

Cookbook for CORYDON ELEMENTARY

Created by HPS Menu Planner

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Beefy Nacho Grande



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4147

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	0 Pound		100158
CHIP TORTL RND YEL 5-1.5 KE	80 Ounce		163020
SEASONING TACO MIX 2-5 GRSZ	1/4 Cup		427446
MILK WHT FF 9-.5GAL RGNLBRND	1 Quart		205117
SAUCE CHS CHED 6-5 JTM	50 Ounce		271081
85/15 Ground Beef, Frozen	8 2/5 Pound		100158

Preparation Instructions

1. Brown ground beef. Drain. Continue immediately.
2. Add seasoning. Mix.
3. Add milk to ground beef mixture. Stir frequently over medium heat. Stir frequently over medium heat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
4. To maintain best consistency, serve immediately or hold hot.
5. Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately cup) tortilla chips.
6. Top with ground beef and cheese sauce* on the serving line.

*Dilute cheese sauce with milk to maintain fluid consistency

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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	424.63
Fat	23.63g
SaturatedFat	7.34g
Trans Fat	2.01g
Cholesterol	67.94mg
Sodium	458.13mg
Carbohydrates	34.46g
Fiber	3.20g
Sugar	1.51g
Protein	21.73g
Vitamin A 213.19IU	Vitamin C 0.00mg
Calcium 188.11mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pork Sub



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15661

Ingredients

Description	Measurement	Prep Instructions	DistPart #
5" Whole Grain Rich Hoagie Bun	50 bun		3737
PORK PULLED BBQ LO SOD 4-5 BROOKWD	200 Ounce		498702

Preparation Instructions

1. Combine BBQ sauce and chicken in 4" deep full sheet pan.
2. Heat until internal temperature reaches 165F. Combi Oven: Do not cover and use heat and steam setting.
Convection Oven: Cover

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	390.00		
Fat	9.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	510.00mg		
Carbohydrates	44.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Black Beans



Servings:	50.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK 6-10 FURMANO	25 Cup	READY_TO_EAT Ingredient	653560

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: 4.00 Ounce

Amount Per Serving

Calories	130.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	276.30mg		
Carbohydrates	23.00g		
Fiber	6.00g		
Sugar	1.00g		
Protein	6.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.34mg	Iron	2.00mg

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

Nutrition - Per 100g

Calories	114.64		
Fat	0.35g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	243.65mg		
Carbohydrates	20.28g		
Fiber	5.29g		
Sugar	0.88g		
Protein	5.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.93mg	Iron	1.76mg

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

Sweet Mini Peppers



Servings:	50.000	Category:	Vegetable
Serving Size:	5.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34198

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI 20 P/L	300 Each		667582

Preparation Instructions

1. Rinse peppers
2. Bag 3-4 peppers per bag using the ekon-o-pac system

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: 50.000

Serving Size: 5.00 Each

Amount Per Serving

Calories	34.29		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	8.00g		
Fiber	3.43g		
Sugar	4.57g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.86mg	Iron	0.41mg

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Nutrition - Per 100g

No 100g Conversion Available

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

Melon Cubes



Servings:	50.000	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS 2CT P/L	16 3/5 Cup		326089
MELON MUSK CANTALOUPE 12CT P/L	16 3/5 Cup		200565
MELON HNYDEW 5-6CT/AVG P/L	32 Ounce		197904

Preparation Instructions

1/2 cup serving size

Watermelon, cantaloupe, honeydew melon 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: 50.000

Serving Size: 1.00 Cup

Amount Per Serving

Calories	38.80
Fat	0.07g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.67mg
Carbohydrates	9.90g
Fiber	0.64g
Sugar	8.80g
Protein	0.63g
Vitamin A 287.14IU	Vitamin C 171.41mg
Calcium 7.92mg	Iron 0.12mg

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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