

Cookbook for St. John's Lutheran

Created by HPS Menu Planner

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Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30325
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	2 Ounce		271411
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Teaspoon		614640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	235.00
Fat	10.67g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	391.67mg
Carbohydrates	22.50g
Fiber	4.00g
Sugar	2.50g
Protein	8.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.83mg	Iron 2.00mg

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

Apple Crisp

Servings:	24.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30335
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD RED PLD IQF 4-5 GCHC	7 1/2 Pound		818895
FLOUR H&R A/P 2-25 GCHC	2 Cup		227528
SUGAR BEET GRANUL 50 GCHC	1 3/4 Cup		224413
SPICE CINNAMON GRND 15Z TRDE	4 Teaspoon		224723
BAKING POWDER DBL ACTION 6-5 RDSTR	2 Teaspoon		683700
EGG SHL LRG A GRD 10-30CT GCHC	2 Each		505412
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	6 Tablespoon		299405

Preparation Instructions

1. Spray pans very well.
2. Place fruit in pans.
3. Combine flour, sugar, cinnamon, baking powder, and eggs. Crumble and sprinkle on tops of fruit.
4. Pour melted butter over the top.
5. Bake 30-40 minutes at 350 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.50
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	177.87
Fat	3.23g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	22.92mg
Sodium	67.51mg
Carbohydrates	37.39g
Fiber	2.25g

Sugar			26.92g
Protein			1.67g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.71mg	Iron	0.51mg

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Chocolate Chip Cookies

Servings:	87.50	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30572
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR H&R A/P 2-25 GCHC	1 1/4 Quart		227528
BAKING SODA 36Z GCHC	3/4 Tablespoon		513849
SALT IODIZED 18-2.25 GCHC	3/4 Tablespoon		350732
EGG SHL LRG A GRD 6-30CT GCHC	4 Each		206539
SUGAR BEET GRANUL 25 GCHC	3/8 Quart		108588
SUGAR BROWN LT 12-2 P/L	3/8 Quart	or 2 quarts	860311
MARGARINE SLD 30-1 GCHC	1 Pound		733061
FLAVORING VANILLA IMIT 1-QT KE	3/4 Tablespoon		110736
CHOC CHIPS SMISWT 1000/ 25 HERSH	1/2 Quart		242115

Preparation Instructions

1. Pre-heat oven to 350 degrees
2. Mix ingredients together.
3. Stir in Chocolate chips
4. Using a size #20 scoop drop dough on cookie sheet.
5. Bake until lightly brown

*Note: This is considered a dessert grain

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.23
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 87.50

Serving Size: 1.00 cookie

Amount Per Serving			
Calories	114.03		
Fat	5.76g		
SaturatedFat	2.63g		
Trans Fat	0.00g		
Cholesterol	8.46mg		
Sodium	107.57mg		
Carbohydrates	15.35g		
Fiber	0.55g		
Sugar	9.59g		
Protein	1.44g		
Vitamin A	274.29IU	Vitamin C	0.00mg
Calcium	3.85mg	Iron	0.49mg

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Homemade Macaroni & Cheese

Servings:	100.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30573
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon		000001WTR
PASTA ELBOW MACAR 2-10 KE	5 1/4 Pound		654550
Fat Free Skim Milk	1 1/2 Gallon	READY_TO_DRINK	5404
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SPICE MUSTARD DRY 1 COLMANS	2 Tablespoon		400018
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Teaspoon		225061
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 1/2 Pound		100036

Preparation Instructions

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher.

1. Heat water to boiling.
2. Slowly add macaroni, stir constantly until water boils again. Cook about 8 minutes or until tender. Stir occasionally. Do not overcook.
3. Quickly stir butter, milk, and seasonings into macaroni. Add cheese (cheese needs to be cut into small pieces).
4. Stir until cheese is melted. The mixture is quite liquid at this stage but will thicken as it cooks and cools.
5. Portion into 2/3 cup servings or serve with a #6 scoop.

Yield: 100 servings: about 4 gallons

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 0.66 Cup

Amount Per Serving

Calories	295.20
Fat	13.94g
SaturatedFat	8.24g
Trans Fat	0.00g
Cholesterol	40.80mg
Sodium	628.80mg
Carbohydrates	24.28g
Fiber	0.84g
Sugar	7.48g
Protein	16.86g

Vitamin A	2.40IU	Vitamin C	0.48mg
Calcium	12.36mg	Iron	0.84mg

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Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30596
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve. Open bags place in 2 inch pan heat to 140.	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	Remove from freezer day before. Place amount needed for day in plastic container to be ready for service	676151

Preparation Instructions

Directions:

Pour ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Portion is 1 sandwich.

