

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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Hot Dog on Bun

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26025

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	Fully Cooked, may be steamed, grilled, or oven heated. Heat to 165°	304913
6" Whole Grain Hot Dog Bun	1 Each	READY_TO_EAT	3709

Preparation Instructions

Serve one hot dog on one bun. Wrap
CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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	280.00
Fat	17.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	770.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	4.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.11mg	Iron 1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cool Ranch Chicken Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	3 Piece	1. Bake and cool chicken. Conventional Oven 8-10 minutes at 400°F from frozen. Convection Oven 6-8 minutes at 375°F from frozen. CCP: Heat to a minimum temperature of 165F. Cool chicken completely. CCP: Hold cold, below 41 degrees, until ready for assembly and service.	283951
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	2. Lay out tortillas.	882700
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	2 Tablespoon	3. Spread 2 T ranch dressing across each tortilla.	676210
TOMATO 6X6 LRG 10 MRKN	2 Slice	4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.	199001
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece	5. Place 1 piece of leaf lettuce on top of tomatoes.	702595

Preparation Instructions

1. Bake and cool chicken.
Conventional Oven: 8-10 minutes at 400°F from frozen.
Convection Oven: 6-8 minutes at 375°F from frozen.
CCP: Heat to a minimum temperature of 165F.
Cool chicken completely.
CCP: Hold cold, below 41 degrees, until ready for assembly and service.
2. Lay out tortillas.
3. Spread 2 T ranch dressing across each tortilla.
4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.
5. Place 1 piece of leaf lettuce on top of tomatoes.
6. Roll tightly.
CCP: Hold for cold service at 41F or lower.
Serve with a small ranch packet on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.250
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	558.78		
Fat	32.11g		
SaturatedFat	7.53g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	790.51mg		
Carbohydrates	49.88g		
Fiber	7.61g		
Sugar	5.25g		
Protein	20.46g		
Vitamin A	708.08IU	Vitamin C	6.58mg
Calcium	87.12mg	Iron	4.16mg

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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

Assorted Fresh Veggies

Servings:	50.000	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29648
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Pound	Wash	768146
PEPPERS SWT MINI 20 P/L	3 1/2 Pound	Wash	667582
CELERY STIX 4-3 RSS	3 3/5 Pound	Wash, trim if needed	781592
TOMATO GRAPE SWT 10 MRKN	4 1/5 Pound	Wash	129631
CUCUMBER SELECT 4-6CT MRKN	4 4/5 Pound	Peel and slice	361510

Preparation Instructions

Package 2 - 3 different veggies to make a 3/4 C portion.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.75 Cup

Amount Per Serving

Calories	69.91		
Fat	0.18g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	212.39mg		
Carbohydrates	15.12g		
Fiber	7.17g		
Sugar	9.20g		
Protein	3.44g		
Vitamin A	419.79IU	Vitamin C	7.34mg
Calcium	118.73mg	Iron	0.32mg

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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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Fresh Mixed Fruit

Servings:	4.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
GRAPES RED SDLSS 18AVG MRKN	5 Piece		197831
STRAWBERRY 8 MRKN	1 Ounce		212768

Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.30		
Fat	0.28g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.42mg		
Carbohydrates	21.89g		
Fiber	3.77g		
Sugar	12.00g		
Protein	1.02g		
Vitamin A	147.88IU	Vitamin C	28.51mg
Calcium	29.73mg	Iron	0.27mg

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Nutrition - Per 100g

No 100g Conversion Available
