

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Falafel Pita Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FALAFEL BALL MED TOT 6-4 AMBN	8 Piece	KEEP FROZEN UNTIL READY TO PREPARE Optimal Performance: Defrost 1 hour before cooking DONT DEFROST OVERNIGHT IN REFRIGERATOR	587083
BREAD PITA 6 12-10CT OLYMPIA	2 Each	HEAT_AND_SERVE Thaw overnight in a cooler or in room temperature for about 30 minutes. Lightly oil each side then toast, grill, bake, or fry until warmed all the way through & golden brown.	244351
TOMATO RANDOM 2 25 MRKN	2 Slice		508616
CUCUMBER SELECT 4- 6CT MRKN	3 Slice		361510
SPRING MIX HERITAGE 4-3 RSS	2 Ounce		152222

Preparation Instructions

FALAFEL HEATING INSTRUCTIONS:

*Combi Oven: Preheat oven to 410° F and 30% humidity. Bake for 7-9 minutes until internal temperature reaches 165° F.

*Convection Oven: Preheat oven to 375° F.

Bake for 7-9 minutes until internal temperature reaches 165° F.

*Conventional Oven: Preheat oven to 400°F.

Bake for 8-10 minutes until internal temperature reaches 165° F.

1. Bake falafel according to directions.
2. Arrange two pitas in a boat.
3. Place 2 oz spring mix in the bottom of each pita.
4. Place 2 slices of tomato and 3 slices cucumber along the side of each pita.
5. Place 4 falafel balls on top of the spring mix on each pita.
6. Drizzle cucumber yogurt sauce over the top or serve in a portion cup on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	621.09
Fat	13.18g
SaturatedFat	1.54g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1119.62mg
Carbohydrates	102.67g
Fiber	10.77g
Sugar	10.19g
Protein	22.36g
Vitamin A 610.00IU	Vitamin C 10.14mg
Calcium 294.59mg	Iron 8.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cranberry Pecan Chicken Salad Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35687

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX CRAN PECN 2-5 GCHC	3/4 Cup		860595
Whole Grain Rich Sliced Bread	2 Slice		1290

Preparation Instructions

Portion 3/4 cup onto a slice of bread and evenly spread out.

Top with second piece of bread, slice, and arrange in triangle container.

CCP: Hold at 35F for cold service.

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: 1.000

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	527.89
Fat	43.25g
SaturatedFat	5.68g
Trans Fat	0.00g
Cholesterol	79.55mg
Sodium	954.55mg
Carbohydrates	12.27g
Fiber	2.34g
Sugar	9.16g
Protein	20.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.86mg	Iron 1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham and Cheese Sandwich (MS/HS)

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-22548

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice		247822
5" Split Top Whole Grain Hoagie Bun	1		3737

Preparation Instructions

Lay sliced bread open-faced on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and place on top bun. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.190
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 Sandwich

Amount Per Serving

Calories	290.00
Fat	9.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	940.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	6.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 267.00mg	Iron 1.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets w/ Roll

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30421
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.
Serve 5 nuggets and 1 roll together as an entree.

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: 1.000

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	535.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.52mg

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Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25912
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP CORN 64-LSSV FRITOS	1 Package	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.	712680
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4- 5 LOL	1 Ounce		150250
84-2.6Z SALSA CUP REDG REDSC2Z	1	Optional, place for self service.	536690
SOUR CREAM PKT FF 100- 1Z LOL	1 Each	Optional, place for self service.	853190

Preparation Instructions

1. Thaw taco meat, heat thawed meat to 160°.
2. Portion taco meat using a #10 scoop, shredded cheese, lettuce into a container.
Serve with 1 bag Fritos.
3. Offer 1 salsa cup and 1 pkt sour cream.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	2.500
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

Amount Per Serving

Calories	366.46
Fat	22.03g
SaturatedFat	8.64g
Trans Fat	0.18g
Cholesterol	51.45mg
Sodium	576.56mg
Carbohydrates	24.18g
Fiber	2.27g
Sugar	3.27g
Protein	18.09g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.72mg	Iron 1.45mg

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Nutrition - Per 100g

No 100g Conversion Available

Mozzarella Sticks w/ marinara

Servings:	92.000	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35686

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	24 Pound	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	92 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 92.000

Serving Size: 6.00 Each

Amount Per Serving

Calories	322.94
Fat	11.11g
SaturatedFat	3.33g
Trans Fat	0.24g
Cholesterol	13.91mg
Sodium	701.96mg
Carbohydrates	37.83g
Fiber	2.78g
Sugar	7.74g
Protein	18.54g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 451.70mg	Iron 2.18mg

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Nutrition - Per 100g

No 100g Conversion Available

Lemon-Roasted Asparagus

Servings:	25.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35698

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL 11AVG MRKN	9 1/6 Pound		184290
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
LEMON FCY 9AVG	5 Each	Order lemons from Piazza for better pricing and smaller bag.	414743
PARSLEY CALIF CLND 4-1 RSS	4 Ounce		272396
SALT SEA 36Z TRDE	1 Teaspoon		748590

Preparation Instructions

1. Wash lemons, then zest them onto a plate. Set aside. Slice lemons in half.
2. Preheat oven to 450F. Mix lemon zest and salt in a bowl.
3. Arrange asparagus on baking sheets and drizzle with olive oil, then sprinkle with zest + salt.
4. Roast until asparagus is tender and starting to color, 8-10 minutes.
5. Drizzle with lemon juice and serve 4 oz portions and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	68.82
Fat	1.15g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	128.17mg
Carbohydrates	14.14g
Fiber	6.28g
Sugar	2.93g
Protein	6.66g
Vitamin A 2663.29IU	Vitamin C 36.97mg
Calcium 80.64mg	Iron 2.88mg

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

Nutrition - Per 100g

Calories	60.69
Fat	1.01g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	113.03mg
Carbohydrates	12.47g
Fiber	5.54g
Sugar	2.59g
Protein	5.87g
Vitamin A 2348.62IU	Vitamin C 32.60mg
Calcium 71.11mg	Iron 2.54mg

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

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

*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