

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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Cheese Pizza

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22433

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	1 slice (5.13 oz)		444115

Preparation Instructions

CONVECTION OVEN: 350°F Low FAN FOR 13-17 MINUTES. BAKE ON PERFORATED SCREEN FOR BEST RESULTS. DECK OVEN: 450°F FOR 10-13 MINUTES. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. COOK BEFORE EATING.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving	
Calories	360.00
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	470.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	6.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 380.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Noodles w/ roll

Servings:	112.000	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22693

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound	<ol style="list-style-type: none">1. Place frozen or thawed bag of turkey product into a steam table pan and place in steamer. If frozen; 1 hour 15 min. Thawed 40 min. CCP: Heat until internal temperature is 140° for minimum of 15 sec.2. Remove product from steamer, cut open bag and pour contents into desired serving pan and serve. CCP: For hot service, hold at 135° or above.	653171
PASTA NOODL EGG 1/2 XTRA WD 2-5	6 Pound	<ol style="list-style-type: none">3. Cook pasta either in plenty of boiling water, or in a steamer. Cook for approximately 8-12 minutes depending on the method.4. Drain pasta. If pasta is being held for service, lightly coat with vegetable oil. CCP: Hold for hot service at 135° or higher.	292346
Whole Grain Pan Roll	1 roll		3920

Preparation Instructions

To serve: place noodles into serving container with the turkey and gravy portioned over top.

4 oz portion of noodles, use a 4 oz spoodle with

4 oz (by weight) of turkey and gravy, use a 6 oz spoodle or #8 scoop.

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: 112.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	210.47		
Fat	5.89g		
SaturatedFat	1.66g		
Trans Fat	0.00g		
Cholesterol	62.55mg		
Sodium	505.40mg		
Carbohydrates	19.21g		
Fiber	0.87g		
Sugar	0.88g		
Protein	20.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.17mg

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Nutrition - Per 100g

Calories	185.61		
Fat	5.19g		
SaturatedFat	1.46g		
Trans Fat	0.00g		
Cholesterol	55.16mg		
Sodium	445.69mg		
Carbohydrates	16.94g		
Fiber	0.76g		
Sugar	0.77g		
Protein	18.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.94mg	Iron	1.03mg

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Meatball Hoagie

Servings:	30.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28434
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Pound	Put frozen meatballs into steamtable pans. Pour sauce over the meatballs. Cover pan and heat for approx. 30 minuter at 375° CCP: Heat to 165° for at least 15 sec.	785860
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	CCP: Hold for hot service at 135° or higher.	744520
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	30 Each		276142
CHEESE MOZZ SHRD 4-5 LOL	1 Pound		645170

Preparation Instructions

1. Portion 5 meatballs in sauce onto the bun.
2. Sprinkle 1/2 oz (about 2 Tbsp.) shredded mozzarella on top of the meatballs.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00

Amount Per Serving

Calories	417.70
Fat	15.79g
SaturatedFat	5.96g
Trans Fat	0.62g
Cholesterol	44.93mg
Sodium	698.79mg
Carbohydrates	45.03g
Fiber	4.75g
Sugar	12.48g
Protein	24.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 242.27mg	Iron 3.89mg

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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

Roasted Brussel Sprouts

Servings:	40.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30736

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL HLVD 2-5 RSS	10 Pound	Washed and ready-to-use.	855201
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

Preparation Instructions

There are about 20 1/2 cup servings per bag; 40 1/2 cup servings per case.

1. Preheat oven to 400F.
2. Trim sprouts if needed and pull off any yellow outer leaves.
3. Place sprouts in a bowl and toss in olive oil and salt.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Roast for 30-40 minutes until crisp on the outside, shaking the pan once or twice during this time so the sprouts brown evenly.

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: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	66.90		
Fat	5.75g		
SaturatedFat	0.85g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	4.00g		
Fiber	1.65g		
Sugar	1.00g		
Protein	1.50g		
Vitamin A	331.76IU	Vitamin C	37.40mg
Calcium	18.48mg	Iron	0.62mg

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Nutrition - Per 100g

Calories	59.00		
Fat	5.07g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	136.69mg		
Carbohydrates	3.53g		
Fiber	1.46g		
Sugar	0.88g		
Protein	1.32g		
Vitamin A	292.56IU	Vitamin C	32.98mg
Calcium	16.30mg	Iron	0.54mg

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Broccoli with Cheese Sauce

Servings:	32.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound		610902
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

Preparation Instructions

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.042
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	22.08		
Fat	0.42g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	1.25mg		
Sodium	32.92mg		
Carbohydrates	3.54g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.29mg	Iron	0.67mg

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Nutrition - Per 100g

No 100g Conversion Available
