

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

Table of Contents

Deli Wrap MS/HS

Cheese Ravioli w/ Marinara & garlic toast (Elementary)

Peanut Butter and Jelly Sandwich

Chef Salad

Coleslaw

Mashed Potatoes

Caribbean Veggie Blend

Deli Wrap MS/HS

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27754
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA JALAP CHS WGRAIN 9 12-12CT	1 Each	Lay out on a sheet tray or paper liner.	673491
DRESSING RNCH 4-1 GAL KE	1 Tablespoon		631430
HAM SLCD .5Z 4-2.5 GFS	3 Slice	Layer ham, turkey and cheese slices onto the tortilla.	294187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half.	451730

Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.250
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	348.43
Fat	16.14g
SaturatedFat	5.13g
Trans Fat	0.00g
Cholesterol	50.41mg
Sodium	1004.66mg
Carbohydrates	29.27g
Fiber	2.01g
Sugar	2.76g
Protein	23.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 262.67mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli w/ Marinara & garlic toast (Elementary)

Servings:	72.000	Category:	Entree
Serving Size:	7.00 Piece	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30700

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	10 Pound	DO NOT THAW. COOK FROM FROZEN.	524650
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	Use a #10 can + 2 cups!	744520
BREAD GARL TX TST SLC 12-12CT GCHC	72 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.	611910

Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 7 ravioli and sauce into a bowl and top with slice of garlic toast.

Meal Components (SLE)

Amount Per Serving

Meat	1.020
Grain	2.260
Fruit	0.000
GreenVeg	0.000
RedVeg	0.450
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.000

Serving Size: 7.00 Piece

Amount Per Serving

Calories	304.35
Fat	11.92g
SaturatedFat	1.52g
Trans Fat	0.00g
Cholesterol	15.35mg
Sodium	514.49mg
Carbohydrates	36.66g
Fiber	1.74g
Sugar	4.90g
Protein	11.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.67mg	Iron 2.10mg

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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 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

Coleslaw

Servings:	30.000	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28419
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	5 Pound	Combine bagged ingredients in mixing bowl.	198226
1 % White Milk	1 Cup	Mix together remaining ingredients.	3601
MAYONNAISE LT 4-1GAL GFS	1 1/2 Cup		429406
VINEGAR APPLE CIDER 5 4-1GAL GCHC	2 Tablespoon		430795
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	3 Tablespoon	Add dressing to cabbage and mix lightly.	842061

Preparation Instructions

CCP: Chill salad to 41° or below.

CCP: Hold for cold service at 41° or below

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00

Amount Per Serving

Calories	43.87		
Fat	0.88g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	8.50mg		
Sodium	59.05mg		
Carbohydrates	7.72g		
Fiber	1.50g		
Sugar	3.82g		
Protein	1.02g		
Vitamin A	0.01IU	Vitamin C	0.01mg
Calcium	27.91mg	Iron	0.02mg

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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

Caribbean Veggie Blend

Servings:	96.000	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30471

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CARIBB 6-4 FLAVRPAC	6 Package	PRESURELESS STEAMER: PLACE INTO A PERFORATED STEAM TABLE PAN. DO NOT ADD WATER OR COVER. STEAM PRODUCT IN A PREHEATED PRESURELESS STEAMER FOR 4-6 MINUTES. SEASON TO TASTE, SERVE IMMEDIATELY.	101740

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.000

Serving Size: 1.00

Amount Per Serving

Calories	15.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.50mg
Carbohydrates	3.00g
Fiber	1.00g
Sugar	1.00g
Protein	0.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.50mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available