

Cookbook for CORYDON ELEMENTARY

Created by HPS Menu Planner

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Cook's Choice

NO IMAGE

Servings:	50.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34197

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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 Serving

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Fish Sticks w Pretzel



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	200 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
PRETZEL SFT PREBKD WGRAIN 200- 1Z J&J	50 Each	Oven: Preheat to 350-400 degrees F. Lightly mist soft pretzels with water, then sprinkle with salt if desired. Bake for 3-5 minutes. Microwave: Lightly mist frozen soft pretzels with water, sprinkle salt, and microwave on high for 20-40 seconds. Heating times and temperatures may vary.	607122

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	290.00		
Fat	9.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	500.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.02mg

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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

Sliced Cucumbers



Servings:	50.000	Category:	Vegetable
Serving Size:	2.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15757

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	25 Cup		418439

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	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 2.50 Ounce

Amount Per Serving			
Calories	3.90		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	1.00g		
Fiber	0.15g		
Sugar	0.50g		
Protein	0.15g		
Vitamin A	27.30IU	Vitamin C	0.73mg
Calcium	4.16mg	Iron	0.08mg

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

Nutrition - Per 100g

Calories	5.50		
Fat	0.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.71mg		
Carbohydrates	1.41g		
Fiber	0.21g		
Sugar	0.71g		
Protein	0.21g		
Vitamin A	38.52IU	Vitamin C	1.03mg
Calcium	5.87mg	Iron	0.11mg

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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

Apple Sliced with Caramel



Servings:	50.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4105

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	50 Package	BAKE	473171
CARAMEL DIP L/F CUP 200-1Z LTHSE	50 Ounce	READY_TO_EAT Open, pour and enjoy!	450430

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: 50.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.00mg
Carbohydrates	25.00g
Fiber	1.00g
Sugar	21.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 43.00mg	Iron 0.00mg

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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

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Nutrition - Per 100g

No 100g Conversion Available

Cottage Cheese

NO IMAGE

Servings:	1.000	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	1/2 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.130
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: 1.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	60.00
Fat	1.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	400.00mg
Carbohydrates	5.00g
Fiber	0.00g
Sugar	4.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available
