

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Crispy Baked Fish w/ cornbread poppers

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30693
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN 384-.51Z	4 Each		963499
POLLOCK FLLT SWT POT MSC 3.6Z 18	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVENTIONAL OVEN: Preheat oven to 450°F and bake for 25-30 minutes. CONVECTION OVEN: Preheat oven to 375°F and bake for 18-23 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	536302

Preparation Instructions

Bake fish and cornbread poppers according to directions. Serve together in a boat.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.333
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	385.67		
Fat	18.07g		
SaturatedFat	6.03g		
Trans Fat	0.09g		
Cholesterol	45.67mg		
Sodium	561.73mg		
Carbohydrates	41.00g		
Fiber	2.87g		
Sugar	7.00g		
Protein	13.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.11mg	Iron	2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLT Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28418
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Tablespoon	Spread mayo onto each shell.	429406
BACON TKY CKD 12-50CT JENNO	10 Slice	Lay 10 slices of bacon onto each shell.	834770
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Add shredded lettuce.	451730
TOMATO 6X6 LRG 10 MRKN	4 Slice	Layer with 3-4 sl of tomato. Roll tightly and cut in half.	199001
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	Serve with cheese stick.	786801
TORTILLA HNY WHEAT 12 6-12 GRSZ	1 Each		116701

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.250
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	625.35
Fat	26.61g
SaturatedFat	9.65g
Trans Fat	0.00g
Cholesterol	82.51mg
Sodium	1914.52mg
Carbohydrates	63.62g
Fiber	5.77g
Sugar	13.01g
Protein	33.15g
Vitamin A 1199.52IU	Vitamin C 19.73mg
Calcium 299.58mg	Iron 4.05mg

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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

Country Fried Steak w/ Roll

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27757
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes.	667202
GRAVY MIX CNTRY 6-1.5 PION	1 Ounce	Add 1 quart tap water to 1 package of gravy mix until lump free. Pour this into 3 quarts boiling water. Bring back to a boil. CCP: Hold for hot service at 140°	455555
Whole Grain Rich Clustered Pan Rolls	1 roll	BAKE Toast to desired color	3920

Preparation Instructions

Serve each steak with 1 oz. gravy and 1 each dinner roll.

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

Amount Per Serving

Calories	373.83		
Fat	18.63g		
SaturatedFat	5.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	700.43mg		
Carbohydrates	30.76g		
Fiber	2.50g		
Sugar	1.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.01mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Buffalo Cauliflower

Servings:	96.000	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE 2-3 RSS	24 Pound		732486
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Cup		191205
SAUCE HOT REDHOT 12-23FLZ FRNKS	2 Cup		557609
JUICE LEMON 8-48FLZ RLLEM	1/4 Cup		864061

Preparation Instructions

1. Preheat oven to 400F.
 2. Trim cauliflower if needed.
 3. Whisk together the butter, hot sauce, and lemon juice.
 4. Toss cauliflower in hot sauce mix until well coated.
 5. Spread cauliflower on a sheet tray and spread out. Roast until beginning to brown, about 20 minutes.
- CCP: Hold for hot service at 135F or higher.
- Serve with a 4 oz spoodle or a #8 scoop.

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: 96.000

Serving Size: 4.00 Serving

Amount Per Serving

Calories	31.06
Fat	1.10g
SaturatedFat	0.77g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	224.80mg
Carbohydrates	3.64g
Fiber	1.82g
Sugar	1.82g
Protein	1.82g
Vitamin A 200.03IU	Vitamin C 43.82mg
Calcium 20.00mg	Iron 0.38mg

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Nutrition - Per 100g

No 100g Conversion Available

Berry Spinach Side Salad

Servings:	80.000	Category:	Vegetable
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30960

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	10 Pound	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.	329401
CHEESE FETA CRMBL 4-2.5 P/L	5 Pound		716685
STRAWBERRY 8 MRKN	8 Pound	Thoroughly wash and dry berries. Slice.	212768
DRESSING RASP VINAG FF 6-32Z KENS	2 Tablespoon		877910

Preparation Instructions

1. Place spinach in a large bowl with sliced strawberries and feta cheese.
 2. Toss to mix.
 3. Portion 8 oz servings and keep chilled until time to serve.
- CCP: Keep in cold holding at 40 F until time to serve.
4. Immediately before serving, drizzle 2 oz Raspberry vinaigrette over the top of each salad.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.180
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 8.00 Serving

Amount Per Serving

Calories	44.41
Fat	1.89g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	76.37mg
Carbohydrates	5.81g
Fiber	2.82g
Sugar	2.48g
Protein	3.21g
Vitamin A 80.44IU	Vitamin C 26.67mg
Calcium 69.08mg	Iron 2.08mg

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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