

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Spaghetti w/ Meat Sauce and garlic knot

Servings:	40.000	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30474
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201
PASTA SPAGHETTI 10 4- 5 GCHC	5 Pound	2. Break spaghetti noodles into 1/4's. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness. 3. Place 1/2 pan in combi oven at 235F for 8 minutes. 4. Drain off water and rinse in cold water to stop the cooking process.	413370
BREAD LOAF GARL SVRY 12-20Z SIENNA	40 Slice		512602

Preparation Instructions

To Serve:

Place a 4 oz spoodle of noodles in a bowl and top with a #6 scoop of meat sauce.

Serve with a garlic bread slice on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.143
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.536
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	528.93
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	58.93mg
Sodium	660.71mg
Carbohydrates	81.64g
Fiber	5.14g
Sugar	9.50g
Protein	28.07g
Vitamin A 693.21IU	Vitamin C 20.36mg
Calcium 57.14mg	Iron 5.84mg

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

Nutrition - Per 100g

Calories	466.44
Fat	7.94g
SaturatedFat	2.65g
Trans Fat	0.00g
Cholesterol	51.97mg
Sodium	582.65mg
Carbohydrates	72.00g
Fiber	4.54g
Sugar	8.38g
Protein	24.75g
Vitamin A 611.31IU	Vitamin C 17.95mg
Calcium 50.39mg	Iron 5.15mg

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Ultimate Veggie Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35706

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA HNY WHEAT 12 6-12 GRSZ	1 Each		116701
SPRING MIX HERITAGE 4-3 RSS	1/2 Cup		152222
CARROT MATCHSTICK SHRED 2-3 RSS	2 Ounce		198161
CUCUMBER SELECT 24CT MRKN	5 Slice		418439
TOMATO RANDOM 2 25 MRKN	4 Slice		508616
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	2 Ounce	<p>* TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. *</p> <p>STOVE TOP1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed.</p> <p>STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1 4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.</p>	147270

Preparation Instructions

1. Lay tortilla out on flat surface.
2. Spread with 2T (1oz) Garlic Herb Cream Cheese.
3. Arrange all veggies on wrap and roll tightly like a burrito, tucking in each end as you roll.
4. Slice in half and wrap in cling wrap or place in a container.

CCP: Hold at 35F for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.244
OtherVeg	0.078
Legumes	1.515
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	656.11
Fat	20.47g
SaturatedFat	5.60g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	619.54mg
Carbohydrates	83.12g
Fiber	19.88g
Sugar	20.04g
Protein	36.34g
Vitamin A 10727.69IU	Vitamin C 23.65mg
Calcium 279.06mg	Iron 9.18mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajitas with Rice

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce	BAKE COOK TO AN INTERNAL TEMPERATURE OF 165F.	903490
ONION SPANISH JUMBO 10 MRKN	1 Ounce	Slice or dice onions	109620
PEPPERS RED 5 P/L	1 Ounce	Slice or dice peppers	597082
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
RICE SPANISH 6-36Z GCHC	1/2 Cup		834850

Preparation Instructions

1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
2. Steam peppers and onions until just tender.
3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.

To serve:

Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

Meal Components (SLE)

Amount Per Serving

Meat	2.167
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.190
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	654.89
Fat	13.21g
SaturatedFat	6.83g
Trans Fat	0.00g
Cholesterol	81.67mg
Sodium	1683.03mg
Carbohydrates	105.40g
Fiber	6.32g
Sugar	8.69g
Protein	32.77g
Vitamin A 760.98IU	Vitamin C 46.31mg
Calcium 219.26mg	Iron 5.79mg

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Nutrition - Per 100g

No 100g Conversion Available

FCS Grizzly Bowl

Servings:	40.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33901
School:	FRANKLIN COMMUNITY MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
CORN CUT SUPER SWT 6-4 GCHC	8 Pound	* Use commodity corn whenever able! *	851329
GRAVY CHIX RSTD 12-49Z HRTHSTN	2 Quart	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Pound	Bake according to package directions.	327120
CHEESE CHED MLD SHRD FINE 4-5 GCHC	2 Pound		191043
Whole Grain Dinner Roll	40 Each	Ready to eat	3920

Preparation Instructions

DIRECTIONS

1. Prepare potato pearls per package directions.
2. Layer prepared potatoes into a 4 full steam table pan.
3. Layer the corn on top of the potatoes, 4# per pan.
4. Layer the gravy on top of the corn, 1 qt per pan.
5. Top with 11 oz of cheese per pan.
6. Layer the chicken over the gravy, approx. 4# 4oz per pan. Or portion on top of the potato mixture after plating the

scoop of potato/corn layer. Add a roll on the side when served.

