

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Breaded Chicken Drumsticks w Roll

Baked Beans

Steamed Carrots

Potato Salad

Side Salad

Grapes

Mixed Fruit

Whole Fruit

Pot Stickers

Breaded Chicken Drumsticks w Roll



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 50.000 | Category: | Entree |
| Serving Size: | 2.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15773 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIX DRMSTX BRD WGRAIN CKD 4-7.4 | 100 Piece | <p>BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> | 603391 |
| Whole Grain Rich Clustered Pan Rolls | 50 roll | <p>BAKE Toast to desired color</p> | 3920 |

Preparation Instructions

1. Place poppers in single layer in full sheet tray
2. BAKE at 350F for 7-8 minutes or until golden brown
3. Serve 2 drumsticks and 1 ounce roll together

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 4.000 |
| Grain | 2.750 |
| 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: 2.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 480.00 |
| Fat | 26.50g |
| SaturatedFat | 6.00g |
| Trans Fat | 0.00g |
| Cholesterol | 120.00mg |
| Sodium | 1127.50mg |
| Carbohydrates | 19.50g |
| Fiber | 2.50g |
| Sugar | 1.00g |
| Protein | 39.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 4.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



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

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 152.50 |
| Fat | 1.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 500.00mg |
| Carbohydrates | 31.00g |
| Fiber | 5.00g |
| Sugar | 11.50g |
| Protein | 7.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 53.50mg | Iron 2.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Carrots



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 50.000 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-4066 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| CARROT BABY WHL PETITE 4-5 RSS | 130 Ounce | | 768146 |
| SEASONING GARDEN NO SALT 19Z TRDE | 2 Teaspoon | | 565148 |

Preparation Instructions

1. Steam carrots
2. Season appropriately
3. Serve in 1/2 cup portions

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: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 30.04 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 50.84mg | | |
| Carbohydrates | 7.09g | | |
| Fiber | 2.31g | | |
| Sugar | 3.47g | | |
| Protein | 0.58g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 23.11mg | 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

Potato Salad



| | | | |
|----------------------|----------|-----------------------|-----------|
| Servings: | 50.000 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-15652 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| SALAD POT RED CHUNKY 2-5 GCHC | 12 1/2 Cup | | 781371 |
| SALAD POT AMERICAN 10 GCHC | 12 1/2 Cup | | 273163 |

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 | 0.190 |

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 196.67 | | |
| Fat | 12.33g | | |
| SaturatedFat | 1.83g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 6.67mg | | |
| Sodium | 278.33mg | | |
| Carbohydrates | 19.83g | | |
| Fiber | 1.33g | | |
| Sugar | 5.83g | | |
| Protein | 1.67g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 6.67mg | 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

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

Grapes



| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 50.000 | Category: | Fruit |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-15694 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| GRAPES RED SDLSS 18AVG MRKN | 40 Cup | | 197831 |

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: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 90.03 | | |
| Fat | 0.43g | | |
| SaturatedFat | 0.11g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.67mg | | |
| Carbohydrates | 23.47g | | |
| Fiber | 1.17g | | |
| Sugar | 21.33g | | |
| Protein | 0.85g | | |
| Vitamin A | 134.40IU | Vitamin C | 5.38mg |
| Calcium | 18.82mg | Iron | 0.39mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Fruit



| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 50.000 | Category: | Fruit |
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-4071 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| FRUIT COCKTAIL XL/S 6-10 GCHC | 25 Cup | | 225304 |

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: 4.00 Ounce

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 60.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 16.00g | | |
| Fiber | 1.00g | | |
| Sugar | 13.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 52.91 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 14.11g | | |
| Fiber | 0.88g | | |
| Sugar | 11.46g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 3.53mg | Iron | 0.00mg |

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

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

Pot Stickers



| | | | |
|----------------------|---------------------------------------|-----------------------|------------------|
| Servings: | 50.000 | Category: | Entree |
| Serving Size: | 6.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-35169 |
| School: | SOUTH CENTRAL JR/SR HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| APTZR POTSTKR CHIX VEG WGRAIN 8- 2.5 | 300 Each | For food safety and quality, heat before eating to an internal temperature of 165 degree F. Pan-Sear: Heat a large nonstick skillet pan over high heat then add 2oz of water to coat. Add 12-14 frozen dumplings then cover and cook for 2-3 minutes or until most water is absorbed. Reduce heat to medium, then add 0.5 oz of oil. Cover and let simmer for approximately 3-4 minutes or until golden brown. Deep-Fry: Pre-heat oil to 350 degrees F, place 12-14 frozen dumplings into a fryer basket. Immerse for 4-5 minutes or until golden brown. Periodically shaking baskets during cook time to prevent dumplings from sticking together. Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Steam dumplings uncovered for 8 minutes or until cooked through. Boil(soup): Add frozen dumplings into boiling water. Cover and boil over high heat 3 minutes or until dumplings float on top. Reduce heat and simmer 2 minutes. Convection Oven-low fan: Preheat oven to 350 degrees F. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Add 1 cup of water. Cover with foil and bake 20 minutes or until cooked through. Let stand 2 minutes before serving. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion. | 640331 |

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: 6.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 180.00 | | |
| Fat | 5.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 410.00mg | | |
| Carbohydrates | 23.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 13.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 25.90mg | Iron | 2.20mg |

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

Nutrition - Per 100g

No 100g Conversion Available