

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

**Created by HPS Menu Planner**

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# Pepperoni Calzone



<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-4103

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE PEPP & CHS 24-6Z ALB	50 Each		671568

## Preparation Instructions

FULLY PREPARED.

HEAT IN OVEN @ 350\* FOR 10-12 MIN

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<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>	410.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	830.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 237.00mg	<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

# Crispy Chicken Wrap



<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-15748

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	100 Piece		533830
TORTILLA FLOUR 10 ULTRGR 12- 12CT	50 Each	STEAM PREPERATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	690141
TOMATO ROMA DCD 3/8 2-5 RSS	1 Cup		786543
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	50 Ounce	READY_TO_EAT	100018

## Preparation Instructions

1. Place frozen tenders in a single layer on a parchment lined baking sheet.
2. Heat for 7-10 minutes uncovered at 375 F NO STEAM, medium to low fan speed.
3. Fill tortilla shells with lettuce, diced tomatoes, 2 slices commodity cheese, and 2 chicken tenders; then wrap

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.007
<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>	400.10
<b>Fat</b>	19.50g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	37.02g
<b>Fiber</b>	4.01g
<b>Sugar</b>	4.01g
<b>Protein</b>	20.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.06mg	<b>Iron</b> 2.80mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Corn



<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-3989
<b>School:</b>	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

<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: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	99.00		
<b>Fat</b>	4.52g		
<b>SaturatedFat</b>	1.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	29.80mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.13mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Creamy Coleslaw



<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4042

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	80 Cup		198226
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	2 Tablespoon		629640
JUICE LEMON 8-48FLZ RLLEM	3 Tablespoon		864061
DRESSING SALAD LT 4-1GAL GCHC	1 Cup		429422
SUGAR BEET GRANUL 25 GCHC	4 Tablespoon		108588
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061

## 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>	0.267
<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>	41.68		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.20mg		
<b>Sodium</b>	50.13mg		
<b>Carbohydrates</b>	7.25g		
<b>Fiber</b>	2.13g		
<b>Sugar</b>	4.80g		
<b>Protein</b>	1.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.33mg	<b>Iron</b>	0.00mg

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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 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

# Orange Slices



<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>	Lunch	<b>Recipe ID:</b>	R-23883

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	50 Each		198013

## 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: 1.00 Each

### Amount Per Serving

<b>Calories</b>	40.45		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.85mg		
<b>Carbohydrates</b>	10.50g		
<b>Fiber</b>	1.80g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	0.75g		
<b>Vitamin A</b>	203.78IU	<b>Vitamin C</b>	48.76mg
<b>Calcium</b>	35.48mg	<b>Iron</b>	0.11mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Applesauce Cup



<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>	Lunch	<b>Recipe ID:</b>	R-4027

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Applesauce, Unsweetened, Cups	50 Each		110361

## 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: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	51.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 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

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## Nutrition - Per 100g

No 100g Conversion Available