

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Chicken Tetrazzini w/ dinner roll

Servings:	96.000	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35676

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	6 Pound		221460
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	9 Pound	UNSPECIFIED Not currently available	570533
SOUP CRM OF CHIX 12-5 HLTHYREQ	5 Carton	UNPREPARED Mix Soup + 1 2 Can Water (25 Oz.) + 1 2 Can Milk (25 Oz.) With Whisk. Stove: Heat, Stirring Occasionally.	695513
BASE CHIX LO SOD NO MSG 6-1 MINR	1 1/2 Cup	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589
CHEESE CHED MLD SHRD 4-5 LOL	6 Pound		150250
1 % White Milk	16 Carton		1% White
Whole Grain Dinner Roll	96 Serving	READY_TO_EAT Ready to eat	3920

Preparation Instructions

1. Prepare spaghetti according to package directions.
2. Put diced chicken into steam table pans.
3. Add soup + water, chicken base + water, cheese and milk.
4. Heat until mixture reaches 165F.
CCP: Heat until mixture reaches 165F for at least 15 seconds.
5. Add spaghetti noodles and stir to mix ingredients just prior to serving.
CCP: Hold for hot serving at 135F .

Meal Components (SLE)

Amount Per Serving

Meat	2.742
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: 96.000

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	372.18
Fat	13.67g
SaturatedFat	6.90g
Trans Fat	0.00g
Cholesterol	60.45mg
Sodium	433.42mg
Carbohydrates	39.73g
Fiber	3.00g
Sugar	5.69g
Protein	23.04g
Vitamin A 26.04IU	Vitamin C 0.00mg
Calcium 247.32mg	Iron 2.02mg

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

Nutrition - Per 100g

Calories	164.10
Fat	6.03g
SaturatedFat	3.04g
Trans Fat	0.00g
Cholesterol	26.65mg
Sodium	191.11mg
Carbohydrates	17.52g
Fiber	1.32g
Sugar	2.51g
Protein	10.16g
Vitamin A 11.48IU	Vitamin C 0.00mg
Calcium 109.05mg	Iron 0.89mg

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Thai Turkey Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35672

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
TURKEY BRST DCD 2-5	4 Ounce	4 oz serving = 2 oz meat	451300
CARROT MATCHSTICK SHRED 2-3 RSS	2 Ounce		198161
CABBAGE RED SHRED 1/8 2-3 RSS	2 Ounce		212679
ONION GREEN CLPD 4-2 RSS	2 Ounce		198889
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1 Tablespoon		124516
thai peanut sauce	1 Ounce	READY_TO_EAT	

Preparation Instructions

1. Lay out tortillas
 2. Spread 1 T sauce on each tortilla
 3. Portion 4 oz turkey onto tortilla
 4. Top turkey with carrots, cabbage, green onions, and chow mein noodles
 5. Roll up tightly, folding two ends in like a burrito when rolling. Cut in half.
- CCP: Hold chilled at 40F or below until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.041
Grain	2.406
Fruit	0.000
GreenVeg	0.000
RedVeg	0.444
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	331.21
Fat	6.82g
SaturatedFat	3.26g
Trans Fat	0.00g
Cholesterol	40.82mg
Sodium	1045.04mg
Carbohydrates	48.48g
Fiber	4.03g
Sugar	5.67g
Protein	22.72g
Vitamin A 9523.49IU	Vitamin C 16.37mg
Calcium 114.42mg	Iron 3.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Loaded Baked Potato Bar

Servings:	40.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30889

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 120CT MRKN	40 Each	1. Wash potatoes thoroughly. Prick with a fork and bake at 400F approx. 45 minutes. CCP: Cook until internal temp reaches at least 210F for 15 seconds. CCP: Hold for hot service at min of 135F.	233293
PORK PULLED BBQ LO SOD 4-5 BROOKWD	5 Pound	2. Heat pork bbq until reaches 165F for 15 seconds or more. CCP: Hold for hot service at min of 135F	498702
TURKEY TACO MEAT FC 4-7 JENNO	3 1/2 Pound	2. Heat turkey until reaches 165F for 15 seconds or more. CCP: Hold for hot service at min of 135F	768230
BROCCOLI FLORETS 6-4 GCHC	5 Pound	3. Steam broccoli until just tender. CCP: Hold for hot service at min of 135F	610902
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Package		150250
SOUR CREAM PKT FF 100-1Z LOL	40 Each	READY_TO_EAT None	853190
SALSA 103Z 6-10 REDG	1/2 #10 CAN	READY_TO_EAT None	452841
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	40 Each		159791
CRACKER OYSTER 300-.5Z KEEB	1 Package		112615
Whole Grain Dinner Roll	40 Serving	READY_TO_EAT Ready to eat	3920

Preparation Instructions

For 40 servings:

Pork BBQ: 5# of pork bbq yields 40 -2oz servings.

