

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

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Beef and Cheese Burrito

NO IMAGE

Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23849

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	67 Ounce		100158
TORTILLA WHLWHE 8 12-12CT LABAND	50 Each		202986
CHEESE AMER SHRD R/F 4-5 LOL	12 1/2 Cup		861950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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	282.00
Fat	14.50g
SaturatedFat	6.50g
Trans Fat	1.00g
Cholesterol	41.00mg
Sodium	695.00mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 249.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	50 Each		231771

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	0.130
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	300.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	670.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Refried Beans



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7129

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	200 Ounce	BAKE Open can and heat according to recipe or instructions on can	100362
SEASONING TACO MIX 2-5 GRSZ	1/2 Cup		427446
MILK WHT 2 4-1GAL RGNLBRND	8 Fluid Ounce		504602

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	4.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	903.20		
Fat	0.75g		
SaturatedFat	0.46g		
Trans Fat	0.00g		
Cholesterol	3.20mg		
Sodium	1242.80mg		
Carbohydrates	162.56g		
Fiber	40.00g		
Sugar	8.00g		
Protein	57.36g		
Vitamin A	79.97IU	Vitamin C	0.39mg
Calcium	50.82mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Red Bell Peppers



Servings:	50.000	Category:	Vegetable
Serving Size:	1.75 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15756

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED 5 P/L	25 Cup		597082

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.75 Ounce

Amount Per Serving

Calories	19.00
Fat	0.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.40mg
Carbohydrates	5.00g
Fiber	0.80g
Sugar	3.00g
Protein	0.60g
Vitamin A 1999.88IU	Vitamin C 116.28mg
Calcium 6.12mg	Iron 0.31mg

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

Nutrition - Per 100g

Calories	38.30
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.82mg
Carbohydrates	10.08g
Fiber	1.61g
Sugar	6.05g
Protein	1.21g
Vitamin A 4031.07IU	Vitamin C 234.38mg
Calcium 12.34mg	Iron 0.62mg

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

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

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Nutrition - Per 100g

No 100g Conversion Available

Spanish Rice



Servings:	50.000	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4046

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN INFUSED 2-5 UBEN	25 Cup	1/4 cup uncooked rice yields cup cooked rice.	877771

Preparation Instructions

1 CUP OF RICE TO 1 3/4 CUPS OF WATER TO 1 TABLESPOON OF BUTTER.

STOVE TOP: COMBINE RICE, WATER AND BUTTER (OPTIONAL) IN A STOCKPOT. STIR WELL. BRING TO A VIGOROUS BOIL. REMOVE FROM HEAT. COVER TIGHTLY AND LET STAND 15 MINUTES UNTIL MOST OF THE WATER IS ABSORBED. TRANSFER TO STEAM TRAY, PLACE ON STEAM TABLE AND KEEP WARM (160F). FLUFF RICE BEFORE SERVING.

HOT WATER/STEAM TABLE: COMBINE RICE, HOT WATER (ALMOST BOILING) AND BUTTER (OPTIONAL) IN AN APPROPRIATE SIZE STEAM TRAY. STIR WELL. COVER AND PLACE ON STEAM TABLE AT 160F FOR 35 MINUTES OR UNTIL MOST OF THE WATER IS ABSORBED. KEEP WARM (160F). FLUFF RICE BEFORE

SERVING.

OVEN METHOD: COMBINE RICE, HOT WATER (ALMOST BOILING) AND BUTTER (OPTIONAL) IN AN APPROPRIATE SIZE STEAM TRAY. STIR WELL. COVER AND BAKE IN OVEN AT 350F FOR 20 MINUTES OR UNTIL MOST OF THE WATER IS ABSORBED. REMOVE FROM OVEN. TRANSFER TO A STEAM TABLE AND KEEP WARM (160F). FLUFF RICE BEFORE SERVING.

TO RETAIN VITAMINS/FLAVORS DO NOT RINSE BEFORE OR DRAIN AFTER COOKING. FOR FIRMER RICE, USE LESS WATER AND REDUCE COOKING TIME. FOR SOFTER RICE, USE MORE WATER AND INCREASE COOKING TIME.

TO REFRIGERATE COOKED RICE. COVER TIGHTLY TO KEEP GRAINS FROM DRYING OUT AND ABSORBING ODORS FROM OTHER FOODS.

TO REHEAT, ADD A SMALL AMOUNT OF WATER, COVER AND HEAT IN AN OVEN STEAMER OR STOVETOP. FLUFF AND SERVE

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: 0.50 Cup

Amount Per Serving

Calories	80.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	16.50g		
Fiber	0.50g		
Sugar	0.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available