

Cookbook for CORYDON ELEMENTARY

Created by HPS Menu Planner

Table of Contents

Chicken Sandwich

Beef Hot Dog

Steamed Broccoli

Pasta Salad

Side Salad

Pears

Whole Fruit

Chicken Sandwich



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4036

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 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.	327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	25 Each		641402

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 50.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	395.00
Fat	16.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	610.00mg
Carbohydrates	40.00g
Fiber	4.50g
Sugar	4.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Hot Dog



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4009
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	50 Each		417350
6" Whole Grain Rich Hot Dog Bun	50 Each		3709

Preparation Instructions

No Preparation Instructions available.

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: 50.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	17.50g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	690.00mg		
Carbohydrates	21.00g		
Fiber	0.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	8.89mg	Iron	0.77mg

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Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli



Servings:	25.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4026

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	17 1/2 Cup		732478

Preparation Instructions

1. Steam broccoli florets
2. Season appropriately
3. Serve in 1/2 cup portions

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.700
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	21.63		
Fat	0.21g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.00mg		
Carbohydrates	4.20g		
Fiber	1.68g		
Sugar	1.40g		
Protein	1.82g		
Vitamin A	396.85IU	Vitamin C	56.82mg
Calcium	29.94mg	Iron	0.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta Salad



Servings:	200.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34187

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	6 1/4 Pound		229951
SPICE PEPR BLK CRACKED 18Z TRDE	2 Teaspoon		516856
SPICE GARLIC POWDER 21Z TRDE	1 1/3 Tablespoon		224839
SUGAR BEET GRANUL 50 GCHC	1 3/4 Quart		224413
SPICE PARSLEY FLAKES 11Z TRDE	1 1/2 Tablespoon		513989
PEPPERS GREEN DCD 1/4 2-3 RSS	1 Pound		198331
ONION DCD 1/4 2-5 RSS	1 Pound		198307
TOMATO GRAPE SWT 10 MRKN	24 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	28 Cup		361510
BROCCOLI FLORET BITE SIZE 2-3 RSS	40 Cup		732451
DRESSING ITAL FF 4-1GAL PMLL	9 Cup		181262

Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

Dressing: Combine oil, vinegar, salt, pepper, garlic powder, sugar, parsley, and ground mustard in a small bowl. Stir well. Set aside for step 5.

Combine pasta, bell peppers, onions, tomatoes, cucumbers, and broccoli in a large bowl. Stir well. Set aside for step 5.

Pour 3 1/4 cups (about 1 lb 11 oz) dressing over 1 gal 3 qt (about 8 lb 10 oz) vegetable and pasta mixture. Stir well. Transfer 1 gal 2 qt (about 10 lb 6 oz) pasta salad to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) is the equivalent of 6.2 oz of salad. One portion provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/4 cup additional vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) is the equivalent of 6.2 oz of salad. One portion provides 5/8 cup vegetable and 1 serving grains/bread.

6: *Please note that this recipe contains differing crediting and serving size amounts. This is due to the expansion of the pasta once it has been cooked.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.51		
Fat	0.37g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.22mg		
Carbohydrates	20.72g		
Fiber	1.83g		
Sugar	9.47g		
Protein	2.52g		
Vitamin A	300.96IU	Vitamin C	19.40mg
Calcium	19.13mg	Iron	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

NO IMAGE

Servings:	0.000	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4324
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.750
RedVeg	0.002
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pears



Servings:	10.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD IN JCE 6-10 GCHC	2 1/2 Cup		610364
PEAR 95-110CT MRKN	5 Piece		198056

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: 10.000

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	86.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	22.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.18mg

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

Nutrition - Per 100g

Calories	76.28		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.88mg		
Carbohydrates	19.40g		
Fiber	3.53g		
Sugar	12.35g		
Protein	0.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.23mg	Iron	0.16mg

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

Whole Fruit

NO IMAGE

Servings:	0.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3971
School:	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

Meat	0.000
Grain	0.000
Fruit	0.506
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available