

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Fish Po' Boy Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35776

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sub Bun 6"	1 Each	READY_TO_EAT	3744
POLLOCK BITE BRD WGRAIN .5Z 10 HILNR	10 Each	BAKE COOKING INSTRUCTIONS: Cook from frozen state. CONVENTIONAL OVEN: Bake at 400°F for 15 - 16 minutes. CONVECTION OVEN: Bake at 375°F for 13-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. FRYER: Deep fry at 360°F for 3 1 2 minutes	402655
TOMATO ROMA XL 25 MRKN	3 Slice	Can order tomatoes from Piazza	108051
PICKLE DILL SLCD HAMB 4-1GAL GCHC	4 Slice		149195
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1/4 Cup		198226

Preparation Instructions

1. Bake pollock according to package directions.
CCP: Hold at 135 or higher for service.
2. While baking, make Remoulade sauce from coleslaw base. (Remoulade recipe.)
3. To assemble, open sub bun and arrange fish along the bottom bun.
4. Add tomato and pickle slices, then sprinkle with cabbage mix.
5. Drizzle Remoulade sauce along the top of the slaw and place top bun on.
6. Place sandwich in boat and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	4.125
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.042
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	436.67
Fat	12.50g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	43.75mg
Sodium	1085.83mg
Carbohydrates	58.33g
Fiber	5.83g
Sugar	7.75g
Protein	21.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 85.83mg	Iron 3.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Remoulade Sauce

Servings:	8.000	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 Cup		198226
RELISH DILL PICKLE FCY 4-1GAL GCHC	1/4 Cup		156248
SAUCE HORSERADISH PKT 200-12GM FLVRFR	4 Package		758141
SAUCE HOT 200-3GM PC PKT GCHC	6 Each		714590
JUICE LEMON 8-48FLZ RLLEM	1 Tablespoon	Can also use fresh lemon	864061
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Tablespoon		109843
SPICE GARLIC GRANULATED 24Z TRDE	1 Teaspoon		513881

Preparation Instructions

1. Start with coleslaw base.
2. To 1 cup mixed base add pickle relish, horseradish, hot sauce, lemon juice, worcestershire, and garlic powder. Season to taste with salt & pepper.
3. Mix well and chill.

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	0.000

Nutrition Facts

Servings Per Recipe: 8.000

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	27.08		
Fat	1.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	184.17mg		
Carbohydrates	1.92g		
Fiber	0.17g		
Sugar	0.75g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.17mg	Iron	0.00mg

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Nutrition - Per 100g

Calories	47.77		
Fat	2.65g		
SaturatedFat	1.32g		
Trans Fat	0.00g		
Cholesterol	4.41mg		
Sodium	324.81mg		
Carbohydrates	3.38g		
Fiber	0.29g		
Sugar	1.32g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.17mg	Iron	0.00mg

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Crispy Chicken Bacon Ranch Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25897
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	3 Piece		533830
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	2 Tablespoon		676210

Preparation Instructions

1. Place frozen tenders on a lined sheet pan. Cook in a 350° oven for 8-12 minutes. CCP: Heat to a min. of 165°
2. Heat bacon in a 350° oven for 1-2 minutes.
3. Lay tortilla shells on a flat surface. Spread with ranch dressing.
4. Top with 3 tenders, 2 slices turkey bacon, 2 Tbsp cheese, and 1/2 C lettuce..
5. Roll tightly and cut in half.

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

Meal Components (SLE)

Amount Per Serving

Meat	3.536
Grain	5.250
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

Amount Per Serving

Calories	699.11
Fat	40.60g
SaturatedFat	11.40g
Trans Fat	0.00g
Cholesterol	92.00mg
Sodium	1216.00mg
Carbohydrates	50.52g
Fiber	7.01g
Sugar	6.01g
Protein	40.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.67mg	Iron 4.47mg

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Nutrition - Per 100g

No 100g Conversion Available

Philly Cheesesteak Sandwich

Servings:	40.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30697

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD 4-2.5 GCHC	10 Pound	Thaw under refrigeration. To Cook: CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F AND BAKE THAWED PRODUCT FOR 45-50 MINUTES CONVECTION OVEN: PREHEAT OVEN TO 325°F AND BAKE THAWED PRODUCT FOR 40-50 MINUTES	710831
PEPPERS & ONION FLME RSTD 6-2.5	3 4/7 Pound	3. Place peppers & onions evenly on a parchment-lined sheet pan sprayed with non-stick spray. Cook in combi at 375F for 13 minutes. Put in steam table pan. CCP: Hold for hot service at 135F or higher.	847208
CHEESE MOZZ SHRD 4-5 LOL	1 Pound	4. Portion steak onto sub bun using #8 scoop. 5. Portion 0.5 oz (1/4c) shredded cheese over meat. 6. Portion 1 oz (1/2c) peppers on sandwich and top with bun.	645170
Whole Grain Sub Bun 6"	40 Each	READY_TO_EAT	3744

Preparation Instructions

BEEF: A 4oz serving provides 2oz of M/MA.

