

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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Chicken Alfredo w/Bread stick

Servings:	35.000	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28449
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT BLND 6-106Z LOL	92 3/4 Ounce	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	235631
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	60 Ounce	Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA ROTINI 4-5 GCHC	40 Ounce	Place 1# 4 oz. of pasta in a 1/2 pan. Cover with 6C water. Place pan in combi oven at 235° for 8 minutes. Drain off water and rinse n cold water to stop the cooking action . Drain thoroughly.	413360
BREADSTICK WGRAIN 1.31Z 10-20CT	35 Each		152211

Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

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

Hole pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 1 C pasta into a serving dish. Put 5 ounce sauce mix on top of the pasta.

Meal Components (SLE)

Amount Per Serving

Meat	0.645
Grain	2.956
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.000

Serving Size: 0.00

Amount Per Serving

Calories	630.27
Fat	14.40g
SaturatedFat	6.16g
Trans Fat	0.00g
Cholesterol	57.93mg
Sodium	715.57mg
Carbohydrates	93.86g
Fiber	5.41g
Sugar	5.41g
Protein	32.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.50mg	Iron 4.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham and Cheese Sandwich Elem

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-22549

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice		247822
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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 Sandwich

Amount Per Serving

Calories	240.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	870.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	5.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 207.00mg	Iron 0.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Bean Burrito w/ Mexican Rice

Servings:	60.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS/WGRAIN 48-5.02Z	60 Each	Heating Instructions: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. Cover sheet pan with parchment paper. Place burritos on pan with flap facing up. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 16-19 min. Refrigerated: Heat for 10-12 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-23 min. Refrigerated: Heat for 12-14 min.	500391
SEASONING MIX MEX RICE 6-11Z	11 Ounce	In a 4" steam table pan, combine 1 1/3 gal hot water, 2.5 qt white or brown parboiled rice, and one 11-oz seasoning packet. Stir well. Cover with lid or foil and bake at 350F convection oven for 30-40 minutes or until water is absorbed. Fluff with a fork. CCP: Keep warm at 160F until serving.	259541
RICE PARBL LONG GRAIN 6-10 PRDCR	30 Cup		699181

Preparation Instructions

Prepare burritos and rice with seasoning per instructions above.

To serve, place burrito in a boat with 1/2 c rice.

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: 60.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	643.10**
Fat	6.10g**
SaturatedFat	2.20g**
Trans Fat	0.00g**
Cholesterol	7.00mg**
Sodium	332.10mg**
Carbohydrates	119.00g**
Fiber	8.30g**
Sugar	3.00g**
Protein	25.00g**
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 170.12mg**	Iron 6.74mg**

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**One or more nutritional components are missing from at least one item on this recipe.

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 Broccoli

Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.20		
Fat	2.24g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.40mg		
Carbohydrates	4.44g		
Fiber	2.52g		
Sugar	0.84g		
Protein	2.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.40mg	Iron	0.84mg

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Nutrition - Per 100g

No 100g Conversion Available

Refried Beans with Cheese

Servings:	32.000	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28454
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	2 Package	RECONSTITUTE 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341
Cold Water	1 Gallon	Heat water to boiling or dispense from the hot water dispenser.	0000
CHEESE MOZZ SHRD 4- 5 LOL	12 Ounce		645170

Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.375
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	1.079
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.50

Amount Per Serving

Calories	493.07
Fat	3.89g
SaturatedFat	1.31g
Trans Fat	0.00g
Cholesterol	5.63mg
Sodium	526.82mg
Carbohydrates	79.12g
Fiber	29.53g
Sugar	0.38g
Protein	32.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.92mg	Iron 6.89mg

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Nutrition - Per 100g

No 100g Conversion Available