

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Country Breakfast Bowl

Servings:	80.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35799

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	15 Pound	BAKE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN Bake potatoes at 375°F for 12-17 minutes in a single layer on a greased sheet pan. FLAT TOP GRILL Heat ¼ cup oil. Cook a single layer of potatoes for 15-18 minutes at 375°F, turning as needed.	850675
EGG SCRMBD CKD FZ 4-5 CARG	20 Pound	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
PORK CRMBL CKD 120/Z W/TVP 10 PG	10 Pound		499595
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
ONION GREEN CLPD 4-2 RSS	1 Pound		198889
DOUGH BISC STICK 250-1.25Z RICH	80 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
SALSA CUP 84-3Z REDG	80 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT FF 100-1Z LOL	80 Each	READY_TO_EAT None	853190

Preparation Instructions

1. Cook eggs: PLACE SCRAMBLED EGGS IN 2" DEEP 1/2 SIZE HOTEL PAN. COVER TIGHTLY WITH ALUMINUM FOIL. CONVECTION OVEN: 20-25 MINUTES AT 325 DEGREES F. MICROWAVE: 8-10 MINUTES. STIR PRE COOKED SCRAMBLED EGGS ONCE DURING COOKING.
2. Bake potatoes and pork crumbles to package directions.
3. In serving bowl, dish out 4 oz potatoes on the bottom.
4. Top potatoes with 2 oz scrambled eggs, 2 oz pork crumbles, 1 oz shredded cheese, and 1 oz sliced green onions.
5. Serve with salsa and sour cream optional on the side.

Meal Components (SLE)

Amount Per Serving

Meat	5.514
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.082

Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	605.89		
Fat	38.19g		
SaturatedFat	17.28g		
Trans Fat	0.05g		
Cholesterol	445.32mg		
Sodium	1622.91mg		
Carbohydrates	26.28g		
Fiber	0.63g		
Sugar	6.16g		
Protein	29.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	367.88mg	Iron	8.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Wrap MS/HS

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27754
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA JALAP CHS WGRAIN 9 12-12CT	1 Each	Lay out on a sheet tray or paper liner.	673491
DRESSING RNCH 4-1 GAL KE	1 Tablespoon		631430
HAM SLCD .5Z 4-2.5 GFS	3 Slice	Layer ham, turkey and cheese slices onto the tortilla.	294187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half.	451730

Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.250
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	348.43
Fat	16.14g
SaturatedFat	5.13g
Trans Fat	0.00g
Cholesterol	50.41mg
Sodium	1004.66mg
Carbohydrates	29.27g
Fiber	2.01g
Sugar	2.76g
Protein	23.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 262.67mg	Iron 2.30mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli w/ Marinara & garlic toast (MS/HS)

Servings:	33.000	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30702
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	Use a #10 can + 2 cups!	744520
BREAD GARL TX TST SLC 12-12CT GCHC	33 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.	611910
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	10 Pound		553982

Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 4 jumbo ravioli and sauce into a bowl and top with a slice of garlic toast.

Meal Components (SLE)

Amount Per Serving

Meat	2.626
Grain	3.063
Fruit	0.000
GreenVeg	0.000
RedVeg	0.980
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 33.000

Serving Size: 4.00 Piece

Amount Per Serving

Calories	443.40
Fat	14.38g
SaturatedFat	2.47g
Trans Fat	0.00g
Cholesterol	72.23mg
Sodium	967.54mg
Carbohydrates	56.61g
Fiber	4.19g
Sugar	9.90g
Protein	22.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 185.53mg	Iron 3.88mg

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Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tenders w/ Sweet Chili Doritos

Servings:	1.000	Category:	Entree
Serving Size:	4.00 Strips	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35700

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CHIP SPCY SWT REDC 72- 1Z SSV DORIT	1 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.	788670

Preparation Instructions

Spicy Chicken Strip: There are about 28 servings of 4 strips per bag, and 4 bags per case. 112 servings per case. Cook per package directions and assemble strips in a boat with wedges.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	2.833
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: 4.00 Strips

Amount Per Serving

Calories	476.67		
Fat	25.00g		
SaturatedFat	3.83g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	720.00mg		
Carbohydrates	42.67g		
Fiber	6.00g		
Sugar	2.33g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.00mg	Iron	2.97mg

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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

Bosco Sticks w/ Marinara

Servings:	1.000	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	None	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 2.00 Each

Amount Per Serving

Calories	493.90
Fat	15.20g
SaturatedFat	6.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	859.70mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Cowboy Beans

Servings:	50.000	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30932

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	2 #10 CAN	Drain and rinse beans.	261475
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	4 Tablespoon		743879
ONION DCD 1/4 2-5 RSS	1 1/2 Cup		198307
TURKEY HAM DCD 2-5 JENNO	1 Pound		202150
SEASONING TACO 21Z TRDE	4 Tablespoon		413429
SUGAR BROWN LT 12-2 GFS	1/2 Cup		314641
SAUCE WORCESTERSHIRE 4-1GAL FRENC	2 Tablespoon		109843
SALSA 103Z 6-10 REDG	1 Quart	Use 1 qt + 1 cup	452841

Preparation Instructions

1. Drain and rinse beans.
2. Heat oil in steam table pan in oven, add onion and bake until tender, about 10 minutes.
3. Add remaining ingredients and seasonings to the onions. Mix gently. Cover.
4. Bake in a 300°F oven for ½ hour. Uncover and bake an additional 30 minutes or more until desired consistency. Stir occasionally.

CCP: Heat to 165°F or higher for at least 15 seconds.

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

Serve with a 4 oz spoodle or a #8 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.210
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.110
OtherVeg	0.010
Legumes	0.520
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 4.00 Serving

Amount Per Serving

Calories	159.60
Fat	1.44g
SaturatedFat	0.27g
Trans Fat	0.00g
Cholesterol	4.25mg
Sodium	293.56mg
Carbohydrates	26.13g
Fiber	5.29g
Sugar	3.74g
Protein	8.32g
Vitamin A 0.00IU	Vitamin C 0.21mg
Calcium 45.14mg	Iron 3.01mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli Salad

Servings:	10.000	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25979
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Pound	Blanch broccoli	732451
ONION RED JUMBO 10 MRKN	2 Ounce	Trim and peel onion. Dice small.	596973
BACON CKD MED SLCD 3- 100CT GFS	2 Slice	Warm bacon until crisp. Dice into small pieces.	314196
MAYONNAISE LT 4-1GAL GFS	3/4 Cup	Whisk mayo vinegar and sugar in a large bowl. Stir in the broccoli, onion, raisins, and bacon.	429406
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Tablespoon		842061
VINEGAR APPLE CIDER 5 4- 1GAL GCHC	2 Tablespoon		430795
RAISIN SELECT 12-2 P/L	1/2 Cup		496146

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.100
GreenVeg	0.431
RedVeg	0.000
OtherVeg	0.050
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 0.50

Amount Per Serving

Calories	91.70
Fat	1.97g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	12.80mg
Sodium	107.51mg
Carbohydrates	17.18g
Fiber	2.63g
Sugar	9.33g
Protein	2.88g
Vitamin A 489.86IU	Vitamin C 70.47mg
Calcium 43.94mg	Iron 0.87mg

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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

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

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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