

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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Elementary Walking Taco

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25911
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce		768230
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
SALSA CUP 84-3Z REDG	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

Preparation Instructions

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.493
Grain	1.250
Fruit	0.000
GreenVeg	0.011
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	329.04
Fat	11.98g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	69.82mg
Sodium	759.44mg
Carbohydrates	25.51g
Fiber	1.01g
Sugar	5.01g
Protein	21.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 209.60mg	Iron 1.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ Doritos (elem)

Servings:	1.000	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35965

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR BRD WGRAIN 2.07Z 4-7.7	3 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain 3 tenders = 3 oz meat/1.5 oz grain	533830
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	Can also order Cool Ranch #541502	456090

Preparation Instructions

1. Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
2. Assemble 3 strips a boat and serve with a bag of Doritos.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 1.000

Serving Size: 3.00 Serving

Amount Per Serving

Calories	460.00
Fat	23.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	800.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	4.00g
Protein	32.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Deli Wrap

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26028

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Sub # 713330 if needed. Lay tortillas out. Spread 1 side with dressing.	523610
Mrs. Clark's Ranch Dressing - Jug	1 Tablespoon		52906
HAM SLCD .5Z 4-2.5 GFS	3 Slice	Layer ham, turkey and cheese slices onto the tortilla.	294187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half.	451730

Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	2.646
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	358.43
Fat	17.14g
SaturatedFat	6.63g
Trans Fat	0.00g
Cholesterol	47.91mg
Sodium	901.66mg
Carbohydrates	32.27g
Fiber	4.01g
Sugar	3.26g
Protein	24.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 149.67mg	Iron 2.30mg

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Nutrition - Per 100g

No 100g Conversion Available

Lemon-Roasted Asparagus

Servings:	25.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35698

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL 11AVG MRKN	9 1/6 Pound		184290
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
LEMON FCY 9AVG	5 Each	Order lemons from Piazza for better pricing and smaller bag.	414743
PARSLEY CALIF CLND 4-1 RSS	4 Ounce		272396
SALT SEA 36Z TRDE	1 Teaspoon		748590

Preparation Instructions

1. Wash lemons, then zest them onto a plate. Set aside. Slice lemons in half.
2. Preheat oven to 450F. Mix lemon zest and salt in a bowl.
3. Arrange asparagus on baking sheets and drizzle with olive oil, then sprinkle with zest + salt.
4. Roast until asparagus is tender and starting to color, 8-10 minutes.
5. Drizzle with lemon juice and serve 4 oz portions and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	68.82
Fat	1.15g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	128.17mg
Carbohydrates	14.14g
Fiber	6.28g
Sugar	2.93g
Protein	6.66g
Vitamin A 2663.29IU	Vitamin C 36.97mg
Calcium 80.64mg	Iron 2.88mg

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Nutrition - Per 100g

Calories	60.69
Fat	1.01g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	113.03mg
Carbohydrates	12.47g
Fiber	5.54g
Sugar	2.59g
Protein	5.87g
Vitamin A 2348.62IU	Vitamin C 32.60mg
Calcium 71.11mg	Iron 2.54mg

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Garden Side Salad w/ ranch

Servings:	1.000	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT 4-6CT MRKN	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

1. Place 1C lettuce in boat.
 2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Cup

Amount Per Serving

Calories	146.78		
Fat	13.36g		
SaturatedFat	3.52g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	299.87mg		
Carbohydrates	4.29g		
Fiber	0.61g		
Sugar	2.40g		
Protein	1.96g		
Vitamin A	381.53IU	Vitamin C	6.35mg
Calcium	55.63mg	Iron	0.14mg

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Nutrition - Per 100g

No 100g Conversion Available

Fresh Grapes

Servings:	50.000	Category:	Fruit
Serving Size:	0.50 .50 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	9 Pound	Wash thoroughly and dry.	197831
GRAPES GREEN SEEDLESS 17AVG	9 Pound	Wash thoroughly and dry.	197858

Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers.

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: 0.50 .50 cup

Amount Per Serving

Calories	91.15		
Fat	0.43g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.70mg		
Carbohydrates	23.76g		
Fiber	1.19g		
Sugar	21.60g		
Protein	0.86g		
Vitamin A	136.08IU	Vitamin C	5.44mg
Calcium	19.05mg	Iron	0.40mg

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Nutrition - Per 100g

No 100g Conversion Available

HS Assorted Fruit

Servings:	9.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S 6-10 GCHC	1/2 Cup		152811
PEACH DCD XL/S 6-10 GCHC	1/2 Cup	READY_TO_EAT ready to use	268348

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.416
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 9.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.53
Fat	0.12g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.72mg
Carbohydrates	17.78g
Fiber	2.19g
Sugar	11.11g
Protein	0.72g
Vitamin A 62.07IU	Vitamin C 11.50mg
Calcium 15.73mg	Iron 0.26mg

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Nutrition - Per 100g

No 100g Conversion Available