

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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Italian Sub Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25996
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.122
Grain	2.250
Fruit	0.000
GreenVeg	0.250
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	361.45
Fat	13.22g
SaturatedFat	5.42g
Trans Fat	0.00g
Cholesterol	58.81mg
Sodium	835.94mg
Carbohydrates	35.48g
Fiber	4.33g
Sugar	7.69g
Protein	24.11g
Vitamin A 949.64IU	Vitamin C 14.80mg
Calcium 131.89mg	Iron 10.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets w/ Roll

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30421

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Pan Roll	1 Each		3920
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

Preparation Instructions

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

Serve 5 nuggets and 1 roll together as an entree.

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: 1.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	525.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	2.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 68.00mg	Iron 2.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Burrito Bowl

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25977
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING CHIX SHRD 4-5 JTM	2 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	560270
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	722110
RICE 2-10 UBEN	1/4 Cup	Cook per package directions.	427586
BEANS BLACK LO SOD 6-10 BUSH	1/2 Cup	Drain and rinse beans, season with Mexican seasoning. Heat to 140° or higher	231981
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CORN CUT SUPER SWT 6-4 GCHC	1/2 Cup	Steam until minimum temperature is 140° or higher.	851329
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

Preparation Instructions

To serve:

Place 1 #6 scoop of rice, top with #6 scoop of chicken taco meat,

Add 1/2 cup black beans and 1/2 C corn. Top with tortilla shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.500
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	649.59
Fat	11.78g
SaturatedFat	6.11g
Trans Fat	0.02g
Cholesterol	29.96mg
Sodium	891.95mg
Carbohydrates	103.56g
Fiber	11.16g
Sugar	11.51g
Protein	26.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 301.41mg	Iron 6.13mg

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Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22513

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice	READY_TO_EAT	1292
PEANUT BUTTER SMOOTH 6-5 GFS	3 1/2 Tablespoon		183245
JELLY GRP 6-4 SMUCK	2 Tablespoon		224111

Preparation Instructions

1. Lay bread slices out on a parchment lined counter.
2. Using a #24 scoop, place peanut butter on one slice of bread. Spread to cover slice.
3. Top with 2 tbsp. jelly, use a #30 scoop. Spread over peanut butter.
4. Top with second slice of bread. Cut in half. Wrap

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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: 1.000

Serving Size: 1.00

Amount Per Serving			
Calories	572.50		
Fat	28.25g		
SaturatedFat	4.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	387.50mg		
Carbohydrates	62.25g		
Fiber	5.50g		
Sugar	31.25g		
Protein	18.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.67mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	10.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Pound		451730
CARROT MATCHSTICK SHRED 2-3 RSS	8 Ounce		198161
CHEESE CHED MLD SHRD 4-5 LOL	3 Ounce		150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	5 Each		853800
TURKEY BRST DCD 2-5	2 Ounce		451300
HAM SLCD .5Z 4-2.5 GFS	20 Slice	Cut into small pieces.	294187
TOMATO CHERRY 11 MRKN	2 1/2 Cup	Cut cherry tomatoes in half.	569551
BREAD BANANA IW 70-3.4Z SUPBAK	10 Each		230361
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Ounce		554693

Preparation Instructions

Portion into a serving container in the following order:

Romaine lettuce - 1 Cup

Cherry tomatoes - 3 each - halved

Carrots, matchstick - 1/4 C

Cheese, cheddar, shredded - 1/4 oz

Turkey, diced - 2 oz

Ham, cut in pieces - 2 slices

Serve with salad dressing packet and 1 slice of banana bread

CCP: Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	1.652
Grain	2.000
Fruit	0.000
GreenVeg	1.220
RedVeg	0.428
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00

Amount Per Serving

Calories	387.84
Fat	15.50g
SaturatedFat	4.60g
Trans Fat	0.00g
Cholesterol	106.54mg
Sodium	594.85mg
Carbohydrates	50.49g
Fiber	3.29g
Sugar	27.34g
Protein	16.07g
Vitamin A 4179.29IU	Vitamin C 7.55mg
Calcium 242.58mg	Iron 1.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	72.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/5 Pound		733061
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package		166872

Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

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	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 72.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	187.11		
Fat	3.25g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	699.16mg		
Carbohydrates	37.78g		
Fiber	2.22g		
Sugar	2.22g		
Protein	4.44g		
Vitamin A	70.00IU	Vitamin C	8.00mg
Calcium	44.44mg	Iron	0.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Fresh Apple Slices

Servings:	130.000	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22678

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	130 Piece	Wash apples. Using the 6 section blade with corer, slices apples. Place slices into a container of properly diluted Nature Seal.	597481

Preparation Instructions

Portion 6 slices into a side dish container.

CCP: Hold for cold service at 41° or less.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 130.000

Serving Size: 1.00 Piece

Amount Per Serving

Calories	66.60
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.30mg
Carbohydrates	18.00g
Fiber	3.10g
Sugar	13.00g
Protein	0.30g

Vitamin A 69.12IU **Vitamin C** 5.89mg

Calcium 7.68mg **Iron** 0.15mg

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Nutrition - Per 100g

No 100g Conversion Available