

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

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Nacho Supreme



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	9 Pound		100158
Cheese, Cheddar Reduced fat, Shredded	50 Ounce		100012
CHIP TORTL RND YEL 5-1.5 KE	150 Ounce		163020
SEASONING TACO MIX 2-5 GRSZ	1/4 Cup		427446
MILK WHT FF 9-.5GAL RGNLBRND	1 Quart		205117

Preparation Instructions

1. Brown ground beef. Drain. Continue immediately.
2. Add seasoning. Mix.
3. Add milk to ground beef mixture. Stir frequently over medium heat. Stir frequently over medium heat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
4. To maintain best consistency, serve immediately or hold hot.
5. Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately cup) taco shell pieces.
6. Garnish with shredded cheese

Meal Components (SLE)

Amount Per Serving

Meat	3.149
Grain	3.750
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	625.04
Fat	32.40g
SaturatedFat	9.80g
Trans Fat	2.15g
Cholesterol	76.28mg
Sodium	540.34mg
Carbohydrates	62.36g
Fiber	6.00g
Sugar	0.96g
Protein	28.68g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.32mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Enchiladas



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Finnd Ground, 85/15, Frozen	125 Ounce	UNPREPARED	100158
SAUCE ENCHILADA MILD 4-1GAL GRSZ	3 1/8 Cup		598461
CHEESE CHED MLD SHRD 4-5 LOL	1 9/16 Ounce		150250
CHEESE MOZZ SHRD 4-5 LOL	1 9/16 Ounce		645170
TORTILLA FLOUR LO SOD 9 16-12CT	50 Each		523610

Preparation Instructions

1. Spread 1 cup enchilada sauce on bottom of pan
2. Place 2 oz meat and 1 ounce cheese in each shell. Fold like tacos - DO NOT ROLL
3. Place 16 tacos in shallow steam table pan
4. Pour 1 cup enchilada sauce over enchilada
5. Sprinkle with cheese mixture
6. Bake at 350 F for 7 minutes

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
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	329.55
Fat	16.16g
SaturatedFat	7.03g
Trans Fat	1.87g
Cholesterol	1.41mg
Sodium	209.89mg
Carbohydrates	30.13g
Fiber	4.00g
Sugar	2.06g
Protein	18.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 57.63mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Black Beans



Servings:	50.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK 6-10 FURMANO	25 Cup	READY_TO_EAT Ingredient	653560

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: 4.00 Ounce

Amount Per Serving

Calories	130.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	276.30mg
Carbohydrates	23.00g
Fiber	6.00g
Sugar	1.00g
Protein	6.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.34mg	Iron 2.00mg

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Nutrition - Per 100g

Calories	114.64
Fat	0.35g
SaturatedFat	0.09g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	243.65mg
Carbohydrates	20.28g
Fiber	5.29g
Sugar	0.88g
Protein	5.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.93mg	Iron 1.76mg

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Red Bell Peppers



Servings:	50.000	Category:	Vegetable
Serving Size:	1.75 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15756

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED 5 P/L	25 Cup		597082

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.75 Ounce

Amount Per Serving

Calories	19.00
Fat	0.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.40mg
Carbohydrates	5.00g
Fiber	0.80g
Sugar	3.00g
Protein	0.60g
Vitamin A 1999.88IU	Vitamin C 116.28mg
Calcium 6.12mg	Iron 0.31mg

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Nutrition - Per 100g

Calories	38.30
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.82mg
Carbohydrates	10.08g
Fiber	1.61g
Sugar	6.05g
Protein	1.21g
Vitamin A 4031.07IU	Vitamin C 234.38mg
Calcium 12.34mg	Iron 0.62mg

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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

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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

Cilantro Lime Rice



Servings:	50.000	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15767

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	12 1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
GARLIC MINCED IN WTR 12-32Z	8 1/3 Tablespoon		907713
LIME FRSH 2-12CT P/L	8 1/3 Each		166660
CILANTRO CLEANED 4-1 RSS	8 1/3 Cup		219550
Tap Water for Recipes	20 5/6 Cup	UNPREPARED	000001WTR

Preparation Instructions

- 1 Brown the rice:** Heat the olive oil in a medium saucepan on medium high heat. Add the raw rice and stir to coat with the olive oil. Cook, stirring occasionally, until the rice has started to brown. Add the garlic and cook a minute more.
- 2 Add water, salt, zest, then simmer:** Add water, salt, and lime zest to the rice. Bring to a rolling boil, then cover and lower the heat to low to maintain a very low simmer. Cook undisturbed for 15 minutes (check your rice package instructions), then remove from heat and let sit for 10 minutes. Fluff the rice with a fork.
- 3 Stir in lime juice and cilantro:** Transfer the rice to a serving bowl. Pour lime juice over the rice and toss with chopped cilantro.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.167
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	175.68		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.48mg		
Carbohydrates	38.67g		
Fiber	0.35g		
Sugar	0.17g		
Protein	4.18g		
Vitamin A	5.73IU	Vitamin C	3.74mg
Calcium	14.52mg	Iron	1.53mg

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

Nutrition - Per 100g

Calories	154.93		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.43mg		
Carbohydrates	34.10g		
Fiber	0.31g		
Sugar	0.15g		
Protein	3.69g		
Vitamin A	5.05IU	Vitamin C	3.30mg
Calcium	12.80mg	Iron	1.35mg

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