

# **Cookbook for CORYDON ELEMENTARY**

**Created by HPS Menu Planner**

# Table of Contents

**Soft Taco**

**Breaded Mozzarella Sticks**

**Baked Beans**

**Tomato and Cucumer Salad**

**Side Salad**

**Kiwi Slices**

**Whole Fruit**

# Soft Taco



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4043

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	67 Ounce		100158
SEASONING TACO MIX 2-5 GRSZ	5/8 Cup		427446
Cheese, Cheddar Reduced fat, Shredded	50 Ounce		100012
TORTILLA WHLWHE 8 12-12CT LABAND	50 Each		202986

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	296.03
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	46.00mg
<b>Sodium</b>	554.04mg
<b>Carbohydrates</b>	23.81g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 55.81mg	<b>Iron</b> 1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breaded Mozzarella Sticks



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23845

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	300 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	8.000
<b>Grain</b>	8.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 6.00 Each

### Amount Per Serving

<b>Calories</b>	309.40
<b>Fat</b>	11.40g
<b>SaturatedFat</b>	3.60g
<b>Trans Fat</b>	0.24g
<b>Cholesterol</b>	16.00mg
<b>Sodium</b>	531.60mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	3.20g
<b>Sugar</b>	2.00g
<b>Protein</b>	19.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 519.46mg	<b>Iron</b> 1.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans



<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7121

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GCHC	25 Cup		118826
ONION SLCD 3/16 2-5 RSS	25 Ounce		591122
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	25 Tablespoon		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	25 Teaspoon		860221
SUGAR BROWN LT 12-2 P/L	25 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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	152.50
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	11.50g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 53.50mg	<b>Iron</b> 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 Cucumer Salad

user-image or type unknown

<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Cup

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Side Salad

NO IMAGE

<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4324
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.002
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	15.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.02mg		
<b>Carbohydrates</b>	3.01g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	1.51g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	3.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	24.04mg	<b>Iron</b>	0.54mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Kiwi Slices

NO IMAGE

<b>Servings:</b>	50.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.50 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34044

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KIWI 33-39CT P/L	100 Each		287008

## Preparation Instructions

1. Wash kiwi
2. Slice/quarter
3. 2 kiwi = 1/2 cup fruit

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.50 Each

### Amount Per Serving

<b>Calories</b>	100.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 144.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 0.72mg

\*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

<b>Servings:</b>	50.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3971
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.506
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	77.81
<b>Fat</b>	0.18g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.13mg
<b>Carbohydrates</b>	20.50g
<b>Fiber</b>	3.51g
<b>Sugar</b>	12.88g
<b>Protein</b>	0.84g
<b>Vitamin A</b> 80.01IU	<b>Vitamin C</b> 14.41mg
<b>Calcium</b> 16.19mg	<b>Iron</b> 0.23mg

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

## Nutrition - Per 100g

No 100g Conversion Available