

Cookbook for High School South

Created by HPS Menu Planner

Table of Contents

[Beef & Bean Chili with Corn Muffin](#)

[Crispy Chicken Tenders](#)

Beef & Bean Chili with Corn Muffin

| | | | |
|----------------------|-------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12172 |
| School: | High School South | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| CHILI BEEF W/BEAN 6-5 COMM | 600 Ounce | | 344012 |
| MUFFIN CORN 1.5Z 3-24CT | 100 Each | | 273851 |

Preparation Instructions

Each person will get a 6oz scoop of chili served with 1 corn muffin.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.060 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.390 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

| Amount Per Serving | |
|----------------------------|--------------------------|
| Calories | 336.43 |
| Fat | 14.15g |
| SaturatedFat | 3.25g |
| Trans Fat | 0.00g |
| Cholesterol | 61.90mg |
| Sodium | 376.71mg |
| Carbohydrates | 39.44g |
| Fiber | 4.12g |
| Sugar | 14.15g |
| Protein | 15.38g |
| Vitamin A 1299.97IU | Vitamin C 19.55mg |
| Calcium 62.75mg | Iron 3.79mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 197.79 | | |
| Fat | 8.32g | | |
| SaturatedFat | 1.91g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 36.39mg | | |
| Sodium | 221.47mg | | |
| Carbohydrates | 23.19g | | |
| Fiber | 2.42g | | |
| Sugar | 8.32g | | |
| Protein | 9.04g | | |
| Vitamin A | 764.25IU | Vitamin C | 11.50mg |
| Calcium | 36.89mg | Iron | 2.23mg |

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

Crispy Chicken Tenders

| | | | |
|----------------------|-------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 3.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-19110 |
| School: | High School South | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| CHIX TNRD BRD WGRAIN 2.07Z 4-7.7 | 400 Each | | 533830 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 4.020 |
| Grain | 1.340 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 460.00 | | |
| Fat | 22.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 90.00mg | | |
| Sodium | 800.00mg | | |
| Carbohydrates | 24.00g | | |
| Fiber | 4.00g | | |
| Sugar | 4.00g | | |
| Protein | 40.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 3.20mg |

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

Nutrition - Per 100g

No 100g Conversion Available