

Cookbook for CORYDON ELEMENTARY

Created by HPS Menu Planner

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Chicken Alfredo w Goldfish Crackers



Servings:	50.000	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23847

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	91 1/2 Ounce		155661
PASTA PENNE RIGATE 51 WGRAIN 2-10	50 Ounce		221482
CRACKER GLDFSH CHED WGRAIN 300-.75Z	50 2/3 Package		736280
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	50 Ounce	UNSPECIFIED Not currently available	570533

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING

Meal Components (SLE)

Amount Per Serving

Meat	2.150
Grain	2.013
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: 0.75 Cup

Amount Per Serving

Calories	331.67
Fat	11.31g
SaturatedFat	4.21g
Trans Fat	0.03g
Cholesterol	36.33mg
Sodium	592.47mg
Carbohydrates	39.02g
Fiber	2.00g
Sugar	4.50g
Protein	17.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 215.27mg	Iron 1.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4023

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SPREAD 6-5 SMRT BAL	12 Tablespoon	READY_TO_EAT Ready to use.	684300
24 oz. Whole Grain Rich Sandwich Bread	100 Slice		1292
CHEESE AMER 160CT SLCD R/F 6-5 LOL	200 Slice		722360

Preparation Instructions

1. Spray full sheet tray with pan spray
2. Melt butter spread and brush lightly onto 1 side of bread slices. Lay butter spread side down on full sheet tray.
3. Add 4 slices (2 oz) cheese onto each slice of bread
4. Place top bread slice on top of cheese
5. Lightly brush with melted butter spread
6. BAKE at 350F until golden brown with cheese melted or until internal temp reaches 165F

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	304.00
Fat	12.64g
SaturatedFat	5.84g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1021.60mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 392.10mg	Iron 8.00mg

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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

Tomato Soup



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4025

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HNZ	102 Ounce		102008
SPICE BASIL GRND 12Z TRDE	2 Tablespoon		513636
TOMATO DCD PETITE 6-10 GCHC	2 #10 CAN		498871

Preparation Instructions

1. Mix condensed soup, 1/2 can of water, diced tomatoes, and basil together
2. Heat to 190F

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.517
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	46.27		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	306.09mg		
Carbohydrates	10.02g		
Fiber	1.29g		
Sugar	5.91g		
Protein	1.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.47mg

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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

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Nutrition - Per 100g

No 100g Conversion Available

Banana



Servings:	50.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34298

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	50 Each		200999

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	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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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