

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Meatball Hoagie

Servings:	30.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28434
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Pound	Put frozen meatballs into steamtable pans. Pour sauce over the meatballs. Cover pan and heat for approx. 30 minuter at 375° CCP: Heat to 165° for at least 15 sec.	785860
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	CCP: Hold for hot service at 135° or higher.	744520
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	30 Each		276142
CHEESE MOZZ SHRD 4-5 LOL	1 Pound		645170

Preparation Instructions

1. Portion 5 meatballs in sauce onto the bun.
2. Sprinkle 1/2 oz (about 2 Tbsp.) shredded mozzarella on top of the meatballs.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00

Amount Per Serving

Calories	417.70		
Fat	15.79g		
SaturatedFat	5.96g		
Trans Fat	0.62g		
Cholesterol	44.93mg		
Sodium	698.79mg		
Carbohydrates	45.03g		
Fiber	4.75g		
Sugar	12.48g		
Protein	24.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	242.27mg	Iron	3.89mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Turkey Manhattan

Servings:	56.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25951

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	14 Pound		653171
POTATO MASH REAL PREM 12-26Z IDAHOAN	42 Ounce	1 Bag = 26 oz.	166872
24 oz. Whole Grain Rich Sandwich Bread	112 Slice		1292
MARGARINE CUP SPRD 900-5GM CENTRYCR	56 Each		542121

Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.
2. Open bag into a steam table pan. CCP: Hold for hot service at 140° minimum
3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork. CCP: Hold for hot service at 135° or higher.

To Serve: 1 slice of bread, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey and gravy over top. Add 1 slice of bread a 1 pat or margarine to each serving.

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: 56.000

Serving Size: 1.00

Amount Per Serving

Calories	354.23		
Fat	10.23g		
SaturatedFat	1.94g		
Trans Fat	0.00g		
Cholesterol	43.27mg		
Sodium	986.15mg		
Carbohydrates	41.62g		
Fiber	2.92g		
Sugar	2.92g		
Protein	25.15g		
Vitamin A	200.00IU	Vitamin C	3.32mg

Calcium	26.46mg	Iron	8.68mg
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Italian Sub Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25996
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.12
Grain	2.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.60
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	363.89
Fat	13.22g
SaturatedFat	5.42g
Trans Fat	0.00g
Cholesterol	58.81mg
Sodium	835.94mg
Carbohydrates	35.97g
Fiber	4.57g
Sugar	7.93g

Protein	24.35g
Vitamin A 949.64IU	Vitamin C 14.80mg
Calcium 135.80mg	Iron 10.62mg

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Cheese Pizza

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22433

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	1 slice (5.13 oz)		444115

Preparation Instructions

CONVECTION OVEN: 350°F Low FAN FOR 13-17 MINUTES. BAKE ON PERFORATED SCREEN FOR BEST RESULTS. DECK OVEN: 450°F FOR 10-13 MINUTES. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. COOK BEFORE EATING.

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

Amount Per Serving

Calories	360.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	490.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	18.00g		
Vitamin A	91.00IU	Vitamin C	0.00mg
Calcium	384.00mg	Iron	2.00mg

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Pork Tenderloin on Bun

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30719

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	Do not thaw. Prepare from frozen.	661950
4" Whole Grain Rich Hamburger Bun	1 Each	READY_TO_EAT No baking necessary.	3474

Preparation Instructions

Preheat oven to 375 degrees F. Lay out patties on an oven sheet pan in a single layer. Heat for 13-15 minutes or until heated through.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	400.00		
Fat	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	330.23mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	9.62mg

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Spicy Chicken Strip Basket

Servings:	1.000	Category:	Entree
Serving Size:	4.00 Strips	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30714

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
Wedge Fries Savory	3 Ounce	COOK FROM FROZEN. CONVECTION OVEN: 375 DEGREES F FOR 10-15 MINUTES. STANDARD OVEN: 450 DEGREES F FOR 25- 30 MINUTES. Marketing Tips	412661

Preparation Instructions

Spicy Chicken Strip: There are about 28 servings of 4 strips per bag, and 4 bags per case. 112 servings per case. Cook per package directions and assemble strips in a boat with wedges.

Meal Components (SLE)

Amount Per Serving

Meat	2.67
Grain	1.33
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: 4.00 Strips

Amount Per Serving			
Calories	476.67		
Fat	25.00g		
SaturatedFat	4.33g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	910.00mg		
Carbohydrates	41.67g		
Fiber	5.00g		
Sugar	1.33g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	3.47mg

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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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