

Cookbook for CREEKSIDE ELEM SCHL

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

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

Orange Wedges

Servings:	1.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22634

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Choice 138ct	1 Each	Per USDA Buying Guide 138 Count Fresh Orange : 1 orange = about 1/2 cup	08139

Preparation Instructions

1. Wash oranges.
2. Use sectionizer to cut oranges. 1 orange = 6 wedges.
3. Serve 6 wedges into a side dish container.

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

Per USDA Buying Guide for 138 Count Fresh Oranges: 1 orange = about 1/2 cup fruit

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: 1.000

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Mini Sweet Peppers

Servings:	60.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI 20 P/L	20 Pound		667582
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Thoroughly wash and dry peppers.

Serve in 4 oz portions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.508
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	32.31		
Fat	0.18g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.17mg		
Sodium	4.17mg		
Carbohydrates	7.14g		
Fiber	3.05g		
Sugar	4.08g		
Protein	1.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.32mg	Iron	0.37mg

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Nutrition - Per 100g

Calories	28.49		
Fat	0.16g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	3.67mg		
Carbohydrates	6.30g		
Fiber	2.69g		
Sugar	3.60g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.92mg	Iron	0.32mg

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