

Cookbook for Lakeland Primary

Created by HPS Menu Planner

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Ham Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14304
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce		100187
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	195.82		
Fat	5.60g		
SaturatedFat	2.05g		
Trans Fat	0.00g		
Cholesterol	36.89mg		
Sodium	615.41mg		
Carbohydrates	25.10g		
Fiber	2.00g		
Sugar	5.05g		
Protein	15.25g		
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

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

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

NO IMAGE

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14318
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN		100364
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221
ONION DCD 1/4 2-5 RSS	1/4 Cup		198307
SUGAR BROWN MED 25 GCHC	1 1/2 Cup	UNSPECIFIED	108626
Black Pepper	1 Tablespoon	BAKE	24108

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	126.33		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	162.23mg		
Carbohydrates	24.34g		
Fiber	5.00g		
Sugar	9.24g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14347
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
Shredded Cheddar Cheese	1 Ounce		100003
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each		713330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
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	337.65
Fat	15.53g
SaturatedFat	9.26g
Trans Fat	0.00g
Cholesterol	95.29mg
Sodium	954.71mg
Carbohydrates	22.76g
Fiber	1.00g
Sugar	2.76g
Protein	24.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.00mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

NO IMAGE

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
Tap Water for Recipes	2 Cup	UNPREPARED	000001WTR
SEASONING TACO MIX 6-9Z LAWR	1/2 Cup		159204

Preparation Instructions

Brown hamburger in braiser pan along with some onion. Mix in the rest of ingredients. Heat to proper temperature.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.539
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	128.56		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	380.92mg		
Carbohydrates	23.56g		
Fiber	6.39g		
Sugar	1.08g		
Protein	7.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter & Jelly Sandwich w/Cheese Stick

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14864
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	2 1/4 Pound	Spread 1 T. Jelly on a Slice of Bread.	100927
PEANUT BUTTER CRMY 6-4 JIF	3 7/11 Pound	Spread 2 Tbsp. of Peanut Butter on other slice of bread.	241851
380 - Aunt Millie's WG Honey White Bread	100 Each	Place the 2 slices together.	380
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	342.82
Fat	11.38g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	0.20mg
Sodium	415.73mg
Carbohydrates	51.93g
Fiber	5.16g
Sugar	18.98g
Protein	10.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.86mg	Iron 12.58mg

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Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14934
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
HORMEL Pillow Pak Sliced Turkey Pepperoni	1 Serving		7278

Preparation Instructions

Package together in Container. Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

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	486.90
Fat	21.66g
SaturatedFat	9.16g
Trans Fat	0.09g**
Cholesterol	66.90mg
Sodium	1480.60mg
Carbohydrates	41.13g
Fiber	2.70g
Sugar	10.00g
Protein	30.70g
Vitamin A 14.70IU	Vitamin C 0.00mg
Calcium 443.11mg	Iron 3.09mg

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**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16182
School:	Lakeland Jr.-Sr. High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
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	3.000
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	400.00
Fat	16.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	630.00mg
Carbohydrates	45.00g
Fiber	5.00g
Sugar	5.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.00mg	Iron 11.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bologna & Cheese Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29516
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354
BOLOGNA STICK 2-6 KENTQ	1 1/2 Ounce		330493

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper inbetween each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	295.00		
Fat	16.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	33.75mg		
Sodium	722.50mg		
Carbohydrates	24.25g		
Fiber	2.00g		
Sugar	5.00g		
Protein	12.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.44mg	Iron	8.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32441
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5 6 pieces	6 Each	Cook from thawed or frozen state. Product is precooked. Bake on 350 for 5-10 minutes until temperature reaches 160 degrees. 6 Pieces	497360

Preparation Instructions

HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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: 6.00 Each

Amount Per Serving

Calories	270.00
Fat	12.00g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	480.00mg
Carbohydrates	30.00g
Fiber	1.50g
Sugar	7.50g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 75.00mg	Iron 2.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

NO IMAGE

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32627
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	144 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
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	144 Each		184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	144 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 144.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	282.70
Fat	14.90g
SaturatedFat	6.50g
Trans Fat	0.07g
Cholesterol	132.00mg
Sodium	596.20mg
Carbohydrates	23.00g
Fiber	2.60g
Sugar	2.00g
Protein	12.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.58mg	Iron 1.54mg

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Nutrition - Per 100g

No 100g Conversion Available

Mac N Cheese w/ Popcorn chicken



Servings:	160.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32628
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	30 Pound	HEAT_AND_SERVE	609121
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	960 Each		327120

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	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	272.75
Fat	14.44g
SaturatedFat	5.41g
Trans Fat	0.25g
Cholesterol	34.41mg
Sodium	570.16mg
Carbohydrates	20.64g
Fiber	2.39g
Sugar	2.05g
Protein	15.54g
Vitamin A 325.00IU	Vitamin C 0.30mg
Calcium 198.00mg	Iron 1.63mg

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

Nutrition - Per 100g

Calories	240.53
Fat	12.73g
SaturatedFat	4.77g
Trans Fat	0.22g
Cholesterol	30.34mg
Sodium	502.79mg
Carbohydrates	18.20g
Fiber	2.10g
Sugar	1.80g
Protein	13.70g
Vitamin A 286.60IU	Vitamin C 0.26mg
Calcium 174.61mg	Iron 1.44mg

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