

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

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# MS HS Crispy Chicken Sandwich

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22510

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Cup	<b>BAKE</b> 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. <b>CONVECTION</b> 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
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

## Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 1.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	36.00g

<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.00mg	<b>Iron</b>	3.00mg

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

# 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

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# Philly Cheesesteak Sandwich

<b>Servings:</b>	56.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30697

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	10 Pound	1. Place sealed bags of meat in a steamer or in boiling water. Heat approx 30 minutes. CCP: Heat until product reaches 140 for 15 seconds. 2. Open bags and place in steam table pans. CCP: Hold for hot service at 135F or higher.	720861
PEPPERS & ONION FLME RSTD 6-2.5	5 Pound	3. Place peppers & onions evenly on a parchment-lined sheet pan sprayed with non-stick spray. Cook in combi at 375F for 13 minutes. Put in steam table pan. CCP: Hold for hot service at 135F or higher.	847208
CHEESE MOZZ SHRD 4-5 LOL	1 1/4 Pound	4. Portion steak onto sub bun using #8 scoop. 5. Portion 0.5 oz (1/4c) shredded cheese over meat. 6. Portion 1 oz (1/2c) peppers on sandwich and top with bun.	645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	56 Each	READY_TO_EAT	276142

## Preparation Instructions

BEEF: 10# bag of beef steak yields 56 servings; 20# of beef yields 112 servings.

PEPPERS & ONIONS: 5# (2 bags) of peppers & onions yields 56 servings, 10# (4 bags) yields 112 servings.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.03
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 56.000

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	340.42
<b>Fat</b>	13.15g
<b>SaturatedFat</b>	5.15g
<b>Trans Fat</b>	0.52g
<b>Cholesterol</b>	45.31mg
<b>Sodium</b>	710.15mg
<b>Carbohydrates</b>	32.31g
<b>Fiber</b>	2.24g
<b>Sugar</b>	5.95g
<b>Protein</b>	22.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	135.58mg	<b>Iron</b>	3.49mg

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# Cheese Ravioli w/ Marinara & garlic toast (MS/HS)

<b>Servings:</b>	36.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	14.00 Piece	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30702

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	10 Pound		524650
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	Use a #10 can + 2 cups!	744520
BREAD GARL TX TST SLC 12-12CT GCHC	36 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.	611910

## Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 14 ravioli and sauce into a bowl and top with a slice of garlic toast.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	2.77
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.90
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 36.000

Serving Size: 14.00 Piece

#### Amount Per Serving

<b>Calories</b>	448.70
<b>Fat</b>	14.83g
<b>SaturatedFat</b>	2.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.70mg
<b>Sodium</b>	748.97mg
<b>Carbohydrates</b>	56.32g



<b>Fiber</b>	3.48g
<b>Sugar</b>	8.79g
<b>Protein</b>	20.81g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 229.34mg	<b>Iron</b> 3.19mg

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# Deli Wrap MS/HS

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27754
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA JALAP CHS WGRAIN 9 12-12CT	1 Each	Lay out on a sheet tray or paper liner.	673491
DRESSING RNCH 4-1 GAL KE	1 Tablespoon		631430
HAM SLCD .5Z 4-2.5 GFS	3 Slice	Layer ham, turkey and cheese slices onto the tortilla.	294187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half.	451730

## Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<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: 1.000

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	353.33
<b>Fat</b>	16.14g
<b>SaturatedFat</b>	5.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.41mg
<b>Sodium</b>	1004.66mg
<b>Carbohydrates</b>	30.25g
<b>Fiber</b>	2.50g
<b>Sugar</b>	3.25g

<b>Protein</b>	23.94g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	270.50mg	<b>Iron</b>	2.27mg

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# Coleslaw

<b>Servings:</b>	30.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28419
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	5 Pound	Combine bagged ingredients in mixing bowl.	198226
1 % White Milk	1 Cup	Mix together remaining ingredients.	3601
MAYONNAISE LT 4-1GAL GFS	1 1/2 Cup		429406
VINEGAR APPLE CIDER 5 4-1GAL GCHC	2 Tablespoon		430795
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	3 Tablespoon	Add dressing to cabbage and mix lightly.	842061

## Preparation Instructions

CCP: Chill salad to 41° or below.

CCP: Hold for cold service at 41° or below

### 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>	0.19
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	42.24		
<b>Fat</b>	0.88g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.50mg		
<b>Sodium</b>	59.05mg		
<b>Carbohydrates</b>	7.32g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	3.42g		
<b>Protein</b>	1.02g		
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.01mg

<b>Calcium</b>	27.91mg	<b>Iron</b>	0.02mg
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