

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Walking Taco

Fish Nuggets w/Onion Rings

Cheeseburger on Bun

Salad with Popcorn Chicken

Chicken Parmesan

Assorted Fresh Veggies

Glazed Carrots

Seasoned Green Beans

Corn on the Cob

Fresh Mixed Fruit

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

Fish Nuggets w/Onion Rings

Servings:	40.000	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22657

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG CRNCHY MSC 1Z 4-5	160 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11- 13 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	344271
ONION RING BRD WGRAIN 6-5#TASTY BRAND	200 Each	Bake in 350° convection oven for approximately 10-11 minutes.	234061

Preparation Instructions

CCP: Hold fish and onion rings for hot service at minimum of 135°.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 4.00 Piece

Amount Per Serving

Calories	410.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	51.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	2.58mg

*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

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

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

Chicken Parmesan

Servings:	60.000	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30992

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	60 Each	BAKE 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. CONVECTION 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
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170
SAUCE MARINARA A/P 6-10 REDPK	1 1/2 #10 CAN		592714
PASTA SPAG 51 WGRAIN 2-10	8 Pound		221460

Preparation Instructions

1. Spray steamtable pans with pan coating. Place chicken patties into pans, 3x4. Cook according to package direction, approx. 8-10 minutes or to an internal temperature of 140F.
2. Cook pasta in boiling water until al dente, drain. Pour into steam table pans and hold for hot service.
CCP: Hold for hot service at 140F or greater.
3. Sprinkle shredded mozzarella over chicken patties, 6 oz per pan. Cover with marinara sauce, about 1 qt 2 cups per pan.
4. Place pans in warmer to allow cheese to melt and sauce to warm through.
5. Serve 1 cup pasta with 1 chicken patty.

Meal Components (SLE)

Amount Per Serving

Meat	2.53
Grain	3.13
Fruit	0.00
GreenVeg	0.00
RedVeg	0.51

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.000
 Serving Size: 1.00 Cup

Amount Per Serving

Calories	481.38
Fat	13.27g
SaturatedFat	3.37g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	666.55mg
Carbohydrates	57.36g
Fiber	9.31g
Sugar	6.76g
Protein	32.25g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.38mg	Iron	3.13mg

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

Assorted Fresh Veggies

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Calcium 118.73mg **Iron** 0.32mg

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

Glazed Carrots

Servings:	96.000	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28426
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C 12-2 GCHC	24 Pound	Steam carrots until just tender	175706
MARGARINE &BTR BLND EURO UNSLTD 36-1	1 Pound	Make glaze by melting butter and adding brown sugar and salt.	834071
SUGAR BROWN LT 12-2 GFS	2 Cup	Pour glaze over the carrots. Cover	314641
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	Bake in a convention oven, 325° for 15 minutes.	153550

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.000

Serving Size: 1.00

Amount Per Serving

Calories	70.72		
Fat	4.00g		
SaturatedFat	1.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	93.58mg		
Carbohydrates	9.22g		
Fiber	1.49g		
Sugar	6.99g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.05mg	Iron	0.00mg

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

Seasoned Green Beans

Servings:	48.000	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.000

Serving Size: 0.75 Cup

Amount Per Serving

Calories	32.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	227.15mg		
Carbohydrates	6.59g		
Fiber	3.25g		
Sugar	3.24g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.70mg	Iron	0.65mg

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

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

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

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

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