

# **Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Buffalo Chicken Bites



|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.000                                | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 12.00 Each                            | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-15752          |
| <b>School:</b>       | SOUTH CENTRAL<br>JR/SR HIGH<br>SCHOOL |                       |                  |

## Ingredients

| Description                           | Measurement | Prep Instructions  | DistPart # |
|---------------------------------------|-------------|--|------------|
| CHIX BRST CHNK BRD SRIRACHA<br>4-7.12 | 600 Each    | <b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>From Frozen:<br>1. Preheat oven to 375°F.<br>2. Arrange pieces in a single layer on a<br>baking sheet.<br>3. Heat in oven for 12-15 minutes. | 750892     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 4.000 |
| <b>Grain</b>    | 2.000 |
| <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: 12.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 570.00                  |
| <b>Fat</b>              | 27.00g                  |
| <b>SaturatedFat</b>     | 4.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 105.00mg                |
| <b>Sodium</b>           | 750.00mg                |
| <b>Carbohydrates</b>    | 42.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 6.00g                   |
| <b>Protein</b>          | 45.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 30.00mg  | <b>Iron</b> 3.00mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger



|                      |                       |                       |                  |
|----------------------|-----------------------|-----------------------|------------------|
| <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-3987           |
| <b>School:</b>       | CORYDON<br>ELEMENTARY |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions        | DistPart # |
|------------------------------------|-------------|--------------------------|------------|
| 4" Wg Rich Hamburger Bun           | 50 bun      | BAKE<br>Toast if desired | 3474       |
| Beef, Fine Ground 85/15, Frozen    | 150 Ounce   |                          | 100158     |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 50 Slice    |                          | 722360     |

## Preparation Instructions

- Prep
1. Pull frozen beef loaves to refrigerator to thaw for approximately 24 hours
  2. Slice partially thawed loaves on slicer; #14 setting
  3. Tray 24 patties per full sheet pan to freeze or bake
- Day of Prep
1. Bake patties to internal temp of 165F
  2. Hot hold at 135 or above in steam table pans with beef broth
- Service
1. Build burger between serve rounds - bottom bun, burger patty, cheese slice, top bun
  2. Place burgers in steam table pan with parchment paper between layers - Rotate/restack burgers between rounds
  3. Hold at 135 or above

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.500 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.010 |
| <b>RedVeg</b>   | 0.005 |
| <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>         | 358.58                  |
| <b>Fat</b>              | 17.43g                  |
| <b>SaturatedFat</b>     | 5.73g                   |
| <b>Trans Fat</b>        | 2.24g                   |
| <b>Cholesterol</b>      | 65.71mg                 |
| <b>Sodium</b>           | 495.97mg                |
| <b>Carbohydrates</b>    | 26.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 3.50g                   |
| <b>Protein</b>          | 24.17g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 102.00mg | <b>Iron</b> 8.00mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Seasoned LS Fries



|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.000     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 2.40 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-23891          |

## Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| FRIES 1/2 S/C XLNG SKN-<br>ON SEAS 6-5 | 120 Ounce   | BAKE<br>PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A<br>SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR<br>18 TO 22 MINUTES.<br>CONVECTION<br>PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES<br>EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14<br>MINUTES, TURNING ONCE FOR UNIFORM COOKING. | 230962     |

## 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> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.500 |

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 2.40 Ounce

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 120.00   |                  |        |
| <b>Fat</b>           | 4.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.40g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 136.00mg |                  |        |
| <b>Carbohydrates</b> | 20.00g   |                  |        |
| <b>Fiber</b>         | 1.60g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 1.60g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.58mg |

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## Nutrition - Per 100g

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 176.37   |                  |        |
| <b>Fat</b>           | 5.88g    |                  |        |
| <b>SaturatedFat</b>  | 0.59g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 199.89mg |                  |        |
| <b>Carbohydrates</b> | 29.39g   |                  |        |
| <b>Fiber</b>         | 2.35g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.35g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.85mg |

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# Broccoli and Cheese



|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <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-15747          |

## Ingredients

| Description                           | Measurement   | Prep Instructions             | DistPart # |
|---------------------------------------|---------------|-------------------------------|------------|
| BROCCOLI FLORET REG CUT 4-3 RSS       | 35 Cup        |                               | 732478     |
| Cheese, Cheddar Reduced fat, Shredded | 50 Ounce      |                               | 100012     |
| BUTTER SPREAD 6-5 SMRT BAL            | 24 Tablespoon | READY_TO_EAT<br>Ready to use. | 684300     |

## Preparation Instructions

1. Steam broccoli florets with Smart Balance Spread
2. Season appropriately and add shredded cheese
3. Steam until cheese is melted

4. Serve in 1/2 cup portion

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.700 |
| <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: 0.50 Cup

#### Amount Per Serving

|                           |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 149.63                   |
| <b>Fat</b>                | 11.49g                   |
| <b>SaturatedFat</b>       | 5.75g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 20.00mg                  |
| <b>Sodium</b>             | 264.20mg                 |
| <b>Carbohydrates</b>      | 5.20g                    |
| <b>Fiber</b>              | 1.68g                    |
| <b>Sugar</b>              | 1.40g                    |
| <b>Protein</b>            | 8.82g                    |
| <b>Vitamin A</b> 396.85IU | <b>Vitamin C</b> 56.82mg |
| <b>Calcium</b> 30.13mg    | <b>Iron</b> 0.46mg       |

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### 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      |

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### 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<br>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 |

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## 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        |

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## Nutrition - Per 100g

No 100g Conversion Available

# Peaches



|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <b>Servings:</b>     | 50.000   | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-3986  |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| PEACH SLCD IN JCE 6-10 GCHC | 25 Cup      |                   | 610267     |

## 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>    | 0.500 |
| <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: 0.50 Cup

### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 50.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 12.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 10.00g |                  |        |
| <b>Protein</b>       | 1.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 9.00mg | <b>Iron</b>      | 0.00mg |

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## 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<br>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       |

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## Nutrition - Per 100g

No 100g Conversion Available