

# **Cookbook for Summer Servings**

**Created by HPS Menu Planner**

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# Spicy Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25891
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK 2- 1.5GAL HNZ	1 Tablespoon	spread with ranch dressing	676210
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<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: 1.00

Serving Size: 1.00 1 each

### Amount Per Serving

<b>Calories</b>	545.11
<b>Fat</b>	30.00g
<b>SaturatedFat</b>	9.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	757.00mg
<b>Carbohydrates</b>	48.52g
<b>Fiber</b>	7.01g
<b>Sugar</b>	3.51g
<b>Protein</b>	23.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 183.67mg	<b>Iron</b> 4.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 1% Milk

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00 1 each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25895

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk	1 Carton		13871

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 1 each

Amount Per Serving			
<b>Calories</b>	100.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	120.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	2.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Chocolate 1% Milk

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25898
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chocolate 1% Milk	1 Cup	READY_TO_DRINK	13875

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	150.00
<b>Fat</b>	2.50g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	230.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 173.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 277.00mg	<b>Iron</b> 0.00mg

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## Nutrition - Per 100g

<b>Calories</b>	66.14
<b>Fat</b>	1.10g
<b>SaturatedFat</b>	0.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.41mg
<b>Sodium</b>	101.41mg
<b>Carbohydrates</b>	10.58g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.70g
<b>Protein</b>	3.53g
<b>Vitamin A</b> 76.28IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 122.14mg	<b>Iron</b> 0.00mg

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# Shredded BBQ Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25899
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Cup		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	380.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.00mg	<b>Iron</b>	2.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey and Cheese Wrap

<b>Servings:</b>	32.00	<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-29659
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Pound		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Pound		247822
TORTILLA FLOUR LO SOD 9 16-12CT	32 Each	Ready to Eat	523610

## Preparation Instructions

Lay Wraps out

Place 4 slices turkey on each wrap

Add 2 slices cheese.

Role wrap up

Bag or wrap each Turkey/Cheese Wrap

CCP: Hold for cold service at 41° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<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: 32.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	305.17
<b>Fat</b>	11.19g
<b>SaturatedFat</b>	6.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.59mg
<b>Sodium</b>	737.34mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	24.41g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 252.00mg	<b>Iron</b> 2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Biscuit Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34271
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	<b>DO NOT OPEN BAG BEFORE BAKING . BAKE IN CONVECTION OVEN AT 375 DEGREES F FOR 16-18 MINUTES FROM FROZEN; 8-10 MINUTES FROM THAWED. BAKE IN CONVENTIONAL OVEN AT 400 DEGREES F FOR 20-22 MINUTES FROM FROZEN; 10-12 MINUTES FROM THAWED. MICROWAVE: 1 BISCUIT FOR 15 SECONDS.</b>	126962

## Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Individually wrap sandwiches.

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.250
<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: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	265.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	535.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.00mg	<b>Iron</b> 2.44mg

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## Nutrition - Per 100g

No 100g Conversion Available