

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

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Apple & Eve Juice Box

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding amount for the week.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	57.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	30.00mg
Calcium	15.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32854
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	208.33		
Fat	3.58g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	42.83g		
Fiber	2.50g		
Sugar	19.83g		
Protein	2.67g		
Vitamin A	366.67IU	Vitamin C	44.90mg
Calcium	88.50mg	Iron	4.64mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32855
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32856
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	350.00
Fat	5.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	72.00g
Fiber	5.00g
Sugar	36.00g
Protein	4.00g
Vitamin A 800.00IU	Vitamin C 63.60mg
Calcium 200.00mg	Iron 4.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	58.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32858
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Mexican Spice Mix- Bulk	3/4 Serving	Mix all ingredients and store in air tight container.	R-33288
Tap Water for Recipes	1 Quart		000001WTR

Preparation Instructions

1. Thaw ground beef in cooler on bottom shelf in roasting pan.
2. Break up ground beef in slotted steamtable pan.
3. Place water in bottom of solid steamtable pan.
4. Place slotted pan with meat into solid pan and brown in oven (stirring and breaking up meat with paddle occassionally) until product temperature reaches 155 degrees.
CCP: Heat to 155 degrees F or higher for at least 15 seconds.
5. Add 1/4 cup Mexican Spice mix to meat while cooking.
6. Remove meat from oven once appropriate temperature is reached. Break up any remaining chunks with paddle.
7. Lift slotted pan to drain water and grease.
8. Pour into solid pan and add additional 1/2 cup Mexican Spice mix and 1 quart water. Mix well. Place back in oven and heat to 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 58.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	264.25
Fat	14.53g
SaturatedFat	4.12g
Trans Fat	2.06g
Cholesterol	53.53mg
Sodium	5957.20mg
Carbohydrates	30.38g
Fiber	6.52g
Sugar	8.64g
Protein	16.58g
Vitamin A 7173.65IU	Vitamin C 3.26mg
Calcium 35.86mg	Iron 7.41mg

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Nutrition - Per 100g

Calories	466.05
Fat	25.62g
SaturatedFat	7.26g
Trans Fat	3.63g
Cholesterol	94.40mg
Sodium	10506.70mg
Carbohydrates	53.57g
Fiber	11.50g
Sugar	15.24g
Protein	29.25g
Vitamin A 12652.16IU	Vitamin C 5.75mg
Calcium 63.25mg	Iron 13.07mg

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Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32945
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753

Preparation Instructions

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.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	139.02		
Fat	1.49g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	546.17mg		
Carbohydrates	22.84g		
Fiber	8.94g		
Sugar	0.00g		
Protein	8.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.65mg	Iron	2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart		000001WTR
BASE CHIX 12-1 KE	1/2 Pound		160790
RICE BRN PARBL WGRAIN 25 GCHC	8 Cup		516371
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1/2 Quart		119997
SALT KOSHER COARSE 12-3 MRTN	1 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Mix all together and cook at 350 degrees for 30 minutes. Stir and cook another 15 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.87		
Fat	2.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	787.88mg		
Carbohydrates	28.80g		
Fiber	0.71g		
Sugar	2.07g		
Protein	2.93g		
Vitamin A	0.00IU	Vitamin C	3.47mg
Calcium	5.57mg	Iron	0.71mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937
KETCHUP CAN 6-10 HNZ	1/2 Cup		100188
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/4 Ounce		223255
MUSTARD PKT 500-5.5GM GCHC	5 Each	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F 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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	165.56		
Fat	1.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	326.72mg		
Carbohydrates	33.91g		
Fiber	5.27g		
Sugar	16.70g		
Protein	7.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.92mg	Iron	0.03mg

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Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken Fillet

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33286

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	200 Each		110921
SAUCE ORNG GINGR 4-.5GAL ASIAN	100 Ounce		802860

Preparation Instructions

CONVECTION OVEN: PLACE CHICKEN ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 16-20 MINUTES.

TOP W/ ORANGE SAUCE AND RETURN TO OVEN
PLACE IN PAN FOR SERVICE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	130.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	285.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	7.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ravioli

Servings:	21.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	5 Pound		232950
SEASONING PIZZA ITAL MIX 12Z TRDE	1 Tablespoon		413461
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SAUCE MARINARA A/P 6-10 REDPK	8 Cup	READY_TO_EAT None	592714

Preparation Instructions

1. Spray sides and bottom of 4B pans.
2. Place 4 cups of marinara on bottom, add ravioli and cover with 4 cups marinara.
3. Sprinkle Italian seasoning and garlic powder on top.
4. Put in steamer for 30 minutes with no lid.

Frozen, leftover ravioli can be pulled out day of service.

Serving size is 3 ravioli, 21 servings per pan.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	240.14
Fat	5.68g
SaturatedFat	2.52g
Trans Fat	0.00g
Cholesterol	25.21mg
Sodium	685.90mg
Carbohydrates	30.37g
Fiber	3.54g
Sugar	5.83g
Protein	16.65g
Vitamin A 201.69IU	Vitamin C 6.05mg
Calcium 217.69mg	Iron 1.89mg

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Pork Slider

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 Ounce		675222
SAUCE BBQ 4-1GAL SWTBRAY	2 Tablespoon		655937
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	348.80		
Fat	12.10g		
SaturatedFat	4.36g		
Trans Fat	0.00g		
Cholesterol	61.20mg		
Sodium	649.20mg		
Carbohydrates	42.80g		
Fiber	2.00g		
Sugar	26.40g		
Protein	16.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.04mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available