

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

# Table of Contents

[MS HS Crispy Chicken Sandwich](#)

[Buffalo Cauliflower](#)

[Fresh Mixed Berries](#)

# 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<br>WGRAIN 3.75Z 4-7.5 | 1 Cup       | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>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.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>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<br>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

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <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 |

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

# 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 |
|----------------|---------|-------------|--------|

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

# Fresh Mixed Berries

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 100.000      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 4.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-30921 |

## Ingredients

| Description             | Measurement | Prep Instructions                     | DistPart # |
|-------------------------|-------------|---------------------------------------|------------|
| STRAWBERRY 8 MRKN       | 8 Pound     | Wash berries and slice into quarters. | 212768     |
| BLUEBERRY 12-1PT P/L    | 12 Pint     | Wash berries thoroughly.              | 451690     |
| BLACKBERRY 12-1/2PT P/L | 6 Pint      | Wash berries thoroughly.              | 430351     |

## Preparation Instructions

Gently mix quartered strawberries, blueberries, and blackberries in bowl. Portion into 4 oz serving cups.

CCP: Hold at 41F or lower until ready to serve.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.50 |
| <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: 100.000

Serving Size: 4.00 Serving

#### Amount Per Serving

|                      |         |                  |         |
|----------------------|---------|------------------|---------|
| <b>Calories</b>      | 39.29   |                  |         |
| <b>Fat</b>           | 0.32g   |                  |         |
| <b>SaturatedFat</b>  | 0.00g   |                  |         |
| <b>Trans Fat</b>     | 0.00g   |                  |         |
| <b>Cholesterol</b>   | 0.00mg  |                  |         |
| <b>Sodium</b>        | 0.90mg  |                  |         |
| <b>Carbohydrates</b> | 9.56g   |                  |         |
| <b>Fiber</b>         | 2.52g   |                  |         |
| <b>Sugar</b>         | 6.15g   |                  |         |
| <b>Protein</b>       | 0.76g   |                  |         |
| <b>Vitamin A</b>     | 60.51IU | <b>Vitamin C</b> | 28.41mg |
| <b>Calcium</b>       | 12.95mg | <b>Iron</b>      | 0.35mg  |

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