Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

Table of Contents

Shredded Pork BBQ Sandwich HS/MS

Chicken Tender Basket (Elem)

Baked Fish w/ roll

Peanut Butter and Jelly Sandwich

Chef Salad

Roasted Cauliflower

Broccoli Salad

Shredded Pork BBQ Sandwich HS/MS

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

Preparation Instructions

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.

CCP: Hold for hot service at 140° or higher.

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 **Amount Per Serving** Calories 380.00 Fat 10.00g **SaturatedFat** 2.50g **Trans Fat** 0.00g **Cholesterol** 65.00mg Sodium 460.00mg Carbohydrates 43.00g Fiber 2.00g 4.00g Sugar **Protein** 27.00g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 71.00mg Iron 2.00mg

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

Nutrition - Per 100g

Chicken Tender Basket (Elem)

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Ser	ving HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30695
Ingredier	nts		
Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	3 Piece	Convection Oven: preheat to 375 degrees F no fans. Place frozen tenders in a single layer on a baking sheet. Heat for 7-10 minutes uncovered preheat oven to 400 degrees F. Place frozen te on a parchment lined baking sheet. Heat for 11 uncovered. Marketing Tips	a parchment lined . Conventional Oven: nder in a single layer 533830
Whole Grain Dinner Roll	1 Each		3920

Preparation Instructions

Bake chicken according to package directions. Assemble 3 pieces in a boat and serve with a roll.

Meal Components (SLE) Amount Per Serving		
Meat	2.010	
Grain	2.010	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts

Sorvings Par Pagina: 1,000				
•	Servings Per Recipe: 1.000 Serving Size: 1.00 Serving			
		ing		
Amount Pe	r Serving			
Calories		435.00		
Fat		17.50g		
SaturatedFa	at	3.00g		
Trans Fat 0.00g				
Cholesterol		67.50mg		
Sodium 725.00mg				
Carbohydra	Carbohydrates 34.00g			
Fiber		4.00g		
Sugar		5.00g		
Protein 33.00g				
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	2.40mg	

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Nutrition - Per 100g

Baked Fish w/ roll

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30693

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	1 Each	BAKE Cook from frozen state.CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes.CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	519420
Whole Grain Dinner Roll	1 Each		3920

Preparation Instructions

Bake fish according to directions. Serve with roll on the side.

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 Serving					
Amount Per	[·] Serving				
Calories		260.00			
Fat		8.00g			
SaturatedFa	at	1.00g			
Trans Fat 0.00g					
Cholesterol		35.00mg	35.00mg		
Sodium	Sodium 355.00mg				
Carbohydra	tes	32.00g			
Fiber		2.00g			
Sugar		2.00g			
Protein 14.00g					
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.90mg		

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Nutrition - Per 100g

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 Recipe. 1.0	100	
Amount Pe			
Calories	<u> </u>	572.50	
Fat		28.25g	
SaturatedFa	at	4.38g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		387.50mg	
Carbohydra	ates	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

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

0	
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 Pe	er Serving		
Calories		678.80	
Fat		38.63g	
SaturatedF	at	12.28g	
Trans Fat		0.00g	
Cholester	bl	174.82mg	
Sodium		1181.65mg]
Carbohydr	ates	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

Roasted Cauliflower

Servings:	50.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30465
Ingredients			
Description	Measurement	Prep Instructions	DistPart #

Description	weasurement	Prepinstructions	DistPart #
CAULIFLOWER REG CUT 2-3 RSS	12 Pound	 Preheat oven to 400F. Line 3 sheet pans with parchment paper. Break cauliflower into smaller pieces/trim if needed. 	732494
OIL BLND CNOLA/XVRGN 90/10 6- 1GAL GFS	1 Cup	 Toss cauliflower in olive oil and sprinkle with salt. Divide cauliflower among sheet pans in single layer, not overlapping. 	732900
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

Preparation Instructions

- 1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
- 2. Break cauliflower into smaller pieces/trim if needed.
- 3. Toss cauliflower in olive oil and sprinkle with salt.
- 4. Divide cauliflower among sheet pans in single layer, not overlapping.
- 5. Roast until golden, about 20 minutes.

Meal Components (SLE) Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.000 Serving Size: 4.00 Ounce

Amount Pe	r Serving		
Calories		50.90	
Fat		4.58g	
SaturatedF	at	0.42g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		130.20mg	
Carbohydra	ates	2.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	24.10mg
Calcium	11.00mg	Iron	0.21mg

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Nutrition - Per 100g

1			
Calories		44.89	
Fat		4.04g	
SaturatedF	at	0.37g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		114.82mg	
Carbohydra	ates	1.76g	
Fiber		0.88g	
Sugar		0.88g	
Protein		0.88g	
Vitamin A	0.00IU	Vitamin C	21.25mg
Calcium	9.70mg	Iron	0.19mg
	<u> </u>		

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Broccoli Salad

Servings:	10.000	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25979
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Pound	Blanch broccoli	732451
ONION RED JUMBO 10 MRKN	2 Ounce	Trim and peel onion. Dice small.	596973
BACON CKD MED SLCD 3- 100CT GFS	2 Slice	Warm bacon until crisp. Dice into small pieces.	314196
MAYONNAISE LT 4-1GAL GFS	3/4 Cup	Whisk mayo vinegar and sugar in a large bowl. Stir in the broccoli, onion, raisins, and bacon.	429406
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Tablespoon		842061
VINEGAR APPLE CIDER 5 4- 1GAL GCHC	2 Tablespoon		430795
RAISIN SELECT 12-2 P/L	1/2 Cup		496146

Preparation Instructions

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

Meal Components (SLE) Amount Per Serving

Meat	0.000	
Grain	0.000	
Fruit	0.100	
GreenVeg	0.431	
RedVeg	0.000	
OtherVeg	0.050	
Legumes	0.000	
Starch	0.000	

Nutrition Facts

Servings Per Recipe: 10.000 Serving Size: 0.50

Amount Per Serving				
Calories		91.70		
Fat		1.97g		
SaturatedFat		0.25g		
Trans Fat		0.00g		
Cholestero		12.80mg		
Sodium		107.51mg		
Carbohydrates		17.18g		
Fiber		2.63g		
Sugar		9.33g		
Protein		2.88g		
Vitamin A	489.86IU	Vitamin C	70.47mg	
Calcium	43.94mg	Iron	0.87mg	

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Nutrition - Per 100g