

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Pepperoni Pizza-Big Daddy

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22434

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN SLCD 3-3CT	1 Slice		673133

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Serving Slice: 1 slice

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	360.00
Fat	17.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	570.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	6.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce and garlic knot

Servings:	55.000	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30474

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201
PASTA SPAGHETTI 10 4-5 GCHC	5 Pound	2. Break spaghetti noodles into 1/4's. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness. 3. Place 1/2 pan in combi oven at 235F for 8 minutes. 4. Drain off water and rinse in cold water to stop the cooking process.	413370
ROLL GARL KNOT WGRAIN 144CT	1 1 roll	Preheat convection oven to 350 degrees F. (Conventional oven to 375 degrees F.)Place frozen Garlic Knots on a parchment lined sheet pan. Bake Garlic Knots 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165 degrees F. Remove from oven. Serve. Holding: Hold for up to 2 hours in a warmer at 145 degrees F.	842041

Preparation Instructions

To Serve:

Place a 4 oz spoodle of noodles in a bowl and top with a #6 scoop of meat sauce.

Serve with a garlic knot on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.390
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 55.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	278.68
Fat	6.31g
SaturatedFat	2.21g
Trans Fat	0.00g
Cholesterol	42.86mg
Sodium	230.88mg
Carbohydrates	37.98g
Fiber	3.05g
Sugar	6.95g
Protein	16.85g
Vitamin A 507.79IU	Vitamin C 14.91mg
Calcium 34.65mg	Iron 2.89mg

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Nutrition - Per 100g

Calories	245.75
Fat	5.56g
SaturatedFat	1.95g
Trans Fat	0.00g
Cholesterol	37.79mg
Sodium	203.60mg
Carbohydrates	33.49g
Fiber	2.69g
Sugar	6.12g
Protein	14.86g
Vitamin A 447.80IU	Vitamin C 13.15mg
Calcium 30.56mg	Iron 2.55mg

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Seasoned Green Beans

Servings:	48.000	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.750
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.000

Serving Size: 0.75 Cup

Amount Per Serving

Calories	32.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	356.48mg		
Carbohydrates	4.98g		
Fiber	3.25g		
Sugar	1.63g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.38mg	Iron	0.62mg

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Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.000	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	3 Each		569551
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	35.81
Fat	2.35g
SaturatedFat	1.52g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	49.75mg
Carbohydrates	2.04g
Fiber	0.57g
Sugar	1.27g
Protein	2.17g
Vitamin A 374.70IU	Vitamin C 6.16mg
Calcium 54.59mg	Iron 0.12mg

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Nutrition - Per 100g

No 100g Conversion Available

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
