

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

# Table of Contents

[Fresh Mixed Berries](#)

[Crispy Chicken Patty Sandwich](#)

[Roasted Broccoli](#)

# Fresh Mixed Berries

<b>Servings:</b>	100.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30921

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	8 Pound	Wash berries and slice into quarters.	212768
BLUEBERRY 12-1PT P/L	12 Pint	Wash berries thoroughly.	451690
BLACKBERRY 12-1/2PT P/L	6 Pint	Wash berries thoroughly.	430351

## Preparation Instructions

Gently mix quartered strawberries, blueberries, and blackberries in bowl. Portion into 4 oz serving cups.

CCP: Hold at 41F or lower until ready to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 100.000

Serving Size: 4.00 Serving

#### Amount Per Serving

<b>Calories</b>	39.29		
<b>Fat</b>	0.32g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.90mg		
<b>Carbohydrates</b>	9.56g		
<b>Fiber</b>	2.52g		
<b>Sugar</b>	6.15g		
<b>Protein</b>	0.76g		
<b>Vitamin A</b>	60.51IU	<b>Vitamin C</b>	28.41mg
<b>Calcium</b>	12.95mg	<b>Iron</b>	0.35mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken Patty Sandwich

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26022

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Each		641402
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<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

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 1.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Roasted Broccoli

<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22555

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

## Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

\*\*Allergens: None

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.630
<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: 50.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	40.20		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	57.40mg		
<b>Carbohydrates</b>	4.44g		
<b>Fiber</b>	2.52g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	2.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.40mg	<b>Iron</b>	0.84mg

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

## Nutrition - Per 100g

No 100g Conversion Available