

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Crispy Chicken and Waffle

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25957

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNY5	1 Each	Warm in low temp oven. Do not allow to dry out	243572
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480

Preparation Instructions

Place prepared chicken breast on top of waffle and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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	490.00		
Fat	23.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	450.00mg		
Carbohydrates	46.00g		
Fiber	5.00g		
Sugar	18.00g		
Protein	23.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Sandwich on WG Bun

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34027

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
HAM SLCD .5Z 4-2.5 GFS	3 Slice	Layer ham, turkey and cheese slices onto the tortilla.	294187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half.	451730

Preparation Instructions

Assemble ham, turkey, cheese, and lettuce on bun.

CCP: Maintain cold food temp at 41° or below.

Serve with mustard and mayo packets.

Meal Components (SLE)

Amount Per Serving

Meat	2.646
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	258.43
Fat	6.14g
SaturatedFat	2.38g
Trans Fat	0.00g
Cholesterol	42.91mg
Sodium	849.66mg
Carbohydrates	26.77g
Fiber	3.01g
Sugar	5.26g
Protein	25.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 133.67mg	Iron 1.30mg

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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

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

Nutrition - Per 100g

No 100g Conversion Available