

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Asian Vegetable Blend

Servings:	320.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30716

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ORIENTAL 30 GCHC	1 Package	DO NOT THAW PRIOR TO COOKING.	285720

Preparation Instructions

PRODUCT PREP:

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING.

BRING TO SECOND BOIL AND COOK UNTIL TENDER.

AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR.

SEASON TO TASTE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 320.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.50mg	Iron	0.20mg

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

Nutrition - Per 100g

Calories	13.23		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.41mg		
Carbohydrates	2.65g		
Fiber	0.88g		
Sugar	0.88g		
Protein	0.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.02mg	Iron	0.18mg

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Orange Chicken with Rice and Veggie Eggroll

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	4 Ounce	PREPARE FROM FROZEN STATE	791710
RICE 2-10 UBEN	1/2 Cup	CASE YIELDS APPROX 192-4Z (1/2 CUP) SERVINGS.	427586
EGG ROLL VEG 3Z 6-12CT MINH	1 Each		184284

Preparation Instructions

There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

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

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service.

4. Cook egg rolls according to the baking directions on the box.

5. To Serve: Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce

and serve. #10 scoop (3-4oz) is recommended.

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

CHO Breakdown: Eggroll: 21g CHO

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
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	668.67
Fat	8.60g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	46.15mg
Sodium	845.54mg
Carbohydrates	120.64g
Fiber	4.05g
Sugar	16.33g
Protein	24.56g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.20mg	Iron 7.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak w/ roll

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 53-3Z ADV	1 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165degrees f. Conventional oven: preheat oven to 375degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	697011
GRAVY BF RSTD 12-50Z HRTHTSTN	2 Ounce	CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F	232424

Preparation Instructions

Pour 2oz gravy over patties.

Bake for 15-20 minutes.

CCP: Heat until internal temp. reaches 165° for 15 sec.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.000
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 Each

Amount Per Serving

Calories	230.00		
Fat	15.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	750.00mg		
Carbohydrates	10.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	25.00mg	Iron	1.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Honeydew Wedge

Servings:	10.000	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MELON HNYDEW 5-6CT/AVG P/L	1 Each	One honeydew yields 10 4 oz (1/2cup) servings.	197904

Preparation Instructions

1. Thoroughly wash and dry honeydew.
 2. Place honeydew on a clean cutting board and put on cutting gloves.
 3. Slice honeydew into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
CCP: Hold for service at 41F 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: 10.000

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	35.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.50mg		
Carbohydrates	8.75g		
Fiber	0.58g		
Sugar	8.17g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.83mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available
