

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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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

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

Turkey and Noodles w/Bread

Servings:	112.000	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22693

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound	1. Place frozen or thawed bag of turkey product into a steam table pan and place in steamer. If frozen; 1 hour 15 min. Thawed 40 min. CCP: Heat until internal temperature is 140° for minimum of 15 sec. 2. Remove product from steamer, cut open bag and pour contents into desired serving pan and serve. CCP: For hot service, hold at 135° or above.	653171
PASTA NOODL EGG 1/2 XTRA WD 2-5	6 Pound	3. Cook pasta either in plenty of boiling water, or in a steamer. Cook for approximately 8-12 minutes depending on the method. 4. Drain pasta. If pasta is being held for service, lightly coat with vegetable oil. CCP: Hold for hot service at 135° or higher.	292346
24oz Whole Grain Rich Sandwich Bread	112 Slice	READY_TO_EAT	1292

Preparation Instructions

To serve: place noodles into serving container with the turkey and gravy portioned over top.

4 oz portion of noodles, use a 4 oz spoodle with

4 oz (by weight) of turkey and gravy, use a 6 oz spoodle or #8 scoop.

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: 112.000

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	244.67
Fat	6.38g
SaturatedFat	1.66g
Trans Fat	0.50g
Cholesterol	62.55mg
Sodium	544.29mg
Carbohydrates	25.07g
Fiber	1.36g
Sugar	1.36g
Protein	22.24g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.57mg	Iron	3.16mg

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Roasted Brussel Sprouts

Servings:	40.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30736

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL HLVD 2-5 RSS	10 Pound	Washed and ready-to-use.	855201
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

Preparation Instructions

There are about 20 1/2 cup servings per bag; 40 1/2 cup servings per case.

1. Preheat oven to 400F.
2. Trim sprouts if needed and pull off any yellow outer leaves.
3. Place sprouts in a bowl and toss in olive oil and salt.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Roast for 30-40 minutes until crisp on the outside, shaking the pan once or twice during this time so the sprouts brown evenly.

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: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	57.45		
Fat	5.68g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	149.50mg		
Carbohydrates	2.00g		
Fiber	0.83g		
Sugar	0.50g		
Protein	0.75g		
Vitamin A	165.88IU	Vitamin C	18.70mg
Calcium	9.24mg	Iron	0.31mg

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