

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

BBQ Chicken Sandwich

Bean Burrito w/ Mexican Rice

Chicken Tender Basket (MS/HS)

Salad with Spicy Chicken

Chicken Alfredo w/Bread stick

Hot Ham and Cheese Sandwich

Berry Spinach Side Salad

Baked Cinnamon Apples

BBQ Chicken Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30430

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION OVEN: PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL. PREHEAT OVEN TO 350 DEGREES F AND BAKE FOR APPROXIMATELY 16-20 MINUTES.	152121
SAUCE BBQ 4-158Z KCMSTRPC	1 Tablespoon		754684
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	ready to eat	

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F

PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL.

BAKE FOR APPROXIMATELY 16-20 MINUTES

Heat to 165 F for 15 seconds.

Transfer patties to a steam table pan and cover with BBQ sauce.

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

Serve 1 patty on a whole grain bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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	300.00
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	650.00mg
Carbohydrates	35.50g
Fiber	2.00g
Sugar	10.00g

Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	3.00mg

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

Bean Burrito w/ Mexican Rice

Servings:	60.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS/WGRAIN 48-5.02Z	60 Each	Heating Instructions: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. Cover sheet pan with parchment paper. Place burritos on pan with flap facing up. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 16-19 min. Refrigerated: Heat for 10-12 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-23 min. Refrigerated: Heat for 12-14 min.	500391
SEASONING MIX MEX RICE 6-11Z	11 Ounce	In a 4" steam table pan, combine 1 1/3 gal hot water, 2.5 qt white or brown parboiled rice, and one 11-oz seasoning packet. Stir well. Cover with lid or foil and bake at 350F convection oven for 30-40 minutes or until water is absorbed. Fluff with a fork. CCP: Keep warm at 160F until serving.	259541
RICE PARBL LONG GRAIN 6-10 PRDCR	30 Cup		699181

Preparation Instructions

Prepare burritos and rice with seasoning per instructions above.

To serve, place burrito in a boat with 1/2 c rice.

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: 60.000

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		643.10	
Fat		6.10g	
SaturatedFat		2.20g	
Trans Fat		0.00g	
Cholesterol		7.00mg	
Sodium		332.10mg	
Carbohydrates		119.00g	
Fiber		8.30g	
Sugar		3.00g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	170.12mg	Iron	6.74mg

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Chicken Tender Basket (MS/HS)

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	4 Piece	Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered. Marketing Tips	533830
Whole Grain Dinner Roll	1 Each		3920

Preparation Instructions

Bake chicken according to package directions. Assemble in a boat and serve with a roll.

Meal Components (SLE)

Amount Per Serving

Meat	2.68
Grain	2.34
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	410.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	665.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	29.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.00mg

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Salad with Spicy Chicken

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25995
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each	Fully Cooked, reheat in 350 ° oven for 12-15 minutes or until internal temperature is 165°	399806
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
TOMATO CHERRY 11 MRKN	1/2 Cup	Slice tomatoes in half.	569551
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Ounce		554693
APPLE GALA 138CT MRKN	1 Piece	Wedge whole apples into sections	569392

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.25
Fruit	1.00
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	633.80		
Fat	34.45g		
SaturatedFat	7.20g		
Trans Fat	0.04g		
Cholesterol	78.00mg		
Sodium	1041.20mg		
Carbohydrates	59.50g		
Fiber	10.00g		
Sugar	19.50g		
Protein	26.80g		
Vitamin A	818.82IU	Vitamin C	18.22mg
Calcium	173.28mg	Iron	3.02mg

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Chicken Alfredo w/Bread stick

Servings:	35.000	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28449
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT BLND 6-106Z LOL	92 3/4 Ounce	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	235631
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	60 Ounce	Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA ROTINI 4-5 GCHC	40 Ounce	Place 1# 4 oz. of pasta in a 1/2 pan. Cover with 6C water. Place pan in combi oven at 235° for 8 minutes. Drain off water and rinse n cold water to stop the cooking action . Drain thoroughly.	413360
BREADSTICK WGRAIN 1.31Z 10-20CT	35 Each		152211

Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

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

Hole pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 1 C pasta into a serving dish. Put 5 ounce sauce mix on top of the pasta.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 35.000

Serving Size: 0.00

Amount Per Serving

Calories	403.40
Fat	13.26g
SaturatedFat	6.16g
Trans Fat	0.00g
Cholesterol	57.93mg
Sodium	718.43mg
Carbohydrates	46.22g
Fiber	3.14g

Sugar	3.14g
Protein	24.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 323.21mg	Iron 2.37mg

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Hot Ham and Cheese Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-22548

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD PANINI SLCD GRLLD 96-1.8Z	1 Serving	2 slices each	898693
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice		247822

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
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 Sandwich

Amount Per Serving

Calories	130.00		
Fat	7.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	680.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	207.00mg	Iron	0.36mg

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Berry Spinach Side Salad

Servings:	80.000	Category:	Vegetable
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30960

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	10 Pound	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.	329401
CHEESE FETA CRMBL 4-2.5 P/L	5 Pound		716685
STRAWBERRY 8 MRKN	8 Pound	Thoroughly wash and dry berries. Slice.	212768
DRESSING RASP VINAG FF 6-32Z KENS	2 Tablespoon		877910

Preparation Instructions

1. Place spinach in a large bowl with sliced strawberries and feta cheese.
 2. Toss to mix.
 3. Portion 8 oz servings and keep chilled until time to serve.
- CCP: Keep in cold holding at 40 F until time to serve.
4. Immediately before serving, drizzle 2 oz Raspberry vinaigrette over the top of each salad.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.18
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 8.00 Serving

Amount Per Serving	
Calories	44.41
Fat	1.89g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	76.44mg
Carbohydrates	5.81g
Fiber	2.82g
Sugar	2.48g

Protein			3.21g
Vitamin A	80.44IU	Vitamin C	26.67mg
Calcium	69.08mg	Iron	2.08mg

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Baked Cinnamon Apples

Servings:	48.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22676

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 #10 CAN	1. Drain apples and put slices into steam table pans 2 cans per ½ pan.	117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	2. Mix honey, pineapple juice and cinnamon.	224723
HONEY CLOVER 4-6 GCHC	1 1/2 Cup		225614
JUICE PINEAP 100 12-46FLZ HV	3 Cup	3. Pour equal parts of the juice mixture over each pan.	100676
MARGARINE &BTR BLND EURO UNSLTD 36-1	1/4 Pound	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Bake in a 350° oven until temperature reaches 140°, approx. 20 minutes.

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

Note: Can use frozen apples as well. Use 15 lbs of frozen apples instead of 2 #10 cans with same amount of other ingredients.

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: 48.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	108.68		
Fat	2.00g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.09mg		
Carbohydrates	23.37g		
Fiber	2.16g		
Sugar	19.89g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	11.38mg

Calcium 3.40mg **Iron** 0.00mg

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