

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Roasted Cauliflower

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|----------------------|------------|-----------------------|------------------|
| Servings: | 50.000 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30465 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|--|------------|
| CAULIFLOWER REG CUT 2-3 RSS | 12 Pound | 1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed. | 732494 |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 1 Cup | 3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping. | 732900 |
| SALT KOSHER COARSE 12-3 MRTN | 1 Tablespoon | 5. Roast until golden, about 20 minutes. | 153550 |

Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

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: 50.000

Serving Size: 4.00 Ounce

Amount Per Serving

| | |
|-------------------------|--------------------------|
| Calories | 50.90 |
| Fat | 4.58g |
| SaturatedFat | 0.42g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 130.20mg |
| Carbohydrates | 2.00g |
| Fiber | 1.00g |
| Sugar | 1.00g |
| Protein | 1.00g |
| Vitamin A 0.00IU | Vitamin C 24.10mg |
| Calcium 11.00mg | Iron 0.21mg |

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

Nutrition - Per 100g

| | |
|-------------------------|--------------------------|
| Calories | 44.89 |
| Fat | 4.04g |
| SaturatedFat | 0.37g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 114.82mg |
| Carbohydrates | 1.76g |
| Fiber | 0.88g |
| Sugar | 0.88g |
| Protein | 0.88g |
| Vitamin A 0.00IU | Vitamin C 21.25mg |
| Calcium 9.70mg | Iron 0.19mg |

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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 |

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Nutrition - Per 100g

No 100g Conversion Available

Elementary Walking Taco

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25911 |
| School: | CREEKSIDE ELEM SCHL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| TURKEY TACO MEAT FC 4-7 JENNO | 3 Ounce | | 768230 |
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 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. | 696871 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Ounce | | 150250 |
| SOUR CREAM PKT FF 100-1Z LOL | 1 Each | READY_TO_EAT None | 853190 |
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1/2 Cup | | 451730 |
| SALSA CUP 84-3Z REDG | 1 Each | HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat | 677802 |

Preparation Instructions

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.493 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.011 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 329.04 |
| Fat | 11.98g |
| SaturatedFat | 4.50g |
| Trans Fat | 0.00g |
| Cholesterol | 69.82mg |
| Sodium | 759.44mg |
| Carbohydrates | 25.51g |
| Fiber | 1.01g |
| Sugar | 5.01g |
| Protein | 21.96g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 209.60mg | Iron 1.38mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ Doritos (elem)

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 3.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-35965 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| CHIX TNRD BRD WGRAIN 2.07Z 4-7.7 | 3 Piece | 238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain 3 tenders = 3 oz meat/1.5 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 3 strips a boat and serve with a bag of Doritos.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 3.000 |
| 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: 3.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 295.00 |
| Fat | 14.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 500.00mg |
| Carbohydrates | 29.00g |
| Fiber | 3.50g |
| Sugar | 2.50g |
| Protein | 17.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 40.00mg | Iron 1.50mg |

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Nutrition - Per 100g

No 100g Conversion Available

Deli Wrap

| | | | |
|----------------------|-------|-----------------------|---------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-26028 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|--|------------|
| TORTILLA FLOUR LO SOD 9 16-12CT | 1 Each | Sub # 713330 if needed. Lay tortillas out. Spread 1 side with dressing. | 523610 |
| Mrs. Clark's Ranch Dressing - Jug | 1 Tablespoon | | 52906 |
| HAM SLCD .5Z 4-2.5 GFS | 3 Slice | Layer ham, turkey and cheese slices onto the tortilla. | 294187 |
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 2 Slice | | 689541 |
| CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W | 1 Slice | | 247822 |
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1/2 Cup | Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half. | 451730 |

Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.646 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| 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 | 358.43 |
| Fat | 17.14g |
| SaturatedFat | 6.63g |
| Trans Fat | 0.00g |
| Cholesterol | 47.91mg |
| Sodium | 901.66mg |
| Carbohydrates | 32.27g |
| Fiber | 4.01g |
| Sugar | 3.26g |
| Protein | 24.45g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 149.67mg | Iron 2.30mg |

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Nutrition - Per 100g

No 100g Conversion Available