

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

**Created by HPS Menu Planner**

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# Chicken Strips HS



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30646

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	300 Each	<p><b>BAKE</b>  <b>PREPARATION:</b> Appliances vary, adjust accordingly.            Conventional Oven            Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered.</p> <p><b>CONVECTION</b>  <b>PREPARATION:</b> Appliances vary, adjust accordingly.            Convection Oven            Preheat oven to 375°F with no steam, medium-low fans.            Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.</p>	740820

## 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: 6.00 Each

### Amount Per Serving

<b>Calories</b>	570.00
<b>Fat</b>	27.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	120.00mg
<b>Sodium</b>	930.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	48.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 36.00mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger



<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-15763

## 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
LETTUCE ROMAINE 24CT MRKN	1 Ounce		305812
TOMATO SLCD 1/4 5 RSS	1/4 Cup		786535

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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

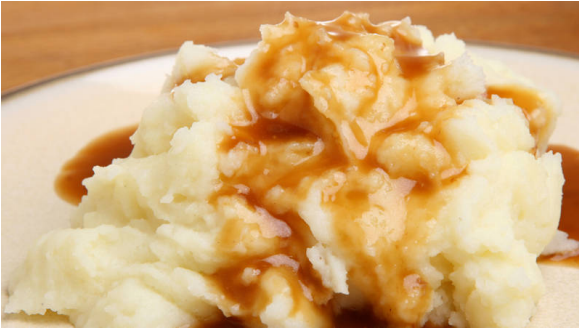
<b>Calories</b>	288.36
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.60g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	39.00mg
<b>Sodium</b>	499.05mg
<b>Carbohydrates</b>	27.08g
<b>Fiber</b>	3.03g
<b>Sugar</b>	3.05g
<b>Protein</b>	19.03g
<b>Vitamin A</b> 7.50IU	<b>Vitamin C</b> 0.12mg
<b>Calcium</b> 39.41mg	<b>Iron</b> 10.01mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes and Gravy



<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-4329
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY TKY RSTD 12-50Z HRTSTN	6 1/2 Cup		673595
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	35 Ounce	<b>RECONSTITUTE</b> 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: <b>HAND MIX:</b> Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] <b>MACHINE MIX:</b> Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911

## Preparation Instructions

2 oz mashed potatoes

1 oz gravy

## 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: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	92.90
<b>Fat</b>	1.04g
<b>SaturatedFat</b>	0.26g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.60mg
<b>Sodium</b>	527.20mg
<b>Carbohydrates</b>	17.60g
<b>Fiber</b>	0.80g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.02g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.93mg	<b>Iron</b> 0.23mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Fresh Broccoli



<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34543
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	25 Cup		732478

## Preparation Instructions

1. Bag 1/2 cup (1.2 ounce) portions of broccoli florets in ekon-o-pac system
2. Store in cooler

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<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 Cup

### Amount Per Serving

<b>Calories</b>	15.45
<b>Fat</b>	0.15g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	15.00mg
<b>Carbohydrates</b>	3.00g
<b>Fiber</b>	1.20g
<b>Sugar</b>	1.00g
<b>Protein</b>	1.30g
<b>Vitamin A</b> 283.47IU	<b>Vitamin C</b> 40.59mg
<b>Calcium</b> 21.39mg	<b>Iron</b> 0.33mg

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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

NO IMAGE

<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

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

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## 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