

Cookbook for CORYDON ELEMENTARY

Created by HPS Menu Planner

Table of Contents

Side Salad

Whole Fruit

Pizza Onsite

Chicken Nuggets w Pretzel

Corn

Grapes

Whole Grain Cookie

Xtra Rich Mashed Potatoes

Side Salad

NO IMAGE

Servings:	50.000	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	75 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/10 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: 50.000

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:	50.000	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	12 1/2 Each		322326
APPLE GALA 100CT MRKN	12 1/2 Piece		197718
PEAR 95-110CT MRKN	12 1/2 Piece		198056
BANANA TURNING SNGL 150CT 40 P/L	12 1/2 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: 50.000

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

Pizza Onsite

NO IMAGE

Servings:	50.000	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 12X16 16-17Z	6 1/4 Each		683502
CHEESE MOZZ SHRD 4-5 LOL	25 Cup		645170
SAUCE MARINARA 6-10 REDPK	9 3/8 Cup	READY_TO_EAT None	502181

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 Slice

Amount Per Serving

Calories	352.21
Fat	16.02g
SaturatedFat	7.58g
Trans Fat	0.04g
Cholesterol	30.00mg
Sodium	664.76mg
Carbohydrates	30.75g
Fiber	3.06g
Sugar	6.17g
Protein	19.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 440.28mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets w Pretzel



Servings:	50.000	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30252

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	125 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.	281831
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	50 Each		607122
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	125 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

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: 5.00 Each

Amount Per Serving

Calories	290.00
Fat	12.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	520.00mg
Carbohydrates	28.50g
Fiber	3.50g
Sugar	0.50g
Protein	16.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.00mg	Iron 2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3989
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, No Salt Added, Frozen	25 Cup		100348
BUTTER SPREAD 6-5 SMRT BAL	16 Tablespoon	READY_TO_EAT Ready to use.	684300

Preparation Instructions

1. Heat in deep steam table pans until corn is soft.
2. Season with pepper.

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: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	99.00		
Fat	4.52g		
SaturatedFat	1.12g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.80mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.13mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grapes



Servings:	50.000	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	40 Cup		197831

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	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Cup

Amount Per Serving

Calories	90.03		
Fat	0.43g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.67mg		
Carbohydrates	23.47g		
Fiber	1.17g		
Sugar	21.33g		
Protein	0.85g		
Vitamin A	134.40IU	Vitamin C	5.38mg
Calcium	18.82mg	Iron	0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cookie



Servings:	50.000	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4164

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY M&M WGRAIN 240-1Z GCHC	25 Each		650030
COOKIE CHOC CHP WGRAIN IW 120-1Z GCHC	25 Each		543131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
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	100.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	107.50mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	9.50g		
Protein	1.00g		
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	17.50mg	Iron	0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Xtra Rich Mashed Potatoes



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	35 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
BUTTER SPREAD 6-5 SMRT BAL	0 Tablespoon	READY_TO_EAT Ready to use.	684300
Cold Water	1600 Cup		0000

Preparation Instructions

STEP 1) POUR 2 GALLONS BOILING WATER INTO A MIXING BOWL.

STEP 2) ADD 1 CARTON POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES WHILE STIRRING CONSTANTLY WITH A WHISK.

STEP 3) TRANSFER POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND SERVE.

4) RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

Season with Smart Balance (1.5 cup per 6" deep half size steam table pan) and pepper (to taste).

1/2 cup portions

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: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	69.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	15.00g		
Fiber	0.80g		
Sugar	0.00g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.73mg	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