

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Dill Chicken Sandwich

Cheeseburger on Bun

Crispy Chicken Bacon Ranch Wrap

French Toast & Sausage Links (MS/HS)

Cheese Enchiladas

Roasted Brussel Sprouts

Dill Chicken Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	1 Each		542832
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

Preparation Instructions

1. Cook chicken patties at 375° for 13-15 minutes. Turn after 6 minutes.

CCP: Cook patties to an internal temperature of 160°

2. Place one patty on one bu. Wrap in foil wrapper.

CCP: Hold for hot service at 140° or higher.

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

Amount Per Serving

Calories	380.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	650.00mg		
Carbohydrates	42.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	29.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	111.00mg	Iron	3.80mg

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

Cheeseburger on Bun

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	2.00
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

Amount Per Serving			
Calories	390.00		
Fat	19.00g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	480.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	27.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	174.50mg	Iron	3.80mg

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

Crispy Chicken Bacon Ranch Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25897
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	2 Tablespoon		676210

Preparation Instructions

1. Place frozen tenders on a lined sheet pan. Cook in a 350° oven for 8-12 minutes. CCP: Heat to a min. of 165°
2. Heat bacon in a 350° oven for 1-2 minutes.
3. Lay tortilla shells on a flat surface. Spread with ranch dressing.
4. Top with 3 tenders, 2 slices turkey bacon, 2 Tbsp cheese, and 1/2 C lettuce..
5. Roll tightly and cut in half.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.55
Grain	3.25
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	614.00
Fat	34.60g
SaturatedFat	10.65g
Trans Fat	0.00g
Cholesterol	77.00mg
Sodium	1021.00mg
Carbohydrates	45.50g
Fiber	6.00g
Sugar	6.50g
Protein	30.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.50mg	Iron 3.57mg

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

French Toast & Sausage Links (MS/HS)

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30911

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	Fully cooked. Heat and serve. CONVECTION, COMBINATION, AND CONVENTIONAL OVEN METHODS: Position patties in a single layer about 1 apart on shallow baking pan sprayed with nonstick spray. Cook according to chart below AND until internal temperature reaches 140°F. as measured by a meat thermometer. CONVECTION OVEN METHOD: Frozen: 9 minutes @ 375 F COMBINATION OVEN METHOD: Frozen: 6 minutes @ 325 F CONVENTIONAL OVEN METHOD: Frozen: 13 minutes @ 400 F	352740
FRENCH TST STIX WGRAIN 300-.867Z PAP	5 Each	Bake from Frozen. Convection Oven: Preheat to 325F. Place a single layer of sticks on baking sheet. Bake 8 minutes. Conventional Oven: Preheat oven to 350F. Place in a single layer and bake for 12 minutes.	646222

Preparation Instructions

Bake french toast sticks and turkey sausage according to instructions above.

To Serve:

Place 5 sticks and 2 links in a boat.

Meal Components (SLE)

Amount Per Serving

Meat	3.67
Grain	1.67
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 Serving

Amount Per Serving	
Calories	386.67
Fat	13.83g
SaturatedFat	3.67g
Trans Fat	0.00g
Cholesterol	235.00mg
Sodium	630.00mg
Carbohydrates	38.33g
Fiber	3.33g

Sugar	13.33g
Protein	25.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 93.33mg	Iron 2.39mg

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

Cheese Enchiladas

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30914

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENCHILADA JACK & CHED 60-2.5Z POSAD	2 Each	1. PREPARE ENCHILADAS FROM FROZEN STATE. 2. COOKING: OVEN: PLACE ENCHILADAS IN STEAM TABLE PAN. TOP WITH ENCHILADA SAUCE AND BAKE IN A PREHEATED OVEN AS INDICATED BELOW UNTIL HEATED THROUGH. CONVENTIONAL OVEN: 350°F - FROZEN (0°F) - BAKE 20 - 25 MINUTES. CONVECTION OVEN: 325°F - FROZEN (0°F) BAKE 15 - 20 MINUTES.	762250
SAUCE ENCHILADA MILD 4-1GAL GRSZ	1/2 Cup	Pour 1/4 c over each enchilada (1/2 c for one serving of two) and bake as directed above.	598461

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
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 Serving

Amount Per Serving	
Calories	400.00
Fat	20.00g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1120.00mg
Carbohydrates	37.00g
Fiber	3.00g
Sugar	5.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 450.00mg	Iron 1.08mg

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

Roasted Brussel Sprouts

Servings:	40.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30736

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL HLVD 2-5 RSS	10 Pound	Washed and ready-to-use.	855201
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

Preparation Instructions

There are about 20 1/2 cup servings per bag; 40 1/2 cup servings per case.

1. Preheat oven to 400F.
2. Trim sprouts if needed and pull off any yellow outer leaves.
3. Place sprouts in a bowl and toss in olive oil and salt.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Roast for 30-40 minutes until crisp on the outside, shaking the pan once or twice during this time so the sprouts brown evenly.

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: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	66.90		
Fat	5.75g		
SaturatedFat	0.85g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	4.00g		
Fiber	1.65g		
Sugar	1.00g		
Protein	1.50g		
Vitamin A	331.76IU	Vitamin C	37.40mg
Calcium	18.48mg	Iron	0.62mg

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