

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

# Table of Contents

**Cheese Pizza**

**Turkey and Noodles w/Bread**

**Roasted Brussel Sprouts**

**Baby Carrots W/Dip**

# Cheese Pizza

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22433

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	1 slice (5.13 oz)		444115

## Preparation Instructions

CONVECTION OVEN: 350°F Low FAN FOR 13-17 MINUTES. BAKE ON PERFORATED SCREEN FOR BEST RESULTS. DECK OVEN: 450°F FOR 10-13 MINUTES. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. COOK BEFORE EATING.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<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

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	490.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	91.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	384.00mg	<b>Iron</b>	2.00mg

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# Turkey and Noodles w/Bread

<b>Servings:</b>	112.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22693

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound	1. Place frozen or thawed bag of turkey product into a steam table pan and place in steamer. If frozen; 1 hour 15 min. Thawed 40 min. CCP: Heat until internal temperature is 140° for minimum of 15 sec. 2. Remove product from steamer, cut open bag and pour contents into desired serving pan and serve. CCP: For hot service, hold at 135° or above.	653171
PASTA NOODL EGG 1/2 XTRA WD 2-5	6 Pound	3. Cook pasta either in plenty of boiling water, or in a steamer. Cook for approximately 8-12 minutes depending on the method. 4. Drain pasta. If pasta is being held for service, lightly coat with vegetable oil. CCP: Hold for hot service at 135° or higher.	292346
24oz Whole Grain Rich Sandwich Bread	112 Slice	READY_TO_EAT	1292

## Preparation Instructions

To serve: place noodles into serving container with the turkey and gravy portioned over top.

4 oz portion of noodles, use a 4 oz spoodle with

4 oz (by weight) of turkey and gravy, use a 6 oz spoodle or #8 scoop.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<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: 112.000

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	244.67
<b>Fat</b>	6.38g
<b>SaturatedFat</b>	1.66g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	62.55mg
<b>Sodium</b>	544.29mg
<b>Carbohydrates</b>	25.07g
<b>Fiber</b>	1.36g
<b>Sugar</b>	1.36g
<b>Protein</b>	22.24g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.57mg	<b>Iron</b>	3.16mg

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# Roasted Brussel Sprouts

<b>Servings:</b>	40.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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: 40.000

Serving Size: 4.00 Ounce

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

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# Baby Carrots W/Dip

<b>Servings:</b>	1.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22506

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 12-2 GCHC	3/4 Cup	Portion into 5 oz black containers.	599921
Ranch Dressing Cup	1 Each	Offer ranch cup.	52976

## Preparation Instructions

serve chilled

### 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>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	174.70		
<b>Fat</b>	16.34g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	235.49mg		
<b>Carbohydrates</b>	8.84g		
<b>Fiber</b>	3.13g		
<b>Sugar</b>	4.48g		
<b>Protein</b>	0.78g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.66mg	<b>Iron</b>	0.38mg

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