

Cookbook for All Four Elementary

Created by HPS Menu Planner

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Walking Taco



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33784

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound		722330
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 3/5 Pound		242489
Cheese, Cheddar Reduced fat, Shredded	50 Ounce		100012

Preparation Instructions

Wash hands. Refer to our Standard Operation Procedures (SOP).

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3.17 oz taco meat, 1 bag of tortilla scoops, 1/2 oz lettuce, and 1 oz shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours. Cold foods should be kept at 41° or less.

NOTE: Turkey taco filling can also be used.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.200
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	306.51
Fat	13.35g
SaturatedFat	5.82g
Trans Fat	0.29g
Cholesterol	54.32mg
Sodium	624.67mg
Carbohydrates	25.51g
Fiber	3.25g
Sugar	2.25g
Protein	21.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.81mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Meatball Sub



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BF CKD .5Z 4-5 GCHC	4 Each	PULL FROM FREEZER AND PORTION INTO 6 PANS	869929
SAUCE MARINARA 6-10 REDPK	1/4 Cup	READY_TO_EAT None	502181
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	THAW PER DIRECTIONS ON BOX	564053

Preparation Instructions

MEATBALLS WITH SAUCE: (1) THAW MEATBALLS; (2) ADD MEATBALLS TO SAUCE AND HEAT IN OVEN AT 400 F FOR 40 MINUTES. IF MEATBALLS ARE FROZEN, ALLOW APPROXIMATELY 5 TO 10 MINUTES ADDITIONAL TIME. MEATBALLS WITHOUT SAUCE: (1) 400 F OVEN FOR 5 MINUTES (2) MICROWAVE 50 SECONDS FOR EACH 6 MEATBALLS.

CCP: Cook meatballs to an internal temp of 165 degrees, hot hold at 140 or above.

ASSEMBLY: OPEN BUN, PLACE 4 MEATBALLS WITH SAUCE ON BUN, ENSURING 1/4 CUP SAUCE ON EACH. SPRINKLE WITH 1/4 CUP SHREDDED MOZZ CHEESE.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
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 Each

Amount Per Serving

Calories	430.00
Fat	22.08g
SaturatedFat	8.83g
Trans Fat	0.67g
Cholesterol	41.67mg
Sodium	872.50mg
Carbohydrates	36.33g
Fiber	7.33g
Sugar	7.67g
Protein	22.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 284.17mg	Iron 3.46mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	1 #10 CAN		261475
Baked Beans Sauce	1 Serving	<p>Wash hands thoroughly. Mix all ingredients in mixer or by hand. Refrigerate until ready to use but store no longer than 30 days. CCP: Store at 41 degrees or below until use. SAUCE FOR: 1 CAN 2 CANS 3 CANS 4 CANS 5 CANS 6 CANS DEHYDRATED ONION 1/3 OZ. 2/3 OZ. 1 OZ. 1 1/3 OZ. 1 2/3 OZ. 2 OZ. CHICKEN BASE 1 T. 2 T. 3 T. 4 T. 5 T. 6 T. BROWN SUGAR 3/4 CUP 1 1/2 CUP 2 1/4 CUP 3 CUP 3 3/4 CUP 4 1/2 CUP CATSUP 3/4 CUP 1 1/2 CUP 2 1/4 CUP 3 CUP 3 3/4 CUP 4 1/2 CUP PREPARED MUSTARD 1 tsp. 1 1/2 tsp. 2 1/2 tsp. 3 tsp. 3 1/2 tsp. SALT 3/4 tsp. 1 1/2 tsp. 2 1/4 tsp. 3 tsp. 3 3/4 tsp. 4 1/2 tsp.</p>	R-33788

Preparation Instructions

Distribute mixed beans and sauce into hotel pans, heat to 165°F and hold in warmer at a minimum of 140°F. CCP

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add sauce per recipe and mix well.
4. Bake at 325* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Critical Control Point: Hold for hot service at 135 °F or higher. Portion with 4 fl oz slotted spoodle (1/2 cup).

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	146.99
Fat	0.05g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.44mg
Sodium	182.51mg
Carbohydrates	27.56g
Fiber	5.17g
Sugar	6.82g
Protein	7.37g
Vitamin A 0.00IU	Vitamin C 0.01mg
Calcium 43.65mg	Iron 2.07mg

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Nutrition - Per 100g

No 100g Conversion Available

All American Cheese Burger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33776

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	360.00
Fat	18.00g
SaturatedFat	7.30g
Trans Fat	0.80g
Cholesterol	61.50mg
Sodium	591.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.50mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Patty Sandwich



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33779

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	200 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	200 Each	ready to eat, no baking necessary	517810

Preparation Instructions

To Prepare:

place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty

Condiments- choice of one

1 ketchup packet

1 mustard packet

1 mayo packet

1 BBQ sauce cup

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: 200.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	340.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	580.00mg		
Carbohydrates	38.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak with Gravy



Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33786

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BEEF 12-15Z GCHC	7 1/2 Ounce	follow directions on package	822861
BEEF STK SALISBURY CHARB 59-2.7Z ADV	30 Each	BAKE Conventional Oven Preheat oven to 375 degrees f. Heat frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. CONVECTION Convection Oven Preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. GRILL Flat Grill Preheat flat to 350 degrees f. Heat frozen product for 2-4 minutes per side or until internal temperature reaches 165 degrees f. MICROWAVE Microwave Heat frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	571730

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

CCP: Heat in 350 degree oven till internal temp of 165 degrees is reached.

CCP: Hot hold at 135 degrees or above for max of 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	186.25		
Fat	13.13g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	292.50mg		
Carbohydrates	4.25g		
Fiber	1.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33782

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	Ready to eat. Thaw for 4 hours or overnight before using.	564053

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
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	18.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	625.00mg		
Carbohydrates	26.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.89mg	Iron	2.77mg

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Nutrition - Per 100g

No 100g Conversion Available