

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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Nachos Supreme MS/HS

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27755
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS CHED POUCH 6- 106Z LOL	1 Ounce	Heat bag in steamer approx 12-15 minutes	135261
SALSA CUP 84-3Z REDG	1 Each		677802
SOUR CREAM PKT FF 100- 1Z LOL	1 Each		853190

Preparation Instructions

Serve with sour cream and salsa cup to pick up.

Meal Components (SLE)

Amount Per Serving

Meat	2.230
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	404.67
Fat	14.88g
SaturatedFat	4.70g
Trans Fat	0.27g
Cholesterol	42.18mg
Sodium	843.68mg
Carbohydrates	39.40g
Fiber	4.89g
Sugar	6.89g
Protein	19.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 242.99mg	Iron 2.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

MS HS Crispy Chicken Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper

CCP: Hold for hot service at 140 degrees

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: 1.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	500.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	Iron	3.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Pot Roast w/ loaded mashed potatoes

Servings:	70.000	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30467

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY POT RST CKD 4-5 GCHC	20 Pound	1. Thaw roast in cooler. Remove product from bags and place 2 in a full size steam table pan. 2. Heat in combi on steam mode for 15-20 minutes. CCP: Cook until internal temperature reaches 150F or more. 2. Shred meat. CCP: Hold for hot service at a min of 135F.	370030
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package	3. Prepare potatoes according to package directions. CCP: Hold for hot service at 135F or higher.	166872
Whole Grain Dinner Roll	1 Piece		3920

Preparation Instructions

1. Thaw roast in cooler. Remove product from bags and place 2 in a full size steam table pan.
2. Heat in combi on steam mode for 15-20 minutes.
CCP: Cook until internal temperature reaches 150F or more.
2. Shred meat.
CCP: Hold for hot service at a min of 135F.
3. Prepare potatoes according to package directions.
CCP: Hold for hot service at 135F or higher.
4. Scoop a 3 oz spoodle of meat over a #8 scoop (1/2c) of mashed potatoes.
5. Serve with a roll on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.050

Nutrition Facts

Servings Per Recipe: 70.000

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	339.43
Fat	7.79g
SaturatedFat	1.83g
Trans Fat	0.00g
Cholesterol	64.00mg
Sodium	1213.36mg
Carbohydrates	43.64g
Fiber	2.30g
Sugar	3.23g
Protein	25.64g
Vitamin A 0.00IU	Vitamin C 8.23mg
Calcium 82.86mg	Iron 2.48mg

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Nutrition - Per 100g

Calories	399.10
Fat	9.15g
SaturatedFat	2.15g
Trans Fat	0.00g
Cholesterol	75.25mg
Sodium	1426.66mg
Carbohydrates	51.32g
Fiber	2.70g
Sugar	3.80g
Protein	30.15g
Vitamin A 0.00IU	Vitamin C 9.68mg
Calcium 97.42mg	Iron 2.91mg

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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 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25956
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	10 Cup		451730
CARROT MATCHSTICK SHRED 2-3 RSS	2 1/2 Cup		198161
CHEESE CHED MLD SHRD 4-5 LOL	10 Ounce		150250
TURKEY HAM DCD 2-5 JENNO	30 Ounce	3 oz by weight = 2 oz of Meat	202150
EGG HARD CKD PLD DRY PK 12-12CT PAP	5 Each		853800
TOMATO CHERRY 11 MRKN	30 Each	Cut cherry tomatoes in half.	569551
BREAD BANANA IW 70-3.4Z SUPBAK	10 Each		230361
DRESSING RNCH ORIG PKT 102-1Z MARZ	10 Package		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 oz

Turkey Ham, diced - 3 oz by weight

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	3.493
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.610
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	678.80
Fat	38.63g
SaturatedFat	12.28g
Trans Fat	0.00g
Cholesterol	174.82mg
Sodium	1181.65mg
Carbohydrates	55.02g
Fiber	4.79g
Sugar	28.80g
Protein	30.78g
Vitamin A 5889.84IU	Vitamin C 10.83mg
Calcium 402.48mg	Iron 2.48mg

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Nutrition - Per 100g

No 100g Conversion Available

Refried Beans with Cheese

Servings:	32.000	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28454
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	2 Package	RECONSTITUTE 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341
Cold Water	1 Gallon	Heat water to boiling or dispense from the hot water dispenser.	0000
CHEESE MOZZ SHRD 4- 5 LOL	12 Ounce		645170

Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.375
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	1.079
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.50

Amount Per Serving

Calories	493.07
Fat	3.89g
SaturatedFat	1.31g
Trans Fat	0.00g
Cholesterol	5.63mg
Sodium	526.82mg
Carbohydrates	79.12g
Fiber	29.53g
Sugar	0.38g
Protein	32.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.92mg	Iron 6.89mg

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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
