

# **Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL**

**Created by HPS Menu Planner**

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# Cheese Pizza

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 380.00mg	<b>Iron</b> 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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound	<ol style="list-style-type: none"><li>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.</li><li>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.</li></ol>	653171
PASTA NOODL EGG 1/2 XTRA WD 2-5	6 Pound	<ol style="list-style-type: none"><li>3. Cook pasta either in plenty of boiling water, or in a steamer. Cook for approximately 8-12 minutes depending on the method.</li><li>4. Drain pasta. If pasta is being held for service, lightly coat with vegetable oil. CCP: Hold for hot service at 135° or higher.</li></ol>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 112.000

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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## Nutrition - Per 100g

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

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# Meatball Hoagie

<b>Servings:</b>	30.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28434
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Peanut Butter and Jelly Sandwich

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chef Salad

<b>Servings:</b>	10.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25956
<b>School:</b>	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

<b>Meat</b>	3.493
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.610
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Brussel Sprouts

<b>Servings:</b>	40.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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## Nutrition - Per 100g

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

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# Broccoli with Cheese Sauce

<b>Servings:</b>	32.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.042
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.50 Cup

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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