

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

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Buffalo Chix Pizza Onsite

NO IMAGE

Servings:	50.000	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29431

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 12X16 16-17Z	6 1/4 Each		683502
CHEESE MOZZ SHRD 4-5 LOL	9 3/8 Cup		645170
CHEESE CHED MLD SHRD 4-5 LOL	9 3/8 Cup		150250
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	4 11/16 Cup		704229
TURKEY BRST DCD 2-5	50 Ounce		451300
DRESSING RNCH LT 4-1GAL GCHC	4 11/16 Tablespoon		472999

Preparation Instructions

Bake at 375 for 10-15 minutes or until internal temp reaches 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Slice

Amount Per Serving

Calories	325.95
Fat	15.08g
SaturatedFat	7.83g
Trans Fat	0.04g
Cholesterol	44.19mg
Sodium	1545.72mg
Carbohydrates	27.78g
Fiber	2.31g
Sugar	2.77g
Protein	18.61g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 312.65mg	Iron 1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel with Nacho Cheese



Servings:	50.000	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4149

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	33 1/3 Each		607122
PRETZEL ROD SFT WHEAT 180-1Z J&J	33 1/3 Each		607940
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	16 2/3 Each		142411
SAUCE CHS CHED 6-5 JTM	183 1/3 Ounce		271081

Preparation Instructions

607122 Mini Pretzel: 2 per serving

607940 Pretzel Rod: 2 per serving

142411 Soft Pretzel: 1 per serving

Serve all pretzels with 3 ounces of cheese sauce

Meal Components (SLE)

Amount Per Serving

Meat	2.015
Grain	2.083
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 Each

Amount Per Serving

Calories	357.58
Fat	16.95g
SaturatedFat	9.27g
Trans Fat	0.00g
Cholesterol	56.41mg
Sodium	1130.04mg
Carbohydrates	33.03g
Fiber	2.67g
Sugar	2.68g
Protein	18.77g
Vitamin A 781.68IU	Vitamin C 0.00mg
Calcium 416.96mg	Iron 1.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Augratin Potatoes



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15760

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% LOW FAT MILK - GALLON	12 1/2 Cup		1350
FLOUR A/P 50 ARDENT	1 9/16 Cup		585203
BUTTER SPREAD 6-5 SMRT BAL	18 3/4 Tablespoon	READY_TO_EAT Ready to use.	684300
POTATO BAKING FR 100 CT 50 LB CS	312 1/2 Ounce		15R72
ONION DCD 1/4 2-5 RSS	3 1/8 Cup		198307
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Cup		150250
POTATO SLCD 6-10 GCHC	31 1/4 Cup		118486
SPICE PEPR BLK REG FINE GRIND 16Z	1 9/16 Teaspoon		225037

Preparation Instructions

1. Preheat oven to 350F
2. In a large saucepan, melt butter over low heat

3. Stir in flour, salt, and pepper until smooth
4. Gradually add milk
5. Bring to a boil
6. Cook and stir two minutes or until thickend
7. Remove from heat
8. Stir in cheese until melted
9. Add potatoes and onions
10. Transfer to greased 2 quart baking dish
11. Cover dish and bake until internal temp reaches 135F

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.030
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	337.66		
Fat	9.30g		
SaturatedFat	4.70g		
Trans Fat	0.00g		
Cholesterol	18.75mg		
Sodium	263.56mg		
Carbohydrates	52.17g		
Fiber	1.99g		
Sugar	3.25g		
Protein	9.95g		
Vitamin A	2.53IU	Vitamin C	0.50mg
Calcium	149.20mg	Iron	0.66mg

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Cucumbers



Servings:	50.000	Category:	Vegetable
Serving Size:	2.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15757

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	25 Cup		418439

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	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 2.50 Ounce

Amount Per Serving			
Calories	3.90		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	1.00g		
Fiber	0.15g		
Sugar	0.50g		
Protein	0.15g		
Vitamin A	27.30IU	Vitamin C	0.73mg
Calcium	4.16mg	Iron	0.08mg

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Nutrition - Per 100g

Calories	5.50		
Fat	0.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.71mg		
Carbohydrates	1.41g		
Fiber	0.21g		
Sugar	0.71g		
Protein	0.21g		
Vitamin A	38.52IU	Vitamin C	1.03mg
Calcium	5.87mg	Iron	0.11mg

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries



Servings:	50.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4328
School:	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

Meat	0.000
Grain	0.000
Fruit	0.278
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

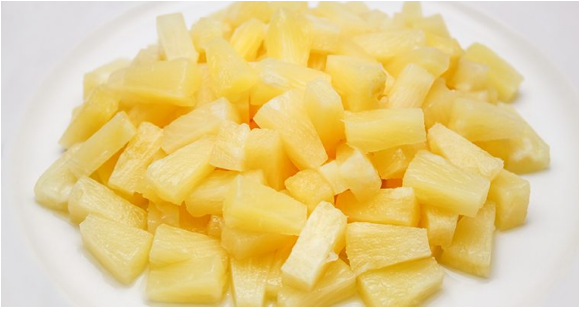
Calories	14.77		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.07mg		
Carbohydrates	3.81g		
Fiber	0.89g		
Sugar	1.83g		
Protein	0.30g		
Vitamin A	0.85IU	Vitamin C	4.17mg
Calcium	1.13mg	Iron	0.48mg

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Nutrition - Per 100g

No 100g Conversion Available

Pineapple



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

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

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

Nutrition - Per 100g

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

*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

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cookie Homemade

NO IMAGE

Servings:	50.000	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31020

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GCHC	1 1/4 Cup		108642
SUGAR BROWN LT 12-2 P/L	1 1/4 Cup		860311
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 3/7 Cup		191205
FLAVORING VANILLA IMIT 1-QT KE	1 3/7 Teaspoon		110736
EGG SCRMBD LIQ MIX W/MILK 15-2 GCHC	5/14 Cup		762861
FLOUR ARTISAN PATENT 50 HERT	2 6/7 Cup		798801
BAKING SODA 36Z GCHC	1 3/7 Teaspoon		513849
CHOC CHIPS SMISWT MINI 4000/4-4	1 3/7 Cup		283630

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 Each

Amount Per Serving

Calories	145.81		
Fat	7.09g		
SaturatedFat	4.19g		
Trans Fat	0.00g		
Cholesterol	18.64mg		
Sodium	103.52mg		
Carbohydrates	20.39g		
Fiber	0.70g		
Sugar	11.92g		
Protein	1.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.91mg	Iron	0.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Pudding



Servings:	50.000	Category:	Condiments or Other
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS BAN 6-10 GCHC	25 Cup		244643
COOKIE VAN WAFER 6-13.3Z KEEB	4 Each		296053

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	131.40
Fat	4.05g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	201.25mg
Carbohydrates	24.23g
Fiber	0.00g
Sugar	17.10g
Protein	2.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 58.10mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	115.87
Fat	3.57g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	177.47mg
Carbohydrates	21.37g
Fiber	0.00g
Sugar	15.08g
Protein	1.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 51.24mg	Iron 0.00mg

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