

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

**Created by HPS Menu Planner**

# Table of Contents

**Buffalo Chicken Sub**

**Bacon Cheeseburger**

**Seasoned LS Fries**

**Broccoli and Cheese**

**Tomato and Cucumer Salad**

**Side Salad**

**Kiwi Slices**

**Peaches**

**Whole Fruit**

# Buffalo Chicken Sub



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30381

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	250 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892
6" Hinged Whole Grain Rich Hoagie Bun	50 Each		3742
SAUCE SRIRACHA CHILI 4-.5GAL FRNKS	50 Teaspoon		606431

## Preparation Instructions

1. Cook chicken bites
2. Five bites per hoagie bun
3. Drizzle with hot sauce

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<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: 12.00 Each

### Amount Per Serving

<b>Calories</b>	412.50
<b>Fat</b>	13.75g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.75mg
<b>Sodium</b>	732.50mg
<b>Carbohydrates</b>	48.50g
<b>Fiber</b>	1.25g
<b>Sugar</b>	7.50g
<b>Protein</b>	24.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.50mg	<b>Iron</b> 1.25mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bacon Cheeseburger



<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-15775

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	50 Each		785850
4" Wg Rich Hamburger Bun	50 bun		3474
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	50 Ounce	READY_TO_EAT	100036
LETTUCE ROMAINE 24CT MRKN	1 Ounce		305812
TOMATO SLCD 1/4 5 RSS	1/4 Cup		786535
BACON CKD 3-100CT FAST N EASY	25 Ounce		125141

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.010
<b>RedVeg</b>	0.005
<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>	438.36
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	8.60g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	74.00mg
<b>Sodium</b>	1029.05mg
<b>Carbohydrates</b>	29.08g
<b>Fiber</b>	3.03g
<b>Sugar</b>	4.05g
<b>Protein</b>	30.03g
<b>Vitamin A</b> 7.50IU	<b>Vitamin C</b> 0.12mg
<b>Calcium</b> 39.41mg	<b>Iron</b> 10.01mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Seasoned LS Fries



<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.40 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23891

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 S/C XLNG SKN- ON SEAS 6-5	120 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	230962

## 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>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 2.40 Ounce

### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	136.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.58mg

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## Nutrition - Per 100g

<b>Calories</b>	176.37		
<b>Fat</b>	5.88g		
<b>SaturatedFat</b>	0.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	199.89mg		
<b>Carbohydrates</b>	29.39g		
<b>Fiber</b>	2.35g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.85mg

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# Broccoli and Cheese



<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-15747

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	35 Cup		732478
Cheese, Cheddar Reduced fat, Shredded	50 Ounce		100012
BUTTER SPREAD 6-5 SMRT BAL	24 Tablespoon	READY_TO_EAT Ready to use.	684300

## Preparation Instructions

1. Steam broccoli florets with Smart Balance Spread
2. Season appropriately and add shredded cheese
3. Steam until cheese is melted

4. Serve in 1/2 cup portion

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.700
<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: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	149.63
<b>Fat</b>	11.49g
<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	264.20mg
<b>Carbohydrates</b>	5.20g
<b>Fiber</b>	1.68g
<b>Sugar</b>	1.40g
<b>Protein</b>	8.82g

<b>Vitamin A</b>	396.85IU	<b>Vitamin C</b>	56.82mg
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<b>Calcium</b>	30.13mg	<b>Iron</b>	0.46mg
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### Nutrition - Per 100g

No 100g Conversion Available

# Tomato and Cucumer Salad

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<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33907

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	12 1/2 Cup	Halve or leave whole depending on size	129631
CUCUMBER SELECT 24CT MRKN	12 1/2 Cup	Quarter and dice cucumbers	418439
DRESSING ITAL FF 4-1GAL KENS	3 1/2 Cup		188875

## 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>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	18.45		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	276.90mg		
<b>Carbohydrates</b>	3.93g		
<b>Fiber</b>	0.63g		
<b>Sugar</b>	2.62g		
<b>Protein</b>	0.48g		
<b>Vitamin A</b>	388.50IU	<b>Vitamin C</b>	6.53mg
<b>Calcium</b>	6.58mg	<b>Iron</b>	0.16mg

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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

# Kiwi Slices



<b>Servings:</b>	50.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.50 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34044

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KIWI 33-39CT P/L	100 Each		287008

## Preparation Instructions

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1. Wash kiwi
2. Slice/quarter
3. 2 kiwi = 1/2 cup fruit

## 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: 1.50 Each

### Amount Per Serving

<b>Calories</b>	100.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 144.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 0.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peaches



<b>Servings:</b>	50.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3986

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	25 Cup		610267

## 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: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# 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