Turkey Taco Meat: Serving size is 3oz to meet 2oz Meat. USE # 12 SCOOP / DISHER for a 2 oz meat serving (2.97 OZ SERVING SIZE).

Serve potatoes presented with all toppings of choice.

*Must choose 2 rolls, OR 1 cornbread + 1 roll to meet grain requirement

CHO Breakdown:

Potato: 15g ; Pork Bbq 8.5 g per 2oz; Turkey Taco Meat: 2g (per 3oz serving); Broccoli: 1.5g per 1/4cup

MuffinTown Cornbread: 28g; Nabisco Oyster Cracker: 11g per pkg; Sour Cream: 4g per packet; Salsa: 3g per 1.5oz

Meal Components (SLE)

Amount Per Serving

Meat	2.180
Grain	2.000
Fruit	0.000
GreenVeg	1.125
RedVeg	0.215
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	661.53
Fat	15.84g
SaturatedFat	3.95g
Trans Fat	0.00g
Cholesterol	80.58mg
Sodium	701.79mg
Carbohydrates	96.48g
Fiber	10.30g
Sugar	23.36g
Protein	34.90g
Vitamin A 3.40IU	Vitamin C 33.50mg
Calcium 253.95mg	Iron 5.91mg

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken w/ cornbread bites (MS/HS)

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35679

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	6 Piece	5 poppers = 2 meat/1 grain	536790
CORNBREAD BITE WGRAIN 384-.51Z	4 Each		963499

Preparation Instructions

1. Cook chicken and cornbread poppers according to package instructions.
2. Assemble 6 chicken pieces and 4 cornbread bites in a boat.

CCP: Hold at 135F or higher for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	2.533
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	457.67
Fat	19.67g
SaturatedFat	6.33g
Trans Fat	0.09g
Cholesterol	70.67mg
Sodium	955.73mg
Carbohydrates	46.40g
Fiber	4.27g
Sugar	6.00g
Protein	24.73g
Vitamin A 240.00IU	Vitamin C 0.00mg
Calcium 33.11mg	Iron 2.55mg

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Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken with Rice

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	4 Ounce	PREPARE FROM FROZEN STATE	791710
RICE 2-10 UBEN	1/2 Cup	CASE YIELDS APPROX 192-4Z (1/2 CUP) SERVINGS.	427586

Preparation Instructions

There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

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

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service.

4. Cook egg rolls according to the baking directions on the box.

5. To Serve: Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce

and serve. #10 scoop (3-4oz) is recommended.

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

CHO Breakdown: Eggroll: 21g CHO

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	4.513
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	528.67
Fat	4.10g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	46.15mg
Sodium	395.54mg
Carbohydrates	99.64g
Fiber	2.05g
Sugar	13.33g
Protein	21.56g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.20mg	Iron 5.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

Servings:	32.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.042
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	66.67
Fat	3.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	210.00mg
Carbohydrates	4.83g
Fiber	2.00g
Sugar	0.67g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 127.83mg	Iron 0.67mg

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Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	96.000	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28426
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C 12-2 GCHC	24 Pound	Steam carrots until just tender	175706
MARGARINE &BTR BLND EURO UNSLTD 36-1	1 Pound	Make glaze by melting butter and adding brown sugar and salt.	834071
SUGAR BROWN LT 12-2 GFS	2 Cup	Pour glaze over the carrots. Cover	314641
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	Bake in a convention oven, 325° for 15 minutes.	153550

Preparation Instructions

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.000

Serving Size: 1.00

Amount Per Serving			
Calories	70.72		
Fat	4.00g		
SaturatedFat	1.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	93.58mg		
Carbohydrates	9.22g		
Fiber	1.49g		
Sugar	6.99g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.05mg	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

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

Honeydew Wedge

Servings:	10.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEYDEW 6 CT CASE	1 Each	*Order Piazza #08110* One honeydew yields 10 4 oz (1/2cup) servings.	08110

Preparation Instructions

1. Thoroughly wash and dry honeydew.
 2. Place honeydew on a clean cutting board and put on cutting gloves.
 3. Slice honeydew 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 honeydew yields 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	61.00		
Fat	0.00g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.00mg		
Carbohydrates	15.00g		
Fiber	1.40g		
Sugar	14.00g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	30.60mg
Calcium	10.00mg	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

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

Nutrition - Per 100g

No 100g Conversion Available