

Cookbook for CREEKSIDE ELEM SCHL

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Table of Contents

Walking Taco

Salad with Popcorn Chicken

Corn on the Cob

Fresh Mixed Fruit

Walking Taco

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25912
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP CORN 64-LSSV FRITOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712680
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4- 5 LOL	1/4 Cup		150250
84-2.6Z SALSA CUP REDG REDSC2Z	1	Optional, place for self service.	536690
SOUR CREAM PKT FF 100- 1Z LOL	1 Each	Optional, place for self service.	853190

Preparation Instructions

1. Thaw taco meat, heat thawed meat to 160°.
2. Portion taco meat using a #10 scoop, shredded cheese, lettuce into a container.
Serve with 1 bag Fritos.
3. Offer 1 salsa cup and 1 pkt sour cream.

Meal Components (SLE)

Amount Per Serving

Meat	2.26
Grain	2.50
Fruit	0.00
GreenVeg	0.25

RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000
Serving Size: 1.00

Amount Per Serving

Calories	530.28
Fat	32.09g
SaturatedFat	10.14g
Trans Fat	0.18g
Cholesterol	52.08mg
Sodium	744.16mg
Carbohydrates	41.15g
Fiber	3.76g
Sugar	3.76g
Protein	21.58g

Vitamin A	406.94IU	Vitamin C	3.15mg
Calcium	326.87mg	Iron	1.26mg

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

Salad with Popcorn Chicken

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25994
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
TOMATO CHERRY 11 MRKN	1/2 Cup		569551
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Ounce		554693

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.50
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	704.20
Fat	35.30g
SaturatedFat	8.95g
Trans Fat	0.04g
Cholesterol	90.00mg
Sodium	1169.90mg
Carbohydrates	72.00g
Fiber	10.90g
Sugar	30.50g
Protein	29.50g
Vitamin A 949.70IU	Vitamin C 12.33mg
Calcium 177.60mg	Iron 2.77mg

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Corn on the Cob

Servings:	1.000	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30441

Ingredients

Description	Measurement	Prep Instructions	DistPart #
fresh, shucked corn on the cob	1 Each	Place no more than 5 pounds of corn cobs in perforated steamtable pans. Steam them for 5 minutes. Place in solid steamtable pans for seasoning and service.	05026
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/3 Tablespoon	8 oz butter for 48 servings	191205

Preparation Instructions

1. To steam corn: Place no more than 5 pounds of corn cobs in perforated steamtable pans. Steam them for 5 minutes. Place in solid steamtable pans for seasoning and service.

If using solid steamtable pans to steam the corn, drain the liquid from the pans prior to seasoning and service.

2. Melt the butter and combine it with the salt and pepper. Pour over the cooked corn.

3. Serve the corn immediately, or cover it and place in a warmer until ready for service.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.

4. Portion one 5-inch ear with tongs per serving. Each portion provides ½ cup of starchy vegetable.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
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: 1.00

Amount Per Serving

Calories	33.00
Fat	3.63g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Fresh Mixed Fruit

Servings:	4.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
GRAPES RED SDLSS 18AVG MRKN	5 Piece		197831

Preparation Instructions

Slice fruit on hand from above list and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 4.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	108.28		
Fat	0.36g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.65mg		
Carbohydrates	28.08g		
Fiber	4.40g		
Sugar	15.17g		
Protein	1.29g		
Vitamin A	165.91IU	Vitamin C	26.92mg
Calcium	30.07mg	Iron	0.32mg

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