

Cookbook for KATHY'S TEST SCHOOL

Created by HPS Menu Planner

Table of Contents

Choice of Juice

Chicken Alfredo

Choice of Juice

Side Salad

Bowl Asian Mashed Potato MTG

Deluxe Cheeseburger

Choice of Juice



| | | | |
|----------------------|--------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-24630 |
| School: | Test Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |

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: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 80.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 19.00g | | |
| Fiber | 0.00g | | |
| Sugar | 18.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 10.00mg | 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

Chicken Alfredo

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-26189 |
| School: | KATHY'S TEST SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS | 100 Each | CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes. | 152121 |
| SAUCE ALFREDO FZ 6-5 JTM | 183 Ounce | | 155661 |
| PASTA PENNE RIGATE 100 WHLWHE 2-5 | 50 Cup | | 654571 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| 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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 302.00 |
| Fat | 8.85g |
| SaturatedFat | 3.70g |
| Trans Fat | 0.03g |
| Cholesterol | 78.00mg |
| Sodium | 700.20mg |
| Carbohydrates | 25.00g |
| Fiber | 3.00g |
| Sugar | 4.00g |
| Protein | 27.70g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 212.00mg | 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

Choice of Juice



| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-25285 |
| School: | KATHY'S TEST SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 80.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 19.00g | | |
| Fiber | 0.00g | | |
| Sugar | 18.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 10.00mg | 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

Side Salad

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25857 |
| School: | KATHY'S TEST SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE 24CT MRKN | 100 Cup | | 305812 |
| TOMATO 6X6 LRG 10 MRKN | 25 Cup | | 199001 |
| CUCUMBER SELECT SUPER 45 MRKN | 25 Cup | | 198587 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 20.05 | | |
| Fat | 0.13g | | |
| SaturatedFat | 0.03g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.50mg | | |
| Carbohydrates | 4.25g | | |
| Fiber | 1.63g | | |
| Sugar | 2.50g | | |
| Protein | 1.48g | | |
| Vitamin A | 388.50IU | Vitamin C | 6.53mg |
| Calcium | 22.58mg | Iron | 0.52mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Bowl