

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

**Created by HPS Menu Planner**

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# Chicken Slider Sandwiches



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15781

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT HMSTYL BRD 2.25Z 2-5	100 Each		742490
Whole Grain Rich Slammer Sliced	100 bun		3939

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	2.000
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	440.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	880.00mg
<b>Carbohydrates</b>	48.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	32.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.00mg	<b>Iron</b> 13.80mg

\*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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<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-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	<b>BAKE</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	500.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	9.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cali Blend Vegetables



<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-4062

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SPREAD 6-5 SMRT BAL	16 Tablespoon	READY_TO_EAT Ready to use.	684300
VEG BLEND CALIF 6-4 GCHC	25 Cup		610891

## Preparation Instructions

1. Heat green beans and butter spread in deep full sheet pan
2. Stir occasionally
3. Season appropriately

## 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: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	44.50		
<b>Fat</b>	3.52g		
<b>SaturatedFat</b>	1.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	43.80mg		
<b>Carbohydrates</b>	2.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.13mg	<b>Iron</b>	0.50mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Celery Sticks with Peanut Butter



<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-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

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.000
<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>	210.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 0.72mg

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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

# Strawberries



<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-4328
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.278
<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>	14.77		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.07mg		
<b>Carbohydrates</b>	3.81g		
<b>Fiber</b>	0.89g		
<b>Sugar</b>	1.83g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	0.85IU	<b>Vitamin C</b>	4.17mg
<b>Calcium</b>	1.13mg	<b>Iron</b>	0.48mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Pineapple



<b>Servings:</b>	50.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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: 4.00 Ounce

### Amount Per Serving

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

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## Nutrition - Per 100g

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

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# 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

# Macaroni and Cheese



<b>Servings:</b>	50.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34540
<b>School:</b>	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

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## 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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.75 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available