Notes:

1: * See Marketing Guide

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	245.00		
Fat	7.00g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	552.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	11.00g		
Protein	17.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	54.00mg	Iron	3.00mg

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Mostaccioli

Servings:	65.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30597
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	8 1/2 Pound	UNPREPARED	100158
Diced Tomatoes cnd	2 #10 CAN	BAKE	100329
SAUCE MARINARA A/P 6-10 REDPK	4 #10 CAN	READY_TO_EAT None	592714
PASTA MOSTACC RIG W/LINES 4-5 GCHC	4 3/4 Pound		413350

Preparation Instructions

No Preparation Instructions available.

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	0.00

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	340.47		
Fat	9.95g		
SaturatedFat	3.12g		
Trans Fat	1.56g		
Cholesterol	0.00mg		
Sodium	741.57mg		
Carbohydrates	38.61g		
Fiber	7.01g		
Sugar	13.64g		
Protein	20.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.17mg	Iron	1.05mg

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Chicken and Noodles

Servings:	88.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30615
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	13 4/9 Pound		100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	8 2/5 Pound		270385
BASE CHIX 12-1 GCHC	2 Pound		439606
MARGARINE SLD 30-1 GCHC	1/3 Pound		733061
Tap Water for Recipes	6 5/7 Gallon		000001WTR

Preparation Instructions

On serving day heat water in kettle and add chicken base. When water and base reach a rolling boil add noodles. After noodles have been cooked add meat and heat through. Put in steam pans and place in pass through.

Note: If using turkey remove from case from freezer, let un-thaw in refrigerator for 2-3 days. Cook, cool, and dice turkey. If using diced chicken take out of freezer day before.

Meal Components (SLE)

Amount Per Serving

Meat	2.44
Grain	1.53
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	294.32		
Fat	6.58g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	85.68mg		
Sodium	1492.92mg		
Carbohydrates	32.28g		
Fiber	1.53g		
Sugar	3.26g		
Protein	22.50g		
Vitamin A	92.73IU	Vitamin C	0.00mg
Calcium	17.01mg	Iron	1.45mg

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Biscuits and Sausage Gravy

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30619
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	4 1/2 Cup	1/2 cup dry = 40 fl oz= 8 -5fl oz servings 24oz dry packet = 128 fl oz (5fl oz=26 servings) case = 1536 fl oz =307 servings of 5 fl oz portions STOVE TOP: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242420
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	75 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven	631902
SPICE PEPR BLK REG GRIND 16Z TRDE	37 1/2 Teaspoon	1/2 tsp per serving	225037
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	75 Each	1 sausage patty per serving Thaw under refrigeration or prepare from frozen state. Shelf Life Frozen = 180 days Basic Preparation Heat and serve. Ready to eat.	184970

Preparation Instructions

Prepare Sausage Gravy

1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
3. Add cooked crumbled sausages, blend and mixed thoroughly.
4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray
2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit

1 biscuit, 5 fl oz sausage gravy = 1 portion 4-12

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 75.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	292.48
Fat	14.80g
SaturatedFat	9.08g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	694.89mg
Carbohydrates	30.61g
Fiber	2.00g
Sugar	2.72g
Protein	10.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 154.33mg	Iron 1.44mg

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Spaghetti & Meat Sauce

Servings:	75.00	Category:	Entree
Serving Size:	8.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30622
School:	St. John's Lutheran		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	12 1/7 Pound		100158
Tomato Sauce cnd	2 1/4 #10 CAN		100334
SEASONING SPAGHETTI ITAL 12Z TRDE	9/13 Cup		413453
SPICE OREGANO LEAF 5Z TRDE	1/6 Cup		513733
SPICE GARLIC POWDER 21Z TRDE	1/6 Cup		224839
PASTA SPAGHETTI 20 LONG 20 GCHC	6 3/5 Pound		108375
Tap Water for Recipes	8 1/3 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
2. Add tomato sauce and seasonings.
CCP: Heat to 160 degrees or above for at least 15 seconds.
3. Bring water to a boil.
4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; Stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir noodles into meat sauce.
6. Divide mixture equally into steam table pans (12" x 20" x 4") which have been lightly coated with pan release spray. Use 3 pans for every 100 servings.
7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135 degrees or greater) per pan and mix gently.
CCP: Hold for hot service at 135 degrees or above.

Meal Components (SLE)

Amount Per Serving

Meat	1.93
Grain	1.41
Fruit	0.00

GreenVeg	0.00
RedVeg	0.39
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00
Serving Size: 8.00 Cup

Amount Per Serving

Calories	324.23		
Fat	12.31g		
SaturatedFat	3.87g		
Trans Fat	1.93g		
Cholesterol	50.29mg		
Sodium	292.19mg		
Carbohydrates	35.47g		
Fiber	2.97g		
Sugar	4.53g		
Protein	19.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.04mg	Iron	1.42mg

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