.63g		
Trans Fat	0.00g		
Cholesterol	8.46mg		
Sodium	107.57mg		
Carbohydrates	15.35g		
Fiber	0.55g		
Sugar	9.59g		
Protein	1.44g		
Vitamin A	274.29IU	Vitamin C	0.00mg
Calcium	3.85mg	Iron	0.49mg

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Homemade Macaroni & Cheese

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30573
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon		000001WTR
PASTA ELBOW MACAR 2-10 KE	5 1/4 Pound		654550
Fat Free Skim Milk	1 1/2 Gallon	READY_TO_DRINK	5404
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SPICE MUSTARD DRY 1 COLMANS	2 Tablespoon		400018
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Teaspoon		225061
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 1/2 Pound		100036

Preparation Instructions

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher.

1. Heat water to boiling.
2. Slowly add macaroni, stir constantly until water boils again. Cook about 8 minutes or until tender. Stir occasionally. Do not overcook.
3. Quickly stir butter, milk, and seasonings into macaroni. Add cheese (cheese needs to be cut into small pieces).
4. Stir until cheese is melted. The mixture is quite liquid at this stage but will thicken as it cooks and cools.
5. Portion into 2/3 cup servings or serve with a #6 scoop.

Yield: 100 servings: about 4 gallons

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.66 Cup

Amount Per Serving			
Calories	295.20		
Fat	13.94g		
SaturatedFat	8.24g		
Trans Fat	0.00g		
Cholesterol	40.80mg		
Sodium	628.80mg		
Carbohydrates	24.28g		
Fiber	0.84g		
Sugar	7.48g		
Protein	16.86g		
Vitamin A	2.40IU	Vitamin C	0.48mg
Calcium	12.36mg	Iron	0.84mg

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Sloppy Joe

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30596
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve. Open bags place in 2 inch pan heat to 140.	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	Remove from freezer day before. Place amount needed for day in plastic container to be ready for service	676151

Preparation Instructions

Directions:

Pour ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Portion is 1 sandwich.

Notes:

1: * See Marketing Guide

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	245.00
Fat	7.00g
SaturatedFat	2.20g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	552.00mg
Carbohydrates	29.00g
Fiber	5.00g
Sugar	11.00g
Protein	17.00g
Vitamin A 459.00IU	Vitamin C 6.00mg
Calcium 54.00mg	Iron 3.00mg

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Mostaccioli

NO IMAGE

Servings:	65.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30597
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	8 1/2 Pound	UNPREPARED	100158
Diced Tomatoes cnd	2 #10 CAN	BAKE	100329
SAUCE MARINARA A/P 6-10 REDPK	4 #10 CAN	READY_TO_EAT None	592714
PASTA MOSTACC RIG W/LINES 4-5 GCHC	4 3/4 Pound		413350

Preparation Instructions

No Preparation Instructions available.

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	0.00

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	340.47
Fat	9.95g
SaturatedFat	3.12g
Trans Fat	1.56g
Cholesterol	0.00mg
Sodium	741.57mg
Carbohydrates	38.61g
Fiber	7.01g
Sugar	13.64g

Protein		20.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.17mg	Iron	1.05mg

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