

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

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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

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

Chicken Sandwich



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4036

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	25 Each		641402

Preparation Instructions

No Preparation Instructions available.

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	395.00
Fat	16.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	610.00mg
Carbohydrates	40.00g
Fiber	4.50g
Sugar	4.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato



Servings:	50.000	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15746

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKING FR 100 CT 50 LB CS	50 Each		15R72
SOUR CREAM PKT FF 100-1Z LOL	50 Each		853190
MARGARINE CUP SPRD WHPD 900-5GM GCHC	50 Each		772331

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	1.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	219.00		
Fat	2.33g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	61.67mg		
Carbohydrates	43.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	6.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Green Beans



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3990
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN 6-10 GCHC	25 Cup		328251
BUTTER SPREAD 6-5 SMRT BAL	16 Tablespoon	READY_TO_EAT Ready to use.	684300
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Fluid Ounce		580562

Preparation Instructions

1. Heat green beans (with juice), butter spread, and beef broth in deep full sheet pan
2. Stir occasionally
3. Season appropriately

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	52.04
Fat	3.52g
SaturatedFat	1.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	319.14mg
Carbohydrates	4.00g
Fiber	2.00g
Sugar	2.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.13mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Tomatoes



Servings:	5.000	Category:	Vegetable
Serving Size:	2.70 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34319
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	2 1/2 Cup		129631

Preparation Instructions

1. Rinse tomatoes
2. Bag tomatoes using the ekon-o-pac system 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: 5.000

Serving Size: 2.70 Ounce

Amount Per Serving

Calories	16.20
Fat	0.20g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	4.50mg
Carbohydrates	3.50g
Fiber	1.10g
Sugar	2.50g
Protein	0.80g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 9.00mg	Iron 0.25mg

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

Nutrition - Per 100g

Calories	21.16
Fat	0.26g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.88mg
Carbohydrates	4.57g
Fiber	1.44g
Sugar	3.27g
Protein	1.05g
Vitamin A 979.44IU	Vitamin C 16.11mg
Calcium 11.76mg	Iron 0.32mg

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

Apple Sliced with Caramel



Servings:	50.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4105

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	50 Package	BAKE	473171
CARAMEL DIP L/F CUP 200-1Z LTHSE	50 Ounce	READY_TO_EAT Open, pour and enjoy!	450430

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: 1.00 Each

Amount Per Serving

Calories	110.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.00mg
Carbohydrates	25.00g
Fiber	1.00g
Sugar	21.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 43.00mg	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

Mandarin Oranges



Servings:	50.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4057

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND BRKN L/S 6-10 GCHC	25 Cup		152811

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	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

Nutrition - Per 100g

Calories	79.37		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.82mg		
Carbohydrates	17.64g		
Fiber	0.00g		
Sugar	16.76g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.93mg	Iron	0.88mg

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

Chicken and Noodles with Roll



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15750

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	112 Ounce		100101
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	64 Ounce		229951
BASE CHIX 12-1 KE	3 Tablespoon		160790
BUTTER SPREAD 6-5 SMRT BAL	16 Tablespoon	READY_TO_EAT Ready to use.	684300
CELERY DCD 1/4 2-5 RSS	1 Cup		198196
ONION DCD 1/4 2-5 RSS	4 Ounce		198307
CARROT DCD 1" 1-5# SPECLTY	1/4 Cup		860420
MILK EVAP 24-12Z CARN	16 Tablespoon		344084
Whole Grain Rich Cluster Pan Rolls	50 Ounce	READY_TO_EAT	3920

Preparation Instructions

1. Place all ingredients in a large pan, cover with water, and cook on "Pasta" setting in Unox oven
2. Add 1 cup evaporated milk and chicken broth to desired consistency

Meal Components (SLE)

Amount Per Serving

Meat	2.240
Grain	2.157
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.025
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Cup

Amount Per Serving

Calories	312.07		
Fat	7.60g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	48.64mg		
Sodium	219.50mg		
Carbohydrates	40.21g		
Fiber	3.48g		
Sugar	4.27g		
Protein	20.89g		
Vitamin A	11.14IU	Vitamin C	0.08mg
Calcium	21.19mg	Iron	4.79mg

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

Nutrition - Per 100g

No 100g Conversion Available