

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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BBQ Grilled Chicken Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30430
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION OVEN: PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL. PREHEAT OVEN TO 350 DEGREES F AND BAKE FOR APPROXIMATELY 16-20 MINUTES.	152121
SAUCE BBQ 4-158Z KCMSTRPC	1 Tablespoon		754684
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	ready to eat	

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F

PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL.

BAKE FOR APPROXIMATELY 16-20 MINUTES

Heat to 165 F for 15 seconds.

Transfer patties to a steam table pan and cover with BBQ sauce.

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

Serve 1 patty on a whole grain bun.

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

Amount Per Serving			
Calories	300.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	650.00mg		
Carbohydrates	35.50g		
Fiber	2.00g		
Sugar	10.00g		
Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken & Ranch Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25891
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

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
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK 2- 1.5GAL HNZ	1 Tablespoon	spread with ranch dressing	676210
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.167
Grain	3.583
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 1 each

Amount Per Serving

Calories	631.77
Fat	35.00g
SaturatedFat	10.33g
Trans Fat	0.00g
Cholesterol	53.33mg
Sodium	887.00mg
Carbohydrates	54.19g
Fiber	8.01g
Sugar	3.84g
Protein	28.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 196.67mg	Iron 4.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bean Burrito w/ Mexican Rice

Servings:	60.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS/WGRAIN 48-5.02Z	60 Each	Heating Instructions: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. Cover sheet pan with parchment paper. Place burritos on pan with flap facing up. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 16-19 min. Refrigerated: Heat for 10-12 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-23 min. Refrigerated: Heat for 12-14 min.	500391
SEASONING MIX MEX RICE 6-11Z	11 Ounce	In a 4" steam table pan, combine 1 1/3 gal hot water, 2.5 qt white or brown parboiled rice, and one 11-oz seasoning packet. Stir well. Cover with lid or foil and bake at 350F convection oven for 30-40 minutes or until water is absorbed. Fluff with a fork. CCP: Keep warm at 160F until serving.	259541
RICE PARBL LONG GRAIN 6-10 PRDCR	30 Cup		699181

Preparation Instructions

Prepare burritos and rice with seasoning per instructions above.

To serve, place burrito in a boat with 1/2 c rice.

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: 60.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	643.10**
Fat	6.10g**
SaturatedFat	2.20g**
Trans Fat	0.00g**
Cholesterol	7.00mg**
Sodium	332.10mg**
Carbohydrates	119.00g**
Fiber	8.30g**
Sugar	3.00g**
Protein	25.00g**
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 170.12mg**	Iron 6.74mg**

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**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Boneless Buffalo Wing Basket

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HT&SPCY WGRAIN 4-7.5	5 Piece	4 wings = 2oz meat/1 oz grain	561291
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	3 Ounce	3 oz wedges = 1/2 cup	174251
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	1 Each		512723

Preparation Instructions

1. Preheat convection oven to 350°F. Place frozen chicken in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.

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

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

3. Assemble wings, wedges, and 1 garlic breadstick in a boat for serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00		
Fat	14.50g		
SaturatedFat	2.38g		
Trans Fat	0.00g		
Cholesterol	46.75mg		
Sodium	567.50mg		
Carbohydrates	43.00g		
Fiber	4.25g		
Sugar	1.25g		
Protein	22.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.35mg

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Nutrition - Per 100g

No 100g Conversion Available

Rotini Bake with Meat Sauce and Garlic Toast

Servings:	64.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28450
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	30 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	728590
BREAD GARL TX TST SLC 120-1.4Z	64 Each		243681

Preparation Instructions

CCP: Hold rotini with sauce for hot service at 135° or higher.

Serve 7.44 oz (by weight) using a heaping #6 disher.

Meal Components (SLE)

Amount Per Serving

Meat	2.016
Grain	2.008
Fruit	0.000
GreenVeg	0.000
RedVeg	0.252
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	456.53
Fat	24.13g
SaturatedFat	8.25g
Trans Fat	1.01g
Cholesterol	54.44mg
Sodium	825.89mg
Carbohydrates	38.19g
Fiber	4.53g
Sugar	8.06g
Protein	20.15g
Vitamin A 717.94IU	Vitamin C 23.19mg
Calcium 55.44mg	Iron 4.10mg

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Nutrition - Per 100g

No 100g Conversion Available

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

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Nutrition - Per 100g

No 100g Conversion Available

Caesar Side Salad

Servings:	50.000	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29647
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	9 1/2 Pound	Open package, check for and remove any brown pieces of lettuce.	451730
CROUTON CHS GARL WGRAIN 250-.5Z	50 Package		661022
DRESSING CAESAR RYL PKT 60-1.5Z MARZ	50 Each		554758

Preparation Instructions

Portion 1.5 cups of lettuce into a side salad container. Bag or seal with a lid.

Serve 1 package of dressing and 1 pkg croutons with each salad.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00

Amount Per Serving			
Calories	240.32		
Fat	20.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	550.00mg		
Carbohydrates	11.06g		
Fiber	0.03g		
Sugar	2.03g		
Protein	3.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.52mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Kiwi with Blueberries

Servings:	50.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29649
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY 12-1PT P/L	5 Pound	Rinse in cold water	451690
KIWI 33-39CT P/L	6 Pound	Peel and cut into chunks or slices	287008

Preparation Instructions

Combine kiwi and blueberries. Portion 1/2 C into clear containers or bags for bagging.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.180
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 Cup

Amount Per Serving

Calories	30.72		
Fat	0.15g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.45mg		
Carbohydrates	7.62g		
Fiber	1.32g		
Sugar	5.34g		
Protein	0.45g		
Vitamin A	23.98IU	Vitamin C	4.31mg
Calcium	5.76mg	Iron	0.15mg

*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

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Nutrition - Per 100g

No 100g Conversion Available