

Cookbook for Northwood High School

Created by HPS Menu Planner

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Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19539
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	280.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20937
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	18 Gallon	000001WTR
BASE CHIX 25 KE	4 Pound	160821
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405
PASTA NOODL KLUSKI 1/8 2-5 GCHC	26 Pound	270385
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	45 Pound	570533

Preparation Instructions

Heat water and chicken base in large steam kettle. Bring to boil. Add noodles and butter. Cook on low heat till noodles are tender. Add yellow food color if desired. Add chicken and heat to 160 degrees.

Serve 6 oz or 3/4 cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 280.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	286.69
Fat	7.43g
SaturatedFat	2.46g
Trans Fat	0.00g
Cholesterol	84.00mg
Sodium	130.27mg
Carbohydrates	30.63g
Fiber	1.49g
Sugar	1.49g
Protein	21.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 15.20mg	Iron 1.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19604

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	380.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	590.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad Base-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19623
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Ounce	451730
EGG HRD CKD DCD IQF 4-5 GCHC	4/5 Ounce	192198
CUCUMBER SELECT 24CT MRKN	1 Ounce	418439
TOMATO ROMA LRG 25 MRKN	6/7 Ounce	462551

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.907
Grain	0.000
Fruit	0.000
GreenVeg	0.022
RedVeg	0.134
OtherVeg	0.545
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	45.08		
Fat	2.37g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	83.87mg		
Sodium	28.95mg		
Carbohydrates	2.53g		
Fiber	0.48g		
Sugar	1.69g		
Protein	3.12g		
Vitamin A	230.50IU	Vitamin C	4.10mg
Calcium	18.63mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	320.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14800
School:	Nappanee Elementary		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS CNTRY STYL 12-30.7Z BAMER	8 Package	325406
Tap Water for Recipes	8 Gallon	000001WTR

Preparation Instructions

Use 6-4B PANS:

In each 4-B pan put: 2 gallons heated water and 2 bags Potato Pearls (stir into water)

Serve with #8 dipper for all

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: 320.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.59		
Fat	0.81g		
SaturatedFat	0.40g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	322.35mg		
Carbohydrates	16.12g		
Fiber	1.61g		
Sugar	0.81g		
Protein	1.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.06mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19596

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	8 Quart	100348
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

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	0.500

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	73.25		
Fat	1.69g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	1.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.19mg	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

Homemade Croutons-Northwood High

Servings:	1.00	Category:	Grain
Serving Size:	1.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19622
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Aunt Millie's Homestyle Whole Grain Honey White	2 Slice	380
PAN COAT SPRAY 6-21Z VEGLN	3/4 Gram	187542

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 1.00

Serving Size: 1.60 Ounce

Amount Per Serving			
Calories	180.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	396.83		
Fat	4.41g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	705.48mg		
Carbohydrates	74.96g		
Fiber	8.82g		
Sugar	13.23g		
Protein	13.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Ravioli-Northwood High

Servings:	24.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19602

Ingredients

Description	Measurement	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	72 Each	232950
SAUCE MARINARA A/P 6-10 REDPK	1/2 #10 CAN	592714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	3.283
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	418.84
Fat	11.07g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	2066.93mg
Carbohydrates	59.01g
Fiber	10.75g
Sugar	23.88g
Protein	23.75g
Vitamin A 200.00IU	Vitamin C 6.00mg
Calcium 291.91mg	Iron 5.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pulled Pork Sandwich- High School

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31039
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Pulled Pork	40 Pound	110730*
SAUCE BBQ 4-1GAL SWTBRAY	3 1/2 Gallon	655937
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	150 Each	266546

Preparation Instructions

Place 2-5 LB (or 10 lbs) packages of pulled pork in a 4B pan. You'll need 4-4B pans for recipe. Bake meat first at 325 degrees for 25 to 30 minutes. Drain juice (if there is any). Then add 14 cups of Sweet Baby Rays BBQ Sauce to each pan. Put back in oven for 20 to 25 minutes or until temperature reaches 160 degrees. Use a #6 Scoop to serve.

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: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	555.13		
Fat	12.67g		
SaturatedFat	4.77g		
Trans Fat	0.00g		
Cholesterol	76.80mg		
Sodium	1536.24mg		
Carbohydrates	78.71g		
Fiber	3.00g		
Sugar	54.72g		
Protein	28.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans-Northwood High

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19564
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	273856
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	27.11
Fat	0.61g
SaturatedFat	0.39g
Trans Fat	0.00g
Cholesterol	1.67mg
Sodium	237.11mg
Carbohydrates	3.23g
Fiber	2.16g
Sugar	1.08g
Protein	1.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.96mg	Iron 0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Bacon Club Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21257
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	2 6/7 Ounce	110554
BACON CKD 3-100CT FAST N EASY	1 Slice	125141
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	2 Slice	231053
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
TOMATO 6X6 LRG 10 MRKN	2 Slice	199001

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	365.35		
Fat	10.10g		
SaturatedFat	2.03g		
Trans Fat	0.00g		
Cholesterol	56.00mg		
Sodium	1024.83mg		
Carbohydrates	43.92g		
Fiber	4.72g		
Sugar	5.33g		
Protein	27.48g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	130.83mg	Iron	2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28150
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	516371

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg and Cheese Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21255
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Egg Patty	1 Each	110931
SAUSAGE PTY CKD CN 1.5Z 10 JDF	1 Each	466891
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	462.70		
Fat	32.90g		
SaturatedFat	13.50g		
Trans Fat	0.07g		
Cholesterol	164.50mg		
Sodium	911.20mg		
Carbohydrates	26.00g		
Fiber	2.60g		
Sugar	2.50g		
Protein	15.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.58mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub-Northwood High

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19590
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	320 Each	785860
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 #10 CAN	852759
SAUCE PIZZA 6-10 REDPK	1/2 #10 CAN	502141
CHEESE MOZZ SHRD 4-5 LOL	2 1/2 Pound	645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	80 Each	276142

Preparation Instructions

4 meatballs with 2 Tablespoons of Mozzarella Cheese per sandwich

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	376.43
Fat	14.66g
SaturatedFat	5.75g
Trans Fat	0.60g
Cholesterol	43.50mg
Sodium	609.33mg
Carbohydrates	38.77g
Fiber	3.88g
Sugar	8.57g
Protein	21.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 225.89mg	Iron 3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta Salad-Northwood High

Servings:	60.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19586

Ingredients

Description	Measurement	DistPart #
PASTA PENNE RIGATE 51 WGRAIN 2-10	3 Pound	221482
CUCUMBER SELECT 24CT MRKN	2 Each	418439
PEPPERS GREEN LRG 5 MRKN	2 Each	592315
ONION RED JUMBO 10 MRKN	1 Cup	596973
CARROT BABY WHL CLEANED 12-2 RSS	1 Cup	510637
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Cup	324531
TOMATO ROMA LRG 25 MRKN	12 Each	462551
DRESSING ITAL CLSC 4-1GAL PMLL	5 Cup	726044
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup	629640
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon	513857
SEASONING SPAGHETTI ITAL 12Z TRDE	1 Tablespoon	413453
SALT IODIZED 25 CARG	2 Teaspoon	108286
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon	225037

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	159.90		
Fat	8.78g		
SaturatedFat	1.41g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	322.92mg		
Carbohydrates	19.32g		
Fiber	2.02g		
Sugar	3.33g		
Protein	3.01g		
Vitamin A	574.85IU	Vitamin C	6.31mg
Calcium	15.32mg	Iron	1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available