

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Pot Roast w/ loaded mashed potatoes

Servings:	50.000	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30467

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY POT RST CKD 4-5 GCHC	20 Pound	1. Thaw roast in cooler. Remove product from bags and place 2 in a full size steam table pan. 2. Heat in combi on steam mode for 15-20 minutes. CCP: Cook until internal temperature reaches 150F or more. 2. Shred meat. CCP: Hold for hot service at a min of 135F.	370030
POTATO MASH REAL PREM 12-26Z IDAHOAN	1 Package	3. Prepare potatoes according to package directions. CCP: Hold for hot service at 135F or higher.	166872
Whole Grain Dinner Roll	100 Piece	READY_TO_EAT Ready to eat	3920

Preparation Instructions

1. Thaw roast in cooler. Remove product from bags and place 2 in a full size steam table pan.
2. Heat in combi on steam mode for 15-20 minutes.
CCP: Cook until internal temperature reaches 150F or more.
2. Shred meat.
CCP: Hold for hot service at a min of 135F.
3. Prepare potatoes according to package directions.
CCP: Hold for hot service at 135F or higher.
4. Scoop a 3 oz spoodle of meat over a #8 scoop (1/2c) of mashed potatoes.
5. Serve with 2 rolls on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.560
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.800

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	505.60
Fat	11.28g
SaturatedFat	2.56g
Trans Fat	0.00g
Cholesterol	89.60mg
Sodium	1470.00mg
Carbohydrates	63.60g
Fiber	3.60g
Sugar	6.88g
Protein	38.64g
Vitamin A 0.00IU	Vitamin C 5.76mg
Calcium 163.20mg	Iron 4.32mg

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

Nutrition - Per 100g

Calories	594.48
Fat	13.26g
SaturatedFat	3.01g
Trans Fat	0.00g
Cholesterol	105.35mg
Sodium	1728.42mg
Carbohydrates	74.78g
Fiber	4.23g
Sugar	8.09g
Protein	45.43g
Vitamin A 0.00IU	Vitamin C 6.77mg
Calcium 191.89mg	Iron 5.08mg

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Italian Sub Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25996
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.122
Grain	2.250
Fruit	0.000
GreenVeg	0.250
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	571.45
Fat	32.61g
SaturatedFat	12.42g
Trans Fat	0.00g
Cholesterol	103.23mg
Sodium	1293.44mg
Carbohydrates	37.90g
Fiber	4.33g
Sugar	7.69g
Protein	34.61g
Vitamin A 899.64IU	Vitamin C 14.80mg
Calcium 152.15mg	Iron 11.55mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Soft Tacos

Servings:	53.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34725
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Package	Use diced commodity chicken whenever possible.	570533
TORTILLA FLOUR ULTRGR 6 30-12CT	106 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound		150250
SOUR CREAM PKT FF 100-1Z LOL	1 Each	Offer on the side as an option to pick up.	853190

Preparation Instructions

Use diced commodity chicken whenever possible.

1. Cook chicken according to package directions.

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

CCP: Hold chicken at 165F until time to assemble and serve.

2. Portion 2 oz chicken and 1 oz cheese into a tortilla just before service.

3. Place 2 tacos in a boat.

Offer a sour cream packet an an option.

Meal Components (SLE)

Amount Per Serving

Meat	3.774
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: 53.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	344.50
Fat	13.75g
SaturatedFat	7.32g
Trans Fat	0.00g
Cholesterol	64.40mg
Sodium	328.68mg
Carbohydrates	31.38g
Fiber	4.00g
Sugar	2.04g
Protein	23.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 109.21mg	Iron 2.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Biscuit

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34727

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each	Order #208990 egg patty if needed,	741320
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	1 Each	Order #234390 if needed.	126962

Preparation Instructions

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook in a 250F oven for about 22 minutes if thawed and 30 minutes if from frozen.

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

CCP: Hold for hot service at 135F or higher

2. Place sausage patties on a sheet pan and heat in a 350 F oven for approx. 8 minutes.

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

CCP: Hold for hot service at 135F or higher

3. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

4. Assemble sandwich and hold for service at 135F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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 Serving

Amount Per Serving

Calories	406.00
Fat	24.50g
SaturatedFat	11.20g
Trans Fat	0.00g
Cholesterol	133.50mg
Sodium	827.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	3.50g
Protein	16.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 155.50mg	Iron 1.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Smashed Red Potatoes

Servings:	100.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35696

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RED B SZ 50 MRKN	50 Pound		200476
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
SPICE ROSEMARY LEAF 6Z TRDE	1 Teaspoon		138310

Preparation Instructions

1. Place washed potatoes in hotel pans and steam until fork-tender.
2. Drizzle sheet pans with olive oil and place tender potatoes on the pan, leaving space between each potato (to smash).
3. With a large fork or potato masher, press down each potato twice in an "X" until it mashes, placing any filling caught in the fork/masher back on top of the potato.
4. Drizzle the tops of the potatoes with olive oil and sprinkle with salt & pepper and rosemary, chives, or other herbs. Add a sprinkle of grated parmesan if desired.
5. Bake 20-25 minutes until golden brown and sizzling.

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: 4.00 Ounce

Amount Per Serving

Calories	175.87
Fat	0.41g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.60mg
Carbohydrates	40.00g
Fiber	5.07g
Sugar	2.67g
Protein	4.53g
Vitamin A 4.53IU	Vitamin C 44.67mg
Calcium 27.20mg	Iron 1.76mg

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Nutrition - Per 100g

Calories	155.09
Fat	0.36g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.99mg
Carbohydrates	35.27g
Fiber	4.47g
Sugar	2.35g
Protein	4.00g
Vitamin A 4.00IU	Vitamin C 39.39mg
Calcium 23.99mg	Iron 1.55mg

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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 TNR 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

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