7. Bake at 350°F until the internal temperature is 165° for 15 sec.

CCP: Hold food for hot service at 135°F.

Serving Size is: 2/3 Cup (#6 Scoop) for the potato/corn/gravy cheese, plus 12 each popcorn chicken pieces.

Meal Components (SLE)

Amount Per Serving

Meat	2.168
Grain	2.084
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.952

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	520.94
Fat	21.37g
SaturatedFat	5.11g
Trans Fat	0.00g
Cholesterol	33.68mg
Sodium	957.11mg
Carbohydrates	58.58g
Fiber	7.20g
Sugar	7.11g
Protein	22.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 166.81mg	Iron 3.14mg

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Nutrition - Per 100g

No 100g Conversion Available

Buffalo Mac & Cheese Bowl

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25909
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce		149193
CHIX STRP FAJT DK MT FC 6-5 TYS	1 1/2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon		704229
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

Preparation Instructions

1. Mix buffalo sauce with chicken strips. Steam until temperature reaches 165°.
 2. Serve approx 1.50 oz chicken over the mac and cheese when a part of the mac and cheese bowl.
- CCP: Hold for hot service at 140° or higher.

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: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	564.00
Fat	25.50g
SaturatedFat	10.20g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	1661.01mg
Carbohydrates	57.00g
Fiber	3.00g
Sugar	18.00g
Protein	28.50g
Vitamin A 616.00IU	Vitamin C 0.00mg
Calcium 413.00mg	Iron 2.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Roasted Broccoli

Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	72.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/5 Pound		733061
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package		166872

Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

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	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 72.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	187.11		
Fat	3.25g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	699.16mg		
Carbohydrates	37.78g		
Fiber	2.22g		
Sugar	2.22g		
Protein	4.44g		
Vitamin A	70.00IU	Vitamin C	8.00mg
Calcium	44.44mg	Iron	0.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn

Servings:	100.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° or higher.

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	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	123.10		
Fat	8.42g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.82g		
Fiber	1.48g		
Sugar	4.43g		
Protein	1.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.02mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Caesar Side Salad

Servings:	50.000	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29647
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	9 1/2 Pound	Open package, check for and remove any brown pieces of lettuce.	451730
CROUTON CHS GARL WGRAIN 250-.5Z	50 Package		661022
DRESSING CAESAR RYL PKT 60- 1.5Z MARZ	50 Each		554758

Preparation Instructions

Portion 1.5 cups of lettuce into a side salad container. Bag or seal with a lid.

Serve 1 package of dressing and 1 pkg croutons with each salad.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00

Amount Per Serving			
Calories	240.32		
Fat	20.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	550.00mg		
Carbohydrates	11.06g		
Fiber	0.03g		
Sugar	2.03g		
Protein	3.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.52mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cantaloupe Wedge

Servings:	10.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35887

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MELON MUSK CANTALOUPE 12CT P/L	1 Each	*Order Piazza #00418*	200565

Preparation Instructions

1. Thoroughly wash and dry cantaloupe.
 2. Place cantaloupe on a clean cutting board and put on cutting gloves.
 3. Slice 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.
One cantaloupe yields about 10 4 oz (1/2cup) servings.

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: 0.50 Cup

Amount Per Serving

Calories	26.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.00mg
Carbohydrates	7.00g
Fiber	0.50g
Sugar	6.50g
Protein	0.50g
Vitamin A 0.00IU	Vitamin C 252.00mg
Calcium 5.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS Assorted Fruit

Servings:	9.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S 6-10 GCHC	1/2 Cup		152811
PEACH DCD XL/S 6-10 GCHC	1/2 Cup	READY_TO_EAT ready to use	268348

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.416
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 9.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.53
Fat	0.12g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.72mg
Carbohydrates	17.78g
Fiber	2.19g
Sugar	11.11g
Protein	0.72g
Vitamin A 62.07IU	Vitamin C 11.50mg
Calcium 15.73mg	Iron 0.26mg

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Nutrition - Per 100g

No 100g Conversion Available