

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Buffalo Chicken Quesadilla

Chicken Salad Sandwich

Loaded Totchos

FCS Grizzly Bowl

Turkey Manhattan

Mashed Potatoes

Fresh Grapes

HS Assorted Fruit

Buffalo Chicken Quesadilla

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 80.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-33424 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---|------------|
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 0 Ounce | Use this when back in stock. | 570533 |
| CHIX DCD 1/2 WHT CKD 2-5 GCHC | 16 Pound | 1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds. | 599697 |
| SAUCE HOT REDHOT 12-23FLZ FRNKS | 1/2 Cup | | 557609 |
| CHEESE MOZZ SHRD 4-5 LOL | 1 Cup | | 645170 |
| TORTILLA FLOUR 10 12-12CT GRSZ | 80 Each | READY_TO_EAT | 713340 |

Preparation Instructions

1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.
2. Pour hot sauce over chicken and toss to coat.
3. Lay out a line of tortillas and line several sheet pans with parchment paper.
4. Scoop 3 oz of chicken onto one side of the tortilla and spread to cover one half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Place a second sheet pan on top of the tortillas and press down to flatten.
7. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Serve with 1 oz ranch cup on the side.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.250 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 322.50 |
| Fat | 6.90g |
| SaturatedFat | 2.68g |
| Trans Fat | 0.00g |
| Cholesterol | 59.42mg |
| Sodium | 463.34mg |
| Carbohydrates | 32.05g |
| Fiber | 1.00g |
| Sugar | 2.05g |
| Protein | 32.08g |
| Vitamin A 60.01IU | Vitamin C 0.00mg |
| Calcium 61.74mg | Iron 2.43mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Sandwich

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-35892 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| SALAD CHIX 2-5 BRICK | 3/4 Cup | | 964668 |
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1/4 Cup | | 451730 |
| Whole Grain Rich White/Wheat sliced bread | 2 Slice | | 1290 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.820 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 709.00 |
| Fat | 49.73g |
| SaturatedFat | 6.82g |
| Trans Fat | 0.00g |
| Cholesterol | 113.64mg |
| Sodium | 1351.82mg |
| Carbohydrates | 37.25g |
| Fiber | 2.08g |
| Sugar | 4.35g |
| Protein | 31.08g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 32.03mg | Iron 8.91mg |

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Nutrition - Per 100g

No 100g Conversion Available

Loaded Totchos

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-35893 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 Ounce | Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher. | 722330 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 1 Ounce | Heat bag in steamer approx 12-15 minutes | 135261 |
| SALSA CUP 84-3Z REDG | 1 Each | READY_TO_EAT None | 677802 |
| SOUR CREAM PKT FF 100-1Z LOL | 1 Each | READY_TO_EAT None | 853190 |
| POTATO TATER TOTS 6- 5 LMBSUPR | 4 Ounce | DEEP_FRY Deep Fry: 345° - 350°F (174°-177°C) for 2 2 1 2 min. Deep fry from frozen state. Fill basket 1 2 full. Conventional Oven: Bake at 400°F (205°C) for 20 - 25 minutes. Arrange product in single layer. Convection Oven: Bake at 400°F (205°C) for 10 - 12 minutes. Arrange product in single layer. | 233404 |
| CHIP TORTL RND R/F 64- 1.45Z TOSTIT | 1 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

1. Place serving of tater tots in the bottom of a boat.
 2. Top with the ground beef and cheese, and place a bag of 2oz tortilla chips on the side.
- Serve with sour cream and salsa cup to pick up.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 4.946 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.623 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.667 |

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 974.67 |
| Fat | 50.21g |
| SaturatedFat | 23.37g |
| Trans Fat | 0.27g |
| Cholesterol | 112.18mg |
| Sodium | 2700.34mg |
| Carbohydrates | 75.07g |
| Fiber | 7.56g |
| Sugar | 8.23g |
| Protein | 39.78g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 997.99mg | Iron 3.43mg |

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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 HRTSTN | 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

Turkey Manhattan

| | | | |
|----------------------|--------|-----------------------|------------------|
| Servings: | 56.000 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25951 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY & GRAVY CKD 4-7 JENNO | 14 Pound | | 653171 |
| POTATO MASH REAL PREM 12-26Z IDAHOAN | 42 Ounce | 1 Bag = 26 oz. | 166872 |
| 24 oz. Whole Grain Rich Sandwich Bread | 112 Slice | | 1292 |
| MARGARINE CUP SPRD 900-5GM CENTRYCR | 56 Each | | 542121 |

Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.
2. Open bag into a steam table pan. CCP: Hold for hot service at 140° minimum
3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork. CCP: Hold for hot service at 135° or higher.

To Serve: 1 slice of bread, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey and gravy over top. Add 1 slice of bread a 1 pat or margarine to each serving.

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 | 0.500 |

Nutrition Facts

Servings Per Recipe: 56.000

Serving Size: 1.00

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 354.23 |
| Fat | 10.23g |
| SaturatedFat | 1.94g |
| Trans Fat | 0.00g |
| Cholesterol | 43.27mg |
| Sodium | 986.15mg |
| Carbohydrates | 41.62g |
| Fiber | 2.92g |
| Sugar | 2.92g |
| Protein | 25.15g |
| Vitamin A 200.00IU | Vitamin C 3.32mg |
| Calcium 26.46mg | Iron 8.68mg |

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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

Fresh Grapes

| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 50.000 | Category: | Fruit |
| Serving Size: | 0.50 .50 cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22625 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--------------------------|------------|
| GRAPES RED SDLSS 18AVG MRKN | 9 Pound | Wash thoroughly and dry. | 197831 |
| GRAPES GREEN SEEDLESS 17AVG | 9 Pound | Wash thoroughly and dry. | 197858 |

Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers.

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: 50.000

Serving Size: 0.50 .50 cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 91.15 | | |
| Fat | 0.43g | | |
| SaturatedFat | 0.11g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.70mg | | |
| Carbohydrates | 23.76g | | |
| Fiber | 1.19g | | |
| Sugar | 21.60g | | |
| Protein | 0.86g | | |
| Vitamin A | 136.08IU | Vitamin C | 5.44mg |
| Calcium | 19.05mg | Iron | 0.40mg |

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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