

Cookbook for CORYDON ELEMENTARY

Created by HPS Menu Planner

Table of Contents

Side Salad

Whole Fruit

Beef and Cheese Burrito

Meatball Sub

Baked Beans

Tomato and Cucumber Salad

Strawberries

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

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

Nutrition - Per 100g

No 100g Conversion Available

Beef and Cheese Burrito

NO IMAGE

Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23849

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	67 Ounce		100158
TORTILLA WHLWHE 8 12-12CT LABAND	50 Each		202986
CHEESE AMER SHRD R/F 4-5 LOL	12 1/2 Cup		861950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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	282.00
Fat	14.50g
SaturatedFat	6.50g
Trans Fat	1.00g
Cholesterol	41.00mg
Sodium	695.00mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 249.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub



Servings:	25.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4035

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	50 Ounce		852759
MEATBALL CKD .65Z 6-5 COMM	100 Each		785860
6" Whole Grain Hot Dog Bun	25 Each	READY_TO_EAT	3709

Preparation Instructions

1. Place meatballs and sauce in steam table pan
2. Cook until meatball internal temp reaches 165F
3. Portion 4 meatballs in each hot dog bun
4. Hot Hold meatballs at 135 or above

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	287.33
Fat	10.50g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	639.33mg
Carbohydrates	31.00g
Fiber	4.67g
Sugar	8.33g
Protein	17.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.67mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



Servings:	2.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GCHC	1 Cup		118826
ONION SLCD 3/16 2-5 RSS	1 Ounce		591122
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 Tablespoon		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Teaspoon		860221
SUGAR BROWN LT 12-2 P/L	1 Ounce		860311

Preparation Instructions

Directions:

In each 4" deep sprayed serving pan

2 #10 pork & beans

1 cup frozen diced onions

1.5 cups ketchup

1/2 cup yellow mustard

1.5 cups brown sugar

Place in oven

Bake till sauce thickens and temp is reached

CCP: Heat to 165° F or higher for at least 15 seconds

Place in holding area till serving

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

Notes:

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	152.50
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	500.00mg
Carbohydrates	31.00g
Fiber	5.00g
Sugar	11.50g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 53.50mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato and Cucumber Salad

user-image or type unknown

Servings:	50.000	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33907

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	12 1/2 Cup	Halve or leave whole depending on size	129631
CUCUMBER SELECT 24CT MRKN	12 1/2 Cup	Quarter and dice cucumbers	418439
DRESSING ITAL FF 4-1GAL KENS	3 1/2 Cup		188875

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: 50.000

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	18.45
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	276.90mg
Carbohydrates	3.93g
Fiber	0.63g
Sugar	2.62g
Protein	0.48g
Vitamin A 388.50IU	Vitamin C 6.53mg
Calcium 6.58mg	Iron 0.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries



Servings:	50.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4328
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	12 1/2 Cup		621420
STRAWBERRY 8 MRKN	12 1/2 Cup		212768

Preparation Instructions

Serve in half cup portions

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.278
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 Cup

Amount Per Serving

Calories	14.77		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.07mg		
Carbohydrates	3.81g		
Fiber	0.89g		
Sugar	1.83g		
Protein	0.30g		
Vitamin A	0.85IU	Vitamin C	4.17mg
Calcium	1.13mg	Iron	0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available