

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Country Fried Steak w/ Roll

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27757
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes.	667202
GRAVY MIX CNTRY 6-1.5 PION	1 Ounce	Add 1 quart tap water to 1 package of gravy mix until lump free. Pour this into 3 quarts boiling water. Bring back to a boil. CCP: Hold for hot service at 140°	455555
Whole Grain Rich Clustered Pan Rolls	1 roll	BAKE Toast to desired color	3920

Preparation Instructions

Serve each steak with 1 oz. gravy and 1 each dinner roll.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	373.83		
Fat	18.63g		
SaturatedFat	5.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	700.43mg		
Carbohydrates	30.76g		
Fiber	2.50g		
Sugar	1.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.01mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	72.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/5 Pound		733061
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package		166872

Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

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	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 72.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	187.11		
Fat	3.25g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	699.16mg		
Carbohydrates	37.78g		
Fiber	2.22g		
Sugar	2.22g		
Protein	4.44g		
Vitamin A	70.00IU	Vitamin C	8.00mg
Calcium	44.44mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Red Grapes & Kiwi Half

Servings:	1.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34045

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	2 Ounce		197831
KIWI 33-39CT P/L	1/2 Each	Ensure kiwifruit are ripe before serving! If kiwi are too firm, leave the fruit in a bowl at room temperature and nature will do the rest. Firm green-variety kiwifruit can take 2-3 days to ripen. Need to ripen the kiwifruit a bit faster? Place the kiwi in a paper bag alongside other fruit like apples, oranges, pears, bananas to help speed up the process. Kiwifruit gets softer and sweeter as it ripens.	287008

Preparation Instructions

Thoroughly wash and dry all produce. Slice kiwi in half. Portion one half kiwi in a 5 oz container and fill the rest of the container with grapes.

CCP: Hold at 41F or lower for service.

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: 1.000

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	50.01
Fat	0.37g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.74mg
Carbohydrates	12.52g
Fiber	1.33g
Sugar	9.93g
Protein	0.74g
Vitamin A 62.33IU	Vitamin C 37.49mg
Calcium 20.23mg	Iron 0.29mg

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

Nutrition - Per 100g

Calories	44.10		
Fat	0.32g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.65mg		
Carbohydrates	11.04g		
Fiber	1.17g		
Sugar	8.75g		
Protein	0.65g		
Vitamin A	54.97IU	Vitamin C	33.06mg
Calcium	17.84mg	Iron	0.26mg

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