

# **Cookbook for CORYDON ELEMENTARY**

**Created by HPS Menu Planner**

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# Spaghetti with Meatballs



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15659

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	50 Ounce	1 cup cooked pasta = 2 Grain Equivalents	221460
MEATBALL CKD .65Z 6-5 COMM	200 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	12 1/2 Cup	READY_TO_EAT None	592714
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	50 Each		512723

## Preparation Instructions

1. Cook spaghetti and drain spaghetti
  2. Cook meatballs in sauce
  3. Bake breadsticks
  4. Hold at 135F or higher
- Serve 1/2 cup cooked pasta with 4 meatballs and pair with garlic breadstick

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.375
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	334.00
<b>Fat</b>	10.75g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	511.00mg
<b>Carbohydrates</b>	42.50g
<b>Fiber</b>	5.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	18.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 84.50mg	<b>Iron</b> 3.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Strips



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28129

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	150 Each	<b>BAKE</b> PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. <b>CONVECTION</b> PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 3.00 Each

### Amount Per Serving

<b>Calories</b>	285.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	465.00mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	1.50g
<b>Sugar</b>	0.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 18.00mg	<b>Iron</b> 1.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Green Beans



<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3990
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN 6-10 GCHC	25 Cup		328251
BUTTER SPREAD 6-5 SMRT BAL	16 Tablespoon	READY_TO_EAT Ready to use.	684300
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Fluid Ounce		580562

## Preparation Instructions

1. Heat green beans (with juice), butter spread, and beef broth in deep full sheet pan
2. Stir occasionally
3. Season appropriately

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	52.04		
<b>Fat</b>	3.52g		
<b>SaturatedFat</b>	1.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	319.14mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.13mg	<b>Iron</b>	0.40mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Cherry Tomatoes



<b>Servings:</b>	1.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.70 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34319
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631

## Preparation Instructions

1. Rinse tomatoes
2. Bag tomatoes using the ekon-o-pac system in 1/2 cup portions

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 2.70 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	16.20		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.50mg		
<b>Carbohydrates</b>	3.50g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	0.80g		
<b>Vitamin A</b>	749.70IU	<b>Vitamin C</b>	12.33mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	0.25mg

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## Nutrition - Per 100g

<b>Calories</b>	21.16		
<b>Fat</b>	0.26g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.88mg		
<b>Carbohydrates</b>	4.57g		
<b>Fiber</b>	1.44g		
<b>Sugar</b>	3.27g		
<b>Protein</b>	1.05g		
<b>Vitamin A</b>	979.44IU	<b>Vitamin C</b>	16.11mg
<b>Calcium</b>	11.76mg	<b>Iron</b>	0.32mg

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# Side Salad

NO IMAGE

<b>Servings:</b>	0.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4324
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	0 Cup		735787
TOMATO GRAPE SWT 10 MRKN	0 Cup		129631

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.002
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	15.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.02mg		
<b>Carbohydrates</b>	3.01g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	1.51g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	3.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	24.04mg	<b>Iron</b>	0.54mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Mandarin Oranges



<b>Servings:</b>	25.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4057

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND BRKN L/S 6-10 GCHC	12 1/2 Cup		152811

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.000

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	1.00mg

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## Nutrition - Per 100g

<b>Calories</b>	79.37		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.82mg		
<b>Carbohydrates</b>	17.64g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.76g		
<b>Protein</b>	0.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.93mg	<b>Iron</b>	0.88mg

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# Whole Fruit

NO IMAGE

<b>Servings:</b>	0.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3971
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	0 Each		322326
APPLE GALA 100CT MRKN	0 Piece		197718
PEAR 95-110CT MRKN	0 Piece		198056
BANANA TURNING SNGL 150CT 40 P/L	0 Each		197769

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.506
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	77.81
<b>Fat</b>	0.18g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.13mg
<b>Carbohydrates</b>	20.50g
<b>Fiber</b>	3.51g
<b>Sugar</b>	12.88g
<b>Protein</b>	0.84g
<b>Vitamin A</b> 80.01IU	<b>Vitamin C</b> 14.41mg
<b>Calcium</b> 16.19mg	<b>Iron</b> 0.23mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Garlic Breadstick



<b>Servings:</b>	50.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4029

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BREADSTICK CHS GARL 320CT	50 Each		761830

## Preparation Instructions

1. Break apart sticks.
2. Place on greased sheet pan 1/2 inch apart.
3. Let sticks rise until double to triple in size (overnight).
4. Bake in a preheated 325 degree (convection) oven for 7-10 minutes or until light golden brown. Remove from oven, remove sticks from pan to cool on wire rack.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	0.76mg

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## Nutrition - Per 100g

No 100g Conversion Available