

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Shredded Pork BBQ Sandwich HS/MS

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

Preparation Instructions

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.

CCP: Hold for hot service at 140° or higher.

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: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	449.00
Fat	19.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	443.00mg
Carbohydrates	44.00g
Fiber	2.00g
Sugar	20.00g
Protein	24.00g
Vitamin A 1650.00IU	Vitamin C 25.20mg
Calcium 151.00mg	Iron 5.06mg

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

Chicken Tender Basket (Elem)

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30695

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	3 Piece	Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered. Marketing Tips	533830
Whole Grain Dinner Roll	1 Each		3920

Preparation Instructions

Bake chicken according to package directions. Assemble 3 pieces in a boat and serve with a roll.

Meal Components (SLE)

Amount Per Serving

Meat	2.01
Grain	2.01
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	330.00		
Fat	13.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	530.00mg		
Carbohydrates	28.00g		
Fiber	2.50g		
Sugar	5.00g		
Protein	22.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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Roasted Cauliflower

Servings:	50.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30465

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT 2-3 RSS	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	50.90		
Fat	4.58g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.20mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	24.10mg

Calcium 11.00mg **Iron** 0.21mg

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Broccoli Salad

Servings:	10.000	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25979
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Pound	Blanch broccoli	732451
ONION RED JUMBO 10 MRKN	2 Ounce	Trim and peel onion. Dice small.	596973
BACON CKD MED SLCD 3- 100CT GFS	2 Slice	Warm bacon until crisp. Dice into small pieces.	314196
MAYONNAISE LT 4-1GAL GFS	3/4 Cup	Whisk mayo vinegar and sugar in a large bowl. Stir in the broccoli, onion, raisins, and bacon.	429406
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Tablespoon		842061
VINEGAR APPLE CIDER 5 4- 1GAL GCHC	2 Tablespoon		430795
RAISIN SELECT 12-2 P/L	1/2 Cup		496146

Preparation Instructions

CCP: Hold for hot service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 0.50

Amount Per Serving

Calories	90.07
Fat	1.97g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	12.80mg
Sodium	107.51mg
Carbohydrates	16.78g

Fiber	2.63g		
Sugar	8.93g		
Protein	2.88g		
Vitamin A	489.86IU	Vitamin C	70.47mg
Calcium	43.94mg	Iron	0.87mg

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