

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

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Orange Chicken w Fried Rice

NO IMAGE

Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30376
School:	CORYDON CENTRAL HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	295 Ounce	1 cup = 5.9 oz	676463
CHIX BRST CHNK BRD WGRAIN CKD 6-5	250 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790
SAUCE ORNG GINGR 2-1GAL ASIAN MENU	50 Tablespoon		285567

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	510.00
Fat	10.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1075.00mg
Carbohydrates	79.00g
Fiber	6.00g
Sugar	10.00g
Protein	24.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Mozz Grilled Chicken Sandwich



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30652

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3474 WGR HAMBURGER BUN (76) 60g 12ct	50 1 bun	READY_TO_EAT	
CHEESE MOZZ SHRD 4-5 LOL	50 Tablespoon		645170
BACON CKD 3-100CT FAST N EASY	50 Slice		125141
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each		185033

Preparation Instructions

1. Cook grilled chicken fillet
2. Place fillet on bottom bread bun
3. Split 1 slice of bacon and top chicken fillet in an "X" pattern
4. Top bacon with 1 tablespoon shredded mozzarella cheese
5. Place hamburger bun on top of cheese
6. Hold at 135 until cheese is melted and ready to serve

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	315.60
Fat	7.98g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	70.35mg
Sodium	727.50mg
Carbohydrates	28.25g
Fiber	2.00g
Sugar	4.25g
Protein	32.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.25mg	Iron 3.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GCHC	25 Cup		118826
ONION SLCD 3/16 2-5 RSS	25 Ounce		591122
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	25 Tablespoon		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	25 Teaspoon		860221
SUGAR BROWN LT 12-2 P/L	25 Ounce		860311

Preparation Instructions

Directions:

In each 4" deep sprayed serving pan

2 #10 pork & beans

1 cup frozen diced onions

1.5 cups ketchup

1/2 cup yellow mustard

1.5 cups brown sugar

Place in oven

Bake till sauce thickens and temp is reached

CCP: Heat to 165° F or higher for at least 15 seconds

Place in holding area till serving

CCP: Hold for hot service at 135° F or higher

Notes:

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	152.50
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	500.00mg
Carbohydrates	31.00g
Fiber	5.00g
Sugar	11.50g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 53.50mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Steamed Carrots



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4066

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	130 Ounce		768146
SEASONING GARDEN NO SALT 19Z TRDE	2 Teaspoon		565148

Preparation Instructions

1. Steam carrots
2. Season appropriately
3. Serve 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: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	30.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	50.84mg		
Carbohydrates	7.09g		
Fiber	2.31g		
Sugar	3.47g		
Protein	0.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.11mg	Iron	0.00mg

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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

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

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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

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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