

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

Table of Contents

Spaghetti w/ Meat Sauce and garlic knot

Nachos Supreme

Buttery Corn

Cucumber Slices w/ dip

Caesar Side Salad

Golden Delicious Apple Slices

HS Assorted Fruit

Spaghetti w/ Meat Sauce and garlic knot

Servings:	40.000	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30474
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201
PASTA SPAGHETTI 10 4- 5 GCHC	5 Pound	2. Break spaghetti noodles into 1/4's. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness. 3. Place 1/2 pan in combi oven at 235F for 8 minutes. 4. Drain off water and rinse in cold water to stop the cooking process.	413370
BREAD LOAF GARL SVRY 12-20Z SIENNA	40 Slice		512602

Preparation Instructions

To Serve:

Place a 4 oz spoodle of noodles in a bowl and top with a #6 scoop of meat sauce.

Serve with a garlic bread slice on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.143
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.536
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	528.93
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	58.93mg
Sodium	660.71mg
Carbohydrates	81.64g
Fiber	5.14g
Sugar	9.50g
Protein	28.07g
Vitamin A 693.21IU	Vitamin C 20.36mg
Calcium 57.14mg	Iron 5.84mg

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

Nutrition - Per 100g

Calories	466.44
Fat	7.94g
SaturatedFat	2.65g
Trans Fat	0.00g
Cholesterol	51.97mg
Sodium	582.65mg
Carbohydrates	72.00g
Fiber	4.54g
Sugar	8.38g
Protein	24.75g
Vitamin A 611.31IU	Vitamin C 17.95mg
Calcium 50.39mg	Iron 5.15mg

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Nachos Supreme

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	2 oz = about 20 chips	163020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS CHED POUCH 6-106Z LOL	4 Ounce		135261
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
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

1. Assemble 2 oz chips (about 20 chips) in a boat.
2. Just before serving, scoop 2 oz taco meat on top and then add 2 oz cheese sauce.
3. Serve with sour cream and salsa on the side as optional.

Meal Components (SLE)

Amount Per Serving

Meat	2.946
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	601.33
Fat	27.54g
SaturatedFat	11.70g
Trans Fat	0.27g
Cholesterol	72.18mg
Sodium	1450.34mg
Carbohydrates	54.73g
Fiber	5.89g
Sugar	6.89g
Protein	28.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 591.32mg	Iron 3.87mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn

Servings:	100.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° or higher.

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	0.500

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	123.10		
Fat	8.42g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.82g		
Fiber	1.48g		
Sugar	4.43g		
Protein	1.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.02mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cucumber Slices w/ dip

Servings:	1.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup	Order Piazza cucumber #00914	361510
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups.

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: 1.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	113.90
Fat	11.05g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	250.50mg
Carbohydrates	3.00g
Fiber	0.15g
Sugar	1.50g
Protein	0.15g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 4.16mg	Iron 0.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Caesar Side Salad

Servings:	50.000	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29647
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	9 1/2 Pound	Open package, check for and remove any brown pieces of lettuce.	451730
CROUTON CHS GARL WGRAIN 250-.5Z	50 Package		661022
DRESSING CAESAR RYL PKT 60-1.5Z MARZ	50 Each		554758

Preparation Instructions

Portion 1.5 cups of lettuce into a side salad container. Bag or seal with a lid.

Serve 1 package of dressing and 1 pkg croutons with each salad.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00

Amount Per Serving			
Calories	240.32		
Fat	20.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	550.00mg		
Carbohydrates	11.06g		
Fiber	0.03g		
Sugar	2.03g		
Protein	3.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.52mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Golden Delicious Apple Slices

Servings:	130.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22678

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	130 Piece	Can also order Piazza Golden Delicious #08015 Wash apples. Using the 6 section blade with corer, slices apples. Place slices into a container of properly diluted Nature Seal.	597481

Preparation Instructions

Can also order Piazza Golden Delicious #08015

1. Wash apples.
2. Using the 6 section blade with corer, slice apples.
3. Place slices into a container of properly diluted Nature Seal.
4. Portion 6 slices into a side dish container.

CCP: Hold for cold service at 41° or less.

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: 130.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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Nutrition - Per 100g

Calories	58.73		
Fat	0.18g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.15mg		
Carbohydrates	15.87g		
Fiber	2.73g		
Sugar	11.46g		
Protein	0.26g		
Vitamin A	60.95IU	Vitamin C	5.19mg
Calcium	6.77mg	Iron	0.13mg

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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