

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Beef Soft Taco w/ chips & salsa

Servings:	75.000	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30703

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	14 Pound	14# = 2 bags	722330
TORTILLA FLOUR ULTRGR 6 30-12CT	75 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250
SALSA CUP 84-3Z REDG	75 Each		677802
CHIP TORTL RND R/F 104- .88Z TOSTIT	75 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.	284751

Preparation Instructions

1. Place bags of taco meat into a steam table pan. Steam.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

2. Cut open bags and pour into serving pans. Cover.

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

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Serve with a bag of chips and salsa cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.430
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.620
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.000

Serving Size: 3.17 Ounce

Amount Per Serving

Calories	405.50
Fat	16.90g
SaturatedFat	7.45g
Trans Fat	0.27g
Cholesterol	48.30mg
Sodium	747.12mg
Carbohydrates	38.25g
Fiber	5.88g
Sugar	5.88g
Protein	19.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 202.01mg	Iron 2.87mg

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

Nutrition - Per 100g

Calories	451.22
Fat	18.81g
SaturatedFat	8.29g
Trans Fat	0.30g
Cholesterol	53.75mg
Sodium	831.35mg
Carbohydrates	42.57g
Fiber	6.55g
Sugar	6.55g
Protein	21.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 224.79mg	Iron 3.19mg

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Bosco Sticks w/ Marinara

Servings:	1.000	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	None	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 2.00 Each

Amount Per Serving

Calories	493.90
Fat	15.20g
SaturatedFat	6.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	859.70mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Italian Sub Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25996
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.122
Grain	2.250
Fruit	0.000
GreenVeg	0.250
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	571.45
Fat	32.61g
SaturatedFat	12.42g
Trans Fat	0.00g
Cholesterol	103.23mg
Sodium	1293.44mg
Carbohydrates	37.90g
Fiber	4.33g
Sugar	7.69g
Protein	34.61g
Vitamin A 899.64IU	Vitamin C 14.80mg
Calcium 152.15mg	Iron 11.55mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn

Servings:	100.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Add margarine to hot corn.

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

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	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	123.10		
Fat	8.42g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.82g		
Fiber	1.48g		
Sugar	4.43g		
Protein	1.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.02mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Colorful Cauliflower

Servings:	24.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
whole heads of tri-color cauliflower	1 Package		01371

Preparation Instructions

No Preparation Instructions available.

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: 24.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.00g		
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

Fresh Winter Citrus Mix

Servings:	100.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33223
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	138 Each	Order Piazza #08139. Cut oranges into wedges using the sectionizer.	198021
GRAPEFRUIT RED FCY 40-48CT 40	40 Pound	Order Piazza #8945 Cut into wedges using the sectionizer.	197882
CLEMENTINE 30	30 Pound	Order Piazza #3195 Cut into wedges using the sectionizer.	722451

Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus into a side dish container.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.766
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	205.24
Fat	0.73g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	50.89g
Fiber	8.46g
Sugar	24.13g
Protein	4.07g
Vitamin A 3952.07IU	Vitamin C 159.71mg
Calcium 126.42mg	Iron 0.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Mixed Fruit Cup

Servings:	50.000	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 #10 CAN	USE COMMODITY FRUIT FIRST. Drain most of the liquid from the canned fruit.	268348
PEAR DCD XL/S 6-10 GCHC	1 #10 CAN	Add frozen cherries or blueberries. Mix.	290203
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1 #10 CAN	READY_TO_EAT Ready to Eat	509221
CHERRY DK SWT	1 Pound	COMMODITY frozen blueberries may be substituted for the frozen cherries.	COM90139

Preparation Instructions

Portion into clear cups.

CCP: hold for cold service at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.537
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

Amount Per Serving			
Calories	71.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	16.68g		
Fiber	0.61g		
Sugar	14.40g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.35mg	Iron	0.02mg

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Nutrition - Per 100g

No 100g Conversion Available
