

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

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# Roasted Cauliflower

<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30465

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT 2-3 RSS	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

## Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	50.90
<b>Fat</b>	4.58g
<b>SaturatedFat</b>	0.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	130.20mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 24.10mg
<b>Calcium</b> 11.00mg	<b>Iron</b> 0.21mg

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

## Nutrition - Per 100g

<b>Calories</b>	44.89
<b>Fat</b>	4.04g
<b>SaturatedFat</b>	0.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	114.82mg
<b>Carbohydrates</b>	1.76g
<b>Fiber</b>	0.88g
<b>Sugar</b>	0.88g
<b>Protein</b>	0.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 21.25mg
<b>Calcium</b> 9.70mg	<b>Iron</b> 0.19mg

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# Chicken Tender Basket (Elem)

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30695

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	3 Piece	Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered. Marketing Tips	533830
Whole Grain Dinner Roll	1 Each		3920

## Preparation Instructions

Bake chicken according to package directions. Assemble 3 pieces in a boat and serve with a roll.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.015
<b>Grain</b>	2.005
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	435.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	725.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	33.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.40mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mac & Cheese Bowl w/ garlic breadstick

<b>Servings:</b>	54.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34029
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	30 Pound		527582
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	54 Each		512723

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 54.000

Serving Size: 6.00 Ounce

Amount Per Serving	
<b>Calories</b>	686.38
<b>Fat</b>	24.94g
<b>SaturatedFat</b>	12.22g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.11mg
<b>Sodium</b>	1607.76mg
<b>Carbohydrates</b>	77.69g
<b>Fiber</b>	4.06g
<b>Sugar</b>	13.75g
<b>Protein</b>	40.19g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 934.30mg	<b>Iron</b> 2.32mg

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## Nutrition - Per 100g

<b>Calories</b>	403.52
<b>Fat</b>	14.66g
<b>SaturatedFat</b>	7.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.93mg
<b>Sodium</b>	945.20mg
<b>Carbohydrates</b>	45.68g
<b>Fiber</b>	2.38g
<b>Sugar</b>	8.08g
<b>Protein</b>	23.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 549.27mg	<b>Iron</b> 1.36mg

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# Sugar Snap Peas & Tomatoes

<b>Servings:</b>	80.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34028

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 10 MRKN	10 Pound		169275
PEAS SGR SNAP STRINGLESS 10 P/L	10 Pound		778214

## Preparation Instructions

Mix sugar snap peas and tomatoes together. Serve in 4 oz portions.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	18.01		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.56mg		
<b>Carbohydrates</b>	3.77g		
<b>Fiber</b>	1.36g		
<b>Sugar</b>	2.42g		
<b>Protein</b>	0.97g		
<b>Vitamin A</b>	207.81IU	<b>Vitamin C</b>	11.22mg
<b>Calcium</b>	12.72mg	<b>Iron</b>	0.51mg

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## Nutrition - Per 100g

<b>Calories</b>	15.88		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.14mg		
<b>Carbohydrates</b>	3.33g		
<b>Fiber</b>	1.20g		
<b>Sugar</b>	2.13g		
<b>Protein</b>	0.86g		
<b>Vitamin A</b>	183.26IU	<b>Vitamin C</b>	9.90mg
<b>Calcium</b>	11.21mg	<b>Iron</b>	0.45mg

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