Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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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:	96.000	**Category:**	Vegetable
Serving Size:	1.00 Ear	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-30441

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB EARS LITTLE 2.75 96CT GCHC	96 Each		119385
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 Pound	16 oz butter for 96 servings	191205
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

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 in step 2.

2. Melt the butter and combine it with the salt. 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 small ear with tongs per serving.

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	0.25

Nutrition Facts

Servings Per Recipe: 96.000
Serving Size: 1.00 Ear

Amount Per Serving

Calories	106.67
Fat	2.83g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	60.00mg
Carbohydrates	19.00g
Fiber	2.00g
Sugar	3.00g
Protein	2.00g

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**
GRAPES RED SDLSS 18AVG MRKN	**5 Piece**		**197831**
STRAWBERRY 8 MRKN	**1 Ounce**		**212768**

Preparation Instructions

Slice fruit on hand 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	84.30
Fat	0.28g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.42mg
Carbohydrates	21.89g
Fiber	3.77g
Sugar	12.00g
Protein	1.02g

Vitamin A	147.88IU	**Vitamin C**	28.51mg
Calcium	29.73mg	**Iron**	0.27mg

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