

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Rotini Bake with Meat Sauce and Garlic Toast

Breaded Fish Sandwich

Pizza Buildable

MS HS Crispy Chicken Sandwich

Loaded Baked Potato Bar

Roasted Edamame

Buffalo Cauliflower

Assorted Fresh Veggies

Rotini Bake with Meat Sauce and Garlic Toast

Servings:	64.000	Category:	Entree
Serving Size:	7.44 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28450
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	30 Pound	Plade sealed bag in a steamer or in boiling water. Heat approx. 45 minutes or until product reaches serving temperature. Heat to 165° for 15 sec.	728590
BREAD GARL TX TST SLC 12-12CT GCHC	64 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.	611910

Preparation Instructions

CCP: Hold rotini with sauce for hot service at 135° or higher.

Serve 7.44 oz (by weight) using a heaping #6 disher.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.000

Serving Size: 7.44 Ounce

Amount Per Serving	
Calories	476.53
Fat	25.13g
SaturatedFat	6.75g
Trans Fat	1.01g
Cholesterol	54.44mg
Sodium	890.89mg
Carbohydrates	41.19g
Fiber	4.03g
Sugar	9.06g
Protein	21.15g

Vitamin A	617.94IU	Vitamin C	23.19mg
Calcium	61.44mg	Iron	4.02mg

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

Breaded Fish Sandwich

Servings:	10.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28743

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK FLLT SWT POT MSC 3.6Z 18	10 Each	BAKE COOKING INSTRUCTIONS:Place frozen fish in a single layer on a shallow baking pan. Preheat oven.CONVENTIONAL OVEN: Bake at 450°F for 25-30 minutes.CONVECTION OVEN: Bake at 375°F for 18-23 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF165°F MINIMUM. CCP: Hold for hot service at 135° or higher.	536302
3474 WGR HAMBURGER BUN (76) 60g 12ct	10 1 bun	READY_TO_EAT	
SAUCE TARTAR PKT 200-12GM GCHC	10 Each	BAKE	213361

Preparation Instructions

Place one fish fillet on a bun. 7-12, individually wrap the sandwich.

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

CHO Breakdown:

Fish: 15g;

Klosterman Bun: 25g

Tartar Sauce: 3g

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00

Amount Per Serving

Calories	375.00
Fat	13.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	600.00mg
Carbohydrates	45.00g
Fiber	3.00g
Sugar	7.00g

Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.00mg	Iron	2.80mg

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Pizza Buildable

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28423
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD NAAN MINI 64-1.625Z STNFIRE	1 Each	Thoroughly thaw flatbread. Bring to room temperature on the day of service. Cut flatbread into 4 quarters.	460911
PEPPERONI SLCD SAND 3.34 8/Z 5-2	8 Slice	Place the 4 pieces of flatbread , 8 slices of pepperoni, olives, banana peppers and marinara sauce into the container.	776221
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Ounce	Drain, portion with the banana peppers into a 2 oz souffle cup,	324531
PEPPERS BAN RING MILD 4-1GAL GCHC	1 Ounce	Drain, portion with the olives into a 2 oz souffle cup.	466220

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving	
Calories	410.00
Fat	21.75g
SaturatedFat	8.75g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1535.00mg
Carbohydrates	32.50g
Fiber	4.00g

Sugar	6.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	292.00mg	Iron	1.90mg

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MS HS Crispy Chicken Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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 Each

Amount Per Serving	
Calories	350.00
Fat	11.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	500.00mg
Carbohydrates	36.00g

Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	Iron	3.00mg

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Loaded Baked Potato Bar

Servings:	40.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30889

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 120CT MRKN	40 Each	1. Wash potatoes thoroughly. Prick with a fork and bake at 400F approx. 45 minutes. CCP: Cook until internal temp reaches at least 210F for 15 seconds. CCP: Hold for hot service at min of 135F.	233293
PORK PULLED BBQ LO SOD 4-5 BROOKWD	5 Pound	2. Heat pork bbq until reaches 165F for 15 seconds or more. CCP: Hold for hot service at min of 135F	498702
TURKEY TACO MEAT FC 4-7 JENNO	3 1/2 Pound	2. Heat turkey until reaches 165F for 15 seconds or more. CCP: Hold for hot service at min of 135F	768230
BROCCOLI FLORETS 6-4 GCHC	5 Pound	3. Steam broccoli until just tender. CCP: Hold for hot service at min of 135F	610902
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Package		150250
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	40 Each		159791
CRACKER OYSTER LRG 150-.5Z NAB	40 Package		427004
SOUR CREAM PKT FF 100-1Z LOL	40 Each		853190
SALSA 103Z 6-10 REDG	1/2 #10 CAN	READY_TO_EAT None	452841

Preparation Instructions

For 40 servings:

Pork BBQ: 5# of pork bbq yields 40 -2oz servings.

Turkey Taco Meat: Serving size is 3oz to meet 2oz Meat. USE # 12 SCOOP / DISHER for a 2 oz meat serving (2.97 OZ SERVING SIZE).

Serve potatoes presented with all toppings of choice.

CHO Breakdown:

Potato: 15g ; Pork Bbq 8.5 g per 2oz; Turkey Taco Meat: 2g (per 3oz serving); Broccoli: 1.5g per 1/4cup
 MuffinTown Cornbread: 28g; Nabisco Oyster Cracker: 10g per pkg; Sour Cream: 4g per packet; Salsa: 3g per 1.5oz

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	674.53
Fat	21.28g
SaturatedFat	5.70g
Trans Fat	0.34g
Cholesterol	83.58mg
Sodium	694.79mg
Carbohydrates	91.75g
Fiber	9.30g
Sugar	29.36g
Protein	31.63g
Vitamin A 828.59IU	Vitamin C 46.10mg
Calcium 232.95mg	Iron 7.43mg

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Roasted Edamame

Servings:	50.000	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30899

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	10 Pound		147270
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1/4 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	2 Teaspoon		153550
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

Preparation Instructions

1. Preheat oven to 400F
2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.

CCP: Cook to a min. internal temp of 140F.

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

Serve with a 4 oz spoodle.

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 4.00 Serving

Amount Per Serving

Calories	70.21
Fat	3.54g
SaturatedFat	0.46g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	79.83mg
Carbohydrates	3.64g
Fiber	2.42g
Sugar	1.21g
Protein	5.45g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.30mg	Iron	1.09mg

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Buffalo Cauliflower

Servings:	96.000	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	24 Pound		610882
MARGARINE &BTR BLND EURO UNSLTD 36-1	1/2 Cup		834071
SAUCE HOT REDHOT 12-23FLZ FRNKS	2 Cup		557609
JUICE LEMON 8-48FLZ RLLEM	1/4 Cup		864061

Preparation Instructions

1. Preheat oven to 400F.
2. Trim cauliflower if needed.
3. Whisk together the butter, hot sauce, and lemon juice.
4. Toss cauliflower in hot sauce mix until well coated.
5. Spread cauliflower on a sheet tray and spread out. Roast until beginning to brown, about 20 minutes.

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

Serve with a 4 oz spoodle or a #8 scoop.

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: 96.000

Serving Size: 4.00 Serving

Amount Per Serving	
Calories	22.90
Fat	1.00g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	198.77mg
Carbohydrates	2.91g
Fiber	1.75g
Sugar	0.58g
Protein	1.75g
Vitamin A	200.03IU
Vitamin C	0.00mg

Calcium	20.65mg	Iron	0.58mg
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Assorted Fresh Veggies

Servings:	50.000	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29648
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Pound	Wash	768146
PEPPERS SWT MINI 20 P/L	3 1/2 Pound	Wash	667582
CELERY STIX 4-3 RSS	3 3/5 Pound	Wash, trim if needed	781592
TOMATO GRAPE SWT 10 MRKN	4 1/5 Pound	Wash	129631
CUCUMBER SELECT 4-6CT MRKN	4 4/5 Pound	Peel and slice	361510

Preparation Instructions

Package 2 - 3 different veggies to make a 3/4 C portion.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.75 Cup

Amount Per Serving

Calories	69.91
Fat	0.18g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	212.39mg
Carbohydrates	15.12g
Fiber	7.17g
Sugar	9.20g
Protein	3.44g

Vitamin A 419.79IU **Vitamin C** 7.34mg

Calcium 118.73mg **Iron** 0.32mg

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