

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Chili & Tostitos

Servings:	82.000	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35744

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	30 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 30 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	344012
SOUR CREAM PKT FF 100-1Z LOL	82 Each	READY_TO_EAT None	853190
CHIP TORTL RND R/F 64-1.45Z TOSTIT	82 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

Chili Preparation

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Sere 6 oz of chili in a bowl with bag of Tostitos. Offer sour cream on side as optional.

Meal Components (SLE)

Amount Per Serving

Meat	2.008
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.382
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 82.000

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	377.62
Fat	12.02g
SaturatedFat	2.71g
Trans Fat	0.00g
Cholesterol	31.13mg
Sodium	420.93mg
Carbohydrates	48.06g
Fiber	7.02g
Sugar	7.02g
Protein	18.05g
Vitamin A 1257.08IU	Vitamin C 19.08mg
Calcium 151.21mg	Iron 3.61mg

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

Nutrition - Per 100g

Calories	222.00
Fat	7.07g
SaturatedFat	1.59g
Trans Fat	0.00g
Cholesterol	18.30mg
Sodium	247.47mg
Carbohydrates	28.25g
Fiber	4.12g
Sugar	4.13g
Protein	10.61g
Vitamin A 739.04IU	Vitamin C 11.22mg
Calcium 88.89mg	Iron 2.12mg

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Chicken Caesar Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35742

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 4/5 Ounce	BAKE Appliances vary, adjust accordingly. Convection Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
DRESSING CAESAR REGAL 4- 1GAL PMLL	1/4 Cup	Portion 2 oz into a 2 oz souffle cup.	726079

Preparation Instructions

1. Cook and cool chicken according to package instruction.
2. Place chicken in bowl and toss to coat with Caesar dressing.
3. Lay tortilla on prep table and sprinkle lettuce across it, then top with cooked fajita chicken and cheese.
4. Wrap like a burrito, folding in sides as you roll.

Serve with side of Caesar sauce.

CCP: Serve chilled at 41° or below for cold service.

Meal Components (SLE)

Amount Per Serving

Meat	2.867
Grain	2.250
Fruit	0.000
GreenVeg	0.011
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	661.44
Fat	45.53g
SaturatedFat	12.87g
Trans Fat	0.00g
Cholesterol	99.67mg
Sodium	1268.00mg
Carbohydrates	36.89g
Fiber	1.01g
Sugar	3.01g
Protein	27.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 321.57mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ Doritos

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z 4-7.7	4 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain	533830
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	Can also order Cool Ranch #541502	456090

Preparation Instructions

1. Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
2. Assemble 4 strips a boat and serve with a bag of Doritos.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	5.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	570.00
Fat	29.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1000.00mg
Carbohydrates	44.00g
Fiber	6.00g
Sugar	5.00g
Protein	42.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 3.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Beef Soft Taco w/ chips & salsa

Servings:	75.000	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30703

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	14 Pound	14# = 2 bags	722330
TORTILLA FLOUR ULTRGR 6 30-12CT	75 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250
SALSA CUP 84-3Z REDG	75 Each		677802
CHIP TORTL RND R/F 104- .88Z TOSTIT	75 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.	284751

Preparation Instructions

1. Place bags of taco meat into a steam table pan. Steam.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

2. Cut open bags and pour into serving pans. Cover.

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

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Serve with a bag of chips and salsa cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.430
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.620
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.000

Serving Size: 3.17 Ounce

Amount Per Serving

Calories	405.50
Fat	16.90g
SaturatedFat	7.45g
Trans Fat	0.27g
Cholesterol	48.30mg
Sodium	747.12mg
Carbohydrates	38.25g
Fiber	5.88g
Sugar	5.88g
Protein	19.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 202.01mg	Iron 2.87mg

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Nutrition - Per 100g

Calories	451.22
Fat	18.81g
SaturatedFat	8.29g
Trans Fat	0.30g
Cholesterol	53.75mg
Sodium	831.35mg
Carbohydrates	42.57g
Fiber	6.55g
Sugar	6.55g
Protein	21.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 224.79mg	Iron 3.19mg

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Roasted Cauliflower

Servings:	50.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30465

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT 2-3 RSS	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

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: 50.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	50.90
Fat	4.58g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	130.20mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	1.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 24.10mg
Calcium 11.00mg	Iron 0.21mg

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Nutrition - Per 100g

Calories	44.89
Fat	4.04g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	114.82mg
Carbohydrates	1.76g
Fiber	0.88g
Sugar	0.88g
Protein	0.88g
Vitamin A 0.00IU	Vitamin C 21.25mg
Calcium 9.70mg	Iron 0.19mg

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

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

Fresh Winter Citrus Mix

Servings:	100.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33223
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	138 Each	Order Piazza #08139. Cut oranges into wedges using the sectionizer.	198021
GRAPEFRUIT RED FCY 40-48CT 40	40 Pound	Order Piazza #8945 Cut into wedges using the sectionizer.	197882
CLEMENTINE 30	30 Pound	Order Piazza #3195 Cut into wedges using the sectionizer.	722451

Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus into a side dish container.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.766
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	205.24
Fat	0.73g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	50.89g
Fiber	8.46g
Sugar	24.13g
Protein	4.07g
Vitamin A 3952.07IU	Vitamin C 159.71mg
Calcium 126.42mg	Iron 0.40mg

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Nutrition - Per 100g

No 100g Conversion Available