

Cookbook for Lakeland Intermediate School

Created by HPS Menu Planner

Table of Contents

[Turkey Sandwich](#)

[Spaghetti](#)

[Create A Taco](#)

[BBQ Rib Sandwich](#)

[Yogurt Bundle LIS](#)

[Mini Sub](#)

[Chicken & Biscuit](#)

[Ham & Cheese Sandwich](#)

Turkey Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14307
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 3/4 Ounce		100121
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	216.86		
Fat	4.96g		
SaturatedFat	1.73g		
Trans Fat	0.00g		
Cholesterol	48.43mg		
Sodium	605.25mg		
Carbohydrates	22.73g		
Fiber	2.00g		
Sugar	3.00g		
Protein	20.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti

NO IMAGE

Servings:	85.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14311
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	42 1/2 Pound		573201
PASTA SPAGHETTI 100 WHLWHE 2-5 GCHC	8 Pound		654590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	374.10
Fat	11.13g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	78.57mg
Sodium	414.29mg
Carbohydrates	42.97g
Fiber	7.37g
Sugar	11.51g
Protein	26.70g
Vitamin A 924.29IU	Vitamin C 27.14mg
Calcium 77.92mg	Iron 4.36mg

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Nutrition - Per 100g

No 100g Conversion Available

Create A Taco



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15105
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	20 Pound	Heat Meat in Steamer.	722330
CHEESE CHED MLD SHRD 4- 5 LOL	4 Pound		150250
TORTILLA FLOUR ULTRGR 8 18-12CT	100 Each	Stagger the tortilla shells in a 2" steam table pan and place them covered in a warmer until warm. Do not over warm.	882700

Preparation Instructions

Steam table pan of tortilla shells place 1st in well on lone

Heat taco meat to 165 degrees, place in steam table pan and place 2nd. in well at serving line.

Cheese will be place in 1/2 size long pan and be placed in cold area of serving line.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.57
Fat	15.61g
SaturatedFat	8.66g
Trans Fat	0.29g
Cholesterol	53.52mg
Sodium	567.10mg
Carbohydrates	35.69g
Fiber	6.02g
Sugar	4.02g
Protein	22.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.83mg	Iron 4.00mg

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16485
School:	Lakeland Jr.-Sr. High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each		451410
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	860.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	14.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 44.00mg	Iron 11.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt Bundle LIS

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25856
School:	Lakeland Jr. High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441

Preparation Instructions

Place the 4 items in a plastic bag. Seal. Place in refrigerator until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.330
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	403.33
Fat	14.17g
SaturatedFat	6.83g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	535.00mg
Carbohydrates	55.67g
Fiber	2.33g
Sugar	17.00g
Protein	14.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 431.33mg	Iron 1.76mg

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Nutrition - Per 100g

No 100g Conversion Available

Mini Sub

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32571
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113
TURKEY ITAL COMBO SLCD 12-1 JENNO	1 1/2 Ounce		199721
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	258.35
Fat	8.00g
SaturatedFat	2.35g
Trans Fat	0.00g
Cholesterol	36.50mg
Sodium	671.65mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	4.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 109.34mg	Iron 0.48mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken & Biscuit

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32626
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	80 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven1. Preheat oven to 375°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven1. Preheat oven to 350°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	80 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		392.70	
Fat		20.40g	
SaturatedFat		7.50g	
Trans Fat		0.07g	
Cholesterol		62.00mg	
Sodium		911.20mg	
Carbohydrates		29.00g	
Fiber		3.60g	
Sugar		2.00g	
Protein		22.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.58mg	Iron	2.18mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32632
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	2 Ounce		690041
American Cheese Sliced RF	1 Slice		666204
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	283.74
Fat	8.78g
SaturatedFat	2.62g
Trans Fat	0.00g
Cholesterol	45.04mg
Sodium	645.73mg
Carbohydrates	32.05g
Fiber	2.00g
Sugar	5.87g
Protein	18.37g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 104.00mg	Iron 10.48mg

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Nutrition - Per 100g

No 100g Conversion Available