

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

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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

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

# 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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