There are 40- 40oz servings per 10# case.

PEPPERS & ONIONS:

5# (2 bags) of peppers & onions yields 56 servings, 10# (4 bags) yields 112 servings.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.015
OtherVeg	0.030
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	371.36
Fat	15.02g
SaturatedFat	5.40g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	1229.85mg
Carbohydrates	33.35g
Fiber	3.24g
Sugar	9.00g
Protein	22.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 184.38mg	Iron 3.29mg

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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

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits & Sausage Gravy

Servings:	25.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34026

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Package	Prepare gravy according to package directions.	455555
PORK CRMBL CKD 120/Z W/TVP 10 PG	3 Pound	Add pork crumbles and heat until ° minimum for 15 seconds.	499595
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	25 Each	Cook patties from frozen on a lined sheet pan in a 325° oven for 12-16 min.	785880
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	25 Each	USE #685000 right now while we are experiencing supply chain issues!	126962

Preparation Instructions

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

CCP: Hold sausage patties for hot service at 140° of higher.

Portion: 1 biscuit with 6 oz gravy and 1 sausage patty.

Biscuit PREPARATION DIRECTIONS:

PLACE UNOPENED BAG WITH BAKEABLE TRAY OF BISCUITS DIRECTLY ON OVEN RACK. BAKE AS DIRECTED UNTIL GOLDEN BROWN AND HOT.

AFTER BAKING, CAREFULLY CUT OR TEAR BAG AND BRUSH BISCUITS WITH LIQUID MARGARINE OR BUTTER IF DESIRED.

THAW FROZEN BISCUITS OVERNIGHT IN REFRIGERATOR USING BAKEABLE TRAY.

CONVECTION OVEN 375°F 8-10 MINUTES; 16-18 MINUTES

CONVENTIONAL OVEN 400°F. 10-12 MINUTES 20-22 MINUTES.

WARMING CABINET DIRECTIONS: PLACE THAWED BISCUITS ON

PARCHMENT LINED SHEET PAN. DO NOT COVER. PLACE IN PREHEATED WARMING

CABINET: 190°F., 30% HUMIDITY: 1-1/2 HOURS OR UNTIL HOT. *FOR BEST RESULTS, DO

NOT HEAT FROZEN BISCUITS IN WARMING CABINET.

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: 25.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	426.08		
Fat	27.51g		
SaturatedFat	11.55g		
Trans Fat	0.00g		
Cholesterol	59.43mg		
Sodium	795.02mg		
Carbohydrates	27.17g		
Fiber	2.00g		
Sugar	3.00g		
Protein	16.69g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	68.54mg	Iron	9.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Cinnamon-Roasted Butternut Squash

Servings:	40.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30938

Ingredients

Description	Measurement	Prep Instructions	DistPart #
fresh 1/2" diced butternut squash	10 Pound		02081
SUGAR BROWN LT 12-2 P/L	2 Pound		860311
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Cup		842061
SPICE CINNAMON GRND 15Z TRDE	1 Cup		224723

Preparation Instructions

1. Spread butternut squash evenly across sheet pans in an even layer.
 2. Mix brown sugar, sugar, and cinnamon in a large baggie or a bowl.
 3. Sprinkle seasoning blend evenly across the top of squash.
 3. Roast at 375F for about 20-30 minutes of until fork-tender and starting to brown.
- CCP: Hold at 135F or higher for hot service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	106.41
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.80mg
Carbohydrates	28.30g
Fiber	1.40g
Sugar	21.60g
Protein	0.70g
Vitamin A 7400.00IU	Vitamin C 14.50mg
Calcium 33.00mg	Iron 0.49mg

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

Nutrition - Per 100g

Calories	93.84
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.47mg
Carbohydrates	24.96g
Fiber	1.23g
Sugar	19.05g
Protein	0.62g
Vitamin A 6525.68IU	Vitamin C 12.79mg
Calcium 29.10mg	Iron 0.43mg

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

Roasted Edamame

Servings:	50.000	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30899

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	10 Pound		147270
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1/4 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

Preparation Instructions

1. Preheat oven to 400F
 2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
 3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.
- CCP: Cook to a min. internal temp of 140F.
CCP: Hold for hot service at 135F or higher.
Serve with a 4 oz spoodle.

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: 50.000

Serving Size: 4.00 Serving

Amount Per Serving

Calories	70.21		
Fat	3.54g		
SaturatedFat	0.46g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	79.83mg		
Carbohydrates	3.76g		
Fiber	2.42g		
Sugar	1.21g		
Protein	5.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.30mg	Iron	1.09mg

*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

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie Cups

Servings:	3.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	READY_TO_EAT No prep needed.	863890

Preparation Instructions

No Preparation Instructions available.

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: 3.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.33mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	18.67g		
Protein	0.00g		
Vitamin A	1250.00IU	Vitamin C	60.00mg
Calcium	80.00mg	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
