

Cookbook for Lakeland Intermediate School

Created by HPS Menu Planner

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Bologna & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29516
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BOLOGNA STICK 2-6 KENTQ	1 1/2 Ounce	330493
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00		
Fat	15.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	33.75mg		
Sodium	717.50mg		
Carbohydrates	22.25g		
Fiber	3.00g		
Sugar	5.00g		
Protein	11.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.44mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter & Jelly Sandwich w/Cheese Stick

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14864
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	2 1/4 Pound	100927
CHEESE STRING MOZZ LT IW 168-1Z LOL	50 Each	786801
BREAD WHL WHE PULLMAN SLCD 12-22Z	100 Each	710650
Peanut Butter, Smooth	6 1/4 Pound	100396

Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	263.46
Fat	6.00g
SaturatedFat	2.19g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	420.19mg
Carbohydrates	38.75g
Fiber	4.13g
Sugar	14.40g
Protein	13.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 278.00mg	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

Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14304
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	100187

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.5 oz. of ham on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

Meat	2.049
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	175.82		
Fat	5.10g		
SaturatedFat	2.05g		
Trans Fat	0.00g		
Cholesterol	36.89mg		
Sodium	610.41mg		
Carbohydrates	23.10g		
Fiber	3.00g		
Sugar	5.05g		
Protein	14.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32986
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	100117
ENTREE PENNE W/ALFREDO SCE 6-5	6 Ounce	491074
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	406321

Preparation Instructions

Fajita chicken:

BAKE

PLACE ONE BAG ON SPRAYED BAKING SHEET

CONVECTION OVEN 400 DEGREES F

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Pasta:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Bread stick:

Thaw at room temperature, ideally for 24 hours. Ready to serve once thawed. Can be heated in a warm oven.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	431.76
Fat	15.35g
SaturatedFat	7.98g
Trans Fat	0.00g
Cholesterol	82.53mg
Sodium	1591.47mg
Carbohydrates	45.18g
Fiber	3.00g
Sugar	11.18g
Protein	29.59g
Vitamin A 473.00IU	Vitamin C 1.00mg
Calcium 428.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14307
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 3/4 Ounce	100121
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	196.86		
Fat	4.46g		
SaturatedFat	1.73g		
Trans Fat	0.00g		
Cholesterol	48.43mg		
Sodium	600.25mg		
Carbohydrates	20.73g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32969
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
LUNCH KIT TKY/CHS/CRCKR 48-4.21Z	1 Each	914994

Preparation Instructions

Thaw and serve

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00
Fat	18.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	880.00mg
Carbohydrates	41.00g
Fiber	3.00g
Sugar	13.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 2.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32629
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1 Each	240080
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each	713320

Preparation Instructions

Omelet:

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN

Assembly:

Place 6" tortilla on foil sheet. place omelet patty on tortilla, fold tortilla in half. Wrap in foil sheet.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	460.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	1.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32982
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	100117
SAUCE TERYK 4-1GAL GCHC	1 Tablespoon	895868
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	516371

Preparation Instructions

Rice:

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Chicken:

BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET

CONVECTION OVEN 400 DEGREES F

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Assembly: Mix chicken with sauce

Serve: 1/2 cup rice with 3.5oz chicken and sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.059
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	490.59
Fat	7.12g
SaturatedFat	2.06g
Trans Fat	0.00g
Cholesterol	76.18mg
Sodium	1013.82mg
Carbohydrates	80.06g
Fiber	2.00g
Sugar	6.06g
Protein	27.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32991
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	535.00mg
Carbohydrates	32.00g
Fiber	5.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32627
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	144 Each	237390
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	144 Each	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	144 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036

Preparation Instructions

Biscuit:

BAKE

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Egg patty:

BAKE

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Sausage patty:

Bake

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Assembly:

Cut biscuit in half, place cheese, egg and sausage on bottom. Place top of biscuit on sandwich.

Serve:

Wrap in foil sheet for grab and go, Serve bulk on serving lines.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	283.26		
Fat	14.93g		
SaturatedFat	6.52g		
Trans Fat	0.07g		
Cholesterol	132.10mg		
Sodium	598.14mg		
Carbohydrates	23.01g		
Fiber	2.60g		
Sugar	2.01g		
Protein	12.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.58mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14347
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Shredded Cheddar Cheese	1/2 Ounce	100003
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each	713330
Chicken, Diced, Cooked, Frozen	2 Ounce	100101

Preparation Instructions

Assembly: place 8" tortilla on deli paper. Add 2 oz chicken, .5oz cheese. Fold tortilla. Wrap in deli paper for grab and go

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	247.00		
Fat	9.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	57.00mg		
Sodium	381.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Bosco sticks and marinara sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32440
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

Preparation Instructions

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Serve 2 sticks with 1 marinara cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	493.90
Fat	15.20g
SaturatedFat	6.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	859.70mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available