

Cookbook for CORYDON ELEMENTARY

Created by HPS Menu Planner

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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

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

Macaroni and Cheese



Servings:	0.000	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34540
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cold Water	0 Gallon		0000
PASTA ELBOW MACAR 51 WGRAIN 2-10	0 Ounce		229941
1% LOW FAT MILK - GALLON	0 Cup		1350
CHEESE CHED MLD SHRD 4-5 LOL	0 Cup		150250
BUTTER SPREAD 6-5 SMRT BAL	0 Tablespoon	READY_TO_EAT Ready to use.	684300

Preparation Instructions

Directions

To Prepare in Advance

1. Bring water to a boil in 22 quart stock pot.
2. Pour dry macaroni into boiling water and cook for 8 minutes.
3. Remove macaroni from boiling water and shock in ice water immediately. After 1 minute, drain the pasta. Critical Control Point (CCP): Hold macaroni at 41°F or lower.

To Prepare Cheese Sauce

1. On low heat, melt butter in 12 quart stock pot.
2. Slowly add flour to melted butter to make a roux. Cook roux over medium heat for 10 minutes. Remove roux from pot, set aside.
3. Pour milk into empty roux pot. Bring milk to simmer over medium heat.
4. Add kosher salt, white pepper, and granulated onion to simmering milk. Gently stir to mix well.
5. Add roux slowly to simmering milk, continue to stir well. Continue to cook roux and milk sauce on low heat until sauce thickens and is smooth.
6. Add parmesan cheese, stir until well blended.
7. Add shredded cheddar cheese, one½ cup at a time, stirring continuously until cheese melts and sauce is smooth.
8. Remove sauce from heat. Pour into one 12 inch by 20 inch by 2 inch pan to cool. CCP: If macaroni held for next day service, reduce temperature from 135°F to 70°F within 2 hours and from 70°F to 41°F or colder within an additional 4 hours.

To Prepare for Service

1. Mix cooked macaroni and cheese sauce in one 18 inch by 26 inch by 9 inch food container on the same day of service.
2. Portion ¾ cup of cheese sauce and macaroni mixture into individual ovenable trays.
3. Top each individual serving of macaroni and cheese with 2 tablespoons of shredded cheddar cheese. Hold in refrigerator. CCP: Hold macaroni and cheese in refrigerator at 41°F or lower.
4. Preheat convection oven 325°F or conventional oven 350°F. Cook for approximately 20 minutes. CCP: Heat macaroni and cheese to 165°F for at least 15 seconds.

CCP: Hold macaroni and cheese at 135°F or higher for service.

Serve one 9.5 ounce individual container of macaroni and cheese for each serving.

Nutritional Analysis

Calories, in K calories: 349

Carbohydrates, in grams: 21.8

Protein, in grams: 21.30

Saturated fat, in grams: 12.30

Trans fat, in grams: 0

Total fat, in grams: 19.80

Sodium, in milligrams: 604.60

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.75 Cup

Amount Per Serving

Calories	343.50
Fat	20.57g
SaturatedFat	12.75g
Trans Fat	0.00g
Cholesterol	61.88mg
Sodium	409.40mg
Carbohydrates	23.88g
Fiber	2.00g
Sugar	2.88g
Protein	16.50g
Vitamin A 1.25IU	Vitamin C 0.25mg
Calcium 406.81mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken



Servings:	0.000	Category:	Entree
Serving Size:	11.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34541
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	0 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 11.00 Each

Amount Per Serving			
Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	570.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	18.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Green Beans



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3990
School:	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

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: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Cherry Tomatoes



Servings:	1.000	Category:	Vegetable
Serving Size:	2.70 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34319
School:	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

Meat	0.000
Grain	0.000
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: 2.70 Ounce

Amount Per Serving

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

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Nutrition - Per 100g

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

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

Fresh Blueberries



Servings:	50.000	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23879

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY 12-1PT P/L	25 Cup		451690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.250
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 Cup

Amount Per Serving			
Calories	42.20		
Fat	0.25g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.75mg		
Carbohydrates	10.50g		
Fiber	1.80g		
Sugar	7.50g		
Protein	0.55g		
Vitamin A	39.96IU	Vitamin C	7.18mg
Calcium	4.44mg	Iron	0.21mg

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Nutrition - Per 100g

No 100g Conversion Available
