

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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Cheese Ravioli w/ Marinara & garlic toast (Elementary)

| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 72.000 | Category: | Entree |
| Serving Size: | 7.00 Piece | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-30700 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| RAVIOLI CHS WGRAIN MINI 6-5 TASTY | 10 Pound | DO NOT THAW. COOK FROM FROZEN. | 524650 |
| SAUCE SPAGHETTI 6-10 P/L | 1 #10 CAN | Use a #10 can + 2 cups! | 744520 |
| BREAD GARL TX TST SLC 12-12CT GCHC | 72 Slice | BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. | 611910 |

Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 7 ravioli and sauce into a bowl and top with slice of garlic toast.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.020 |
| Grain | 2.260 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.450 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 72.000

Serving Size: 7.00 Piece

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 304.35 |
| Fat | 11.92g |
| SaturatedFat | 1.52g |
| Trans Fat | 0.00g |
| Cholesterol | 15.35mg |
| Sodium | 514.49mg |
| Carbohydrates | 36.66g |
| Fiber | 1.74g |
| Sugar | 4.90g |
| Protein | 11.90g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 118.39mg | Iron 2.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Country Breakfast Bowl

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 80.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-35799 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| POTATO RDSKN UNSEAS 6-2.5 RSTWRK | 15 Pound | BAKE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN Bake potatoes at 375°F for 12-17 minutes in a single layer on a greased sheet pan. FLAT TOP GRILL Heat ¼ cup oil. Cook a single layer of potatoes for 15-18 minutes at 375°F, turning as needed. | 850675 |
| EGG SCRMBD CKD FZ 4-5 CARG | 20 Pound | BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes. | 192330 |
| PORK CRMBL CKD 120/Z W/TVP 10 PG | 10 Pound | | 499595 |
| CHEESE CHED MLD SHRD 4-5 LOL | 5 Pound | READY_TO_EAT Preshredded. Use cold or melted | 150250 |
| ONION GREEN CLPD 4-2 RSS | 1 Pound | | 198889 |
| DOUGH BISC STICK 250-1.25Z RICH | 80 Each | BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly. | 149070 |
| SALSA CUP 84-3Z REDG | 80 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 |

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|----------------------|------------|
| SOUR CREAM PKT FF 100-1Z LOL | 80 Each | READY_TO_EAT None | 853190 |

Preparation Instructions

1. Cook eggs: PLACE SCRAMBLED EGGS IN 2" DEEP 1/2 SIZE HOTEL PAN. COVER TIGHTLY WITH ALUMINUM FOIL. CONVECTION OVEN: 20-25 MINUTES AT 325 DEGREES F. MICROWAVE: 8-10 MINUTES. STIR PRE COOKED SCRAMBLED EGGS ONCE DURING COOKING.
2. Bake potatoes and pork crumbles to package directions.
3. In serving bowl, dish out 4 oz potatoes on the bottom.
4. Top potatoes with 2 oz scrambled eggs, 2 oz pork crumbles, 1 oz shredded cheese, and 1 oz sliced green onions.
5. Serve with salsa and sour cream optional on the side.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 5.514 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.082 |

Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|-----------|------------------|--------|
| Calories | 605.89 | | |
| Fat | 38.19g | | |
| SaturatedFat | 17.28g | | |
| Trans Fat | 0.05g | | |
| Cholesterol | 445.32mg | | |
| Sodium | 1622.91mg | | |
| Carbohydrates | 26.28g | | |
| Fiber | 0.63g | | |
| Sugar | 6.16g | | |
| Protein | 29.65g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 367.88mg | Iron | 8.99mg |

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Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tenders w/ Sweet Chili Doritos

| | | | |
|----------------------|-------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 4.00 Strips | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-35700 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| CHIX TNR HOT & SPCY WG FC 1.13Z 4-8 | 4 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 281731 |
| CHIP SPCY SWT REDC 72- 1Z SSV DORIT | 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. | 788670 |

Preparation Instructions

Spicy Chicken Strip: There are about 28 servings of 4 strips per bag, and 4 bags per case. 112 servings per case. Cook per package directions and assemble strips in a boat with wedges.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.667 |
| Grain | 2.833 |
| 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: 4.00 Strips

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 476.67 | | |
| Fat | 25.00g | | |
| SaturatedFat | 3.83g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 33.33mg | | |
| Sodium | 720.00mg | | |
| Carbohydrates | 42.67g | | |
| Fiber | 6.00g | | |
| Sugar | 2.33g | | |
| Protein | 22.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 82.00mg | Iron | 2.97mg |

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Nutrition - Per 100g

No 100g Conversion Available

Mixed Veggie Cruncher Cup w/ dip

| | | | |
|----------------------|-------------------------|-----------------------|-----------|
| Servings: | 150.000 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22686 |
| School: | NORTHWOOD ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| PEPPERS RED DOMESTIC 23 MRKN | 7 Pound | Wash and slice | 560715 |
| CAULIFLOWER BITE SIZE 2-3 RSS | 5 1/2 Pound | Rinse | 732486 |
| CUCUMBER SELECT 24CT MRKN | 10 Pound | Wash, cut into sticks about 3" X 3/4 " | 418439 |
| Ranch Dressing Cup | 150 Each | | 52976 |
| BROCCOLI FLORET BITE SIZE 2-3 RSS | 6 Pound | | 732451 |
| CELERY STIX 4-3 RSS | 12 Pound | | 781592 |

Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.058 |
| RedVeg | 0.187 |
| OtherVeg | 0.498 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 150.000

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 165.02 | | |
| Fat | 16.12g | | |
| SaturatedFat | 2.54g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 10.00mg | | |
| Sodium | 229.40mg | | |
| Carbohydrates | 6.38g | | |
| Fiber | 2.18g | | |
| Sugar | 3.08g | | |
| Protein | 1.49g | | |
| Vitamin A | 822.44IU | Vitamin C | 59.56mg |
| Calcium | 37.28mg | Iron | 0.28mg |

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Nutrition - Per 100g

No 100g Conversion Available

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

Sidekick Slushie Cups

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 3.000 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-35884 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| SLUSHIE BL RASP/LEM 84CT SIDEKICKS | 1 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 794181 |
| SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS | 1 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 863880 |
| SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC | 1 Each | READY_TO_EAT No prep needed. | 863890 |

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: 3.000

Serving Size: 1.00 Each

| Amount Per Serving | |
|----------------------------|--------------------------|
| Calories | 90.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 33.33mg |
| Carbohydrates | 22.00g |
| Fiber | 0.00g |
| Sugar | 18.67g |
| Protein | 0.00g |
| Vitamin A 1250.00IU | Vitamin C 60.00mg |
| Calcium 80.00mg | Iron 0.00mg |

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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