

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

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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

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

Nutrition - Per 100g

No 100g Conversion Available

Fillet of Fish Sandwich



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Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4315

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	50 bun		3474
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	50 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15-17 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	643142

Preparation Instructions

Bake: 350 F for 11-14 minutes

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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	310.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	500.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	9.00mg

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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

Celery Sticks with Peanut Butter



Servings:	50.000	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	50 Cup		781592
PEANUT BUTTER CUP 100-1.1Z	50 Each	READY_TO_EAT Ready to Eat: Best if thawed at room temperature or in refrigerator overnight prior to eating.	651890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00
Fat	15.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	14.00g
Fiber	6.00g
Sugar	7.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.72mg

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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

Strawberries



Servings:	50.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4328
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	12 1/2 Cup		621420
STRAWBERRY 8 MRKN	12 1/2 Cup		212768

Preparation Instructions

Serve in half cup portions

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.278
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	14.77		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.07mg		
Carbohydrates	3.81g		
Fiber	0.89g		
Sugar	1.83g		
Protein	0.30g		
Vitamin A	0.85IU	Vitamin C	4.17mg
Calcium	1.13mg	Iron	0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pineapple



Servings:	50.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4038

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	12 1/2 Cup	READY_TO_EAT Ready to Eat	509221
PINEAPPLE GLDN 6-7CT P/L	12 1/2 Cup		728489

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	54.38		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	13.00g		
Fiber	1.05g		
Sugar	11.25g		
Protein	0.70g		
Vitamin A	22.48IU	Vitamin C	18.52mg
Calcium	5.04mg	Iron	0.31mg

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

Nutrition - Per 100g

Calories	47.95		
Fat	0.04g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.35mg		
Carbohydrates	11.46g		
Fiber	0.93g		
Sugar	9.92g		
Protein	0.62g		
Vitamin A	19.82IU	Vitamin C	16.33mg
Calcium	4.44mg	Iron	0.28mg

*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

Macaroni and Cheese



Servings:	50.000	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34540
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cold Water	3 Gallon		0000
PASTA ELBOW MACAR 51 WGRAIN 2-10	50 Ounce		229941
1% LOW FAT MILK - GALLON	6 1/4 Cup		1350
CHEESE CHED MLD SHRD 4-5 LOL	25 Cup		150250
BUTTER SPREAD 6-5 SMRT BAL	8 Tablespoon	READY_TO_EAT Ready to use.	684300

Preparation Instructions

Directions

To Prepare in Advance

1. Bring water to a boil in 22 quart stock pot.
2. Pour dry macaroni into boiling water and cook for 8 minutes.
3. Remove macaroni from boiling water and shock in ice water immediately. After 1 minute, drain the pasta. Critical Control Point (CCP): Hold macaroni at 41°F or lower.

To Prepare Cheese Sauce

1. On low heat, melt butter in 12 quart stock pot.
2. Slowly add flour to melted butter to make a roux. Cook roux over medium heat for 10 minutes. Remove roux from pot, set aside.
3. Pour milk into empty roux pot. Bring milk to simmer over medium heat.
4. Add kosher salt, white pepper, and granulated onion to simmering milk. Gently stir to mix well.
5. Add roux slowly to simmering milk, continue to stir well. Continue to cook roux and milk sauce on low heat until sauce thickens and is smooth.
6. Add parmesan cheese, stir until well blended.
7. Add shredded cheddar cheese, one½ cup at a time, stirring continuously until cheese melts and sauce is smooth.
8. Remove sauce from heat. Pour into one 12 inch by 20 inch by 2 inch pan to cool. CCP: If macaroni held for next day service, reduce temperature from 135°F to 70°F within 2 hours and from 70°F to 41°F or colder within an additional 4 hours.

To Prepare for Service

1. Mix cooked macaroni and cheese sauce in one 18 inch by 26 inch by 9 inch food container on the same day of service.
2. Portion ¾ cup of cheese sauce and macaroni mixture into individual ovenable trays.
3. Top each individual serving of macaroni and cheese with 2 tablespoons of shredded cheddar cheese. Hold in refrigerator. CCP: Hold macaroni and cheese in refrigerator at 41°F or lower.
4. Preheat convection oven 325°F or conventional oven 350°F. Cook for approximately 20 minutes. CCP: Heat macaroni and cheese to 165°F for at least 15 seconds.

CCP: Hold macaroni and cheese at 135°F or higher for service.

Serve one 9.5 ounce individual container of macaroni and cheese for each serving.

Nutritional Analysis

Calories, in K calories: 349

Carbohydrates, in grams: 21.8

Protein, in grams: 21.30

Saturated fat, in grams: 12.30

Trans fat, in grams: 0

Total fat, in grams: 19.80

Sodium, in milligrams: 604.60

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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: 0.75 Cup

Amount Per Serving

Calories	343.50
Fat	20.57g
SaturatedFat	12.75g
Trans Fat	0.00g
Cholesterol	61.88mg
Sodium	409.40mg
Carbohydrates	23.88g
Fiber	2.00g
Sugar	2.88g
Protein	16.50g
Vitamin A 1.25IU	Vitamin C 0.25mg
Calcium 406.81mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available