

# **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

<b>Servings:</b>	64.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	7.44 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28450
<b>School:</b>	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	<b>BAKE</b> 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. <b>GRIDDLE_FRY</b> Place directly in skillet on medium heat. Heat each side 2 minutes. <b>GRILL</b> 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 64.000

Serving Size: 7.44 Ounce

#### Amount Per Serving

<b>Calories</b>	476.53
<b>Fat</b>	25.13g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	1.01g
<b>Cholesterol</b>	54.44mg
<b>Sodium</b>	890.89mg
<b>Carbohydrates</b>	41.19g
<b>Fiber</b>	4.03g
<b>Sugar</b>	9.06g
<b>Protein</b>	21.15g

<b>Vitamin A</b>	617.94IU	<b>Vitamin C</b>	23.19mg
<b>Calcium</b>	61.44mg	<b>Iron</b>	4.02mg

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

# Breaded Fish Sandwich

<b>Servings:</b>	10.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<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: 10.000

Serving Size: 1.00

Amount Per Serving

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

<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	73.00mg	<b>Iron</b>	2.80mg

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# Pizza Buildable

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28423
<b>School:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.50
<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>	410.00
<b>Fat</b>	21.75g
<b>SaturatedFat</b>	8.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	1535.00mg
<b>Carbohydrates</b>	32.50g
<b>Fiber</b>	4.00g

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

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# MS HS Crispy Chicken Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Cup	<b>BAKE</b> 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. <b>CONVECTION</b> 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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<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 Each

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

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

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# Loaded Baked Potato Bar

<b>Servings:</b>	40.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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: 40.000

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Roasted Edamame

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLLED 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

<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>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 4.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	70.21
<b>Fat</b>	3.54g
<b>SaturatedFat</b>	0.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	79.83mg
<b>Carbohydrates</b>	3.64g
<b>Fiber</b>	2.42g
<b>Sugar</b>	1.21g
<b>Protein</b>	5.45g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.30mg	<b>Iron</b>	1.09mg

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# Buffalo Cauliflower

<b>Servings:</b>	96.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.000

Serving Size: 4.00 Serving

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

<b>Calcium</b>	20.65mg	<b>Iron</b>	0.58mg
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# Assorted Fresh Veggies

<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29648
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.75 Cup

#### Amount Per Serving

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

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

**Calcium** 118.73mg      **Iron** 0.32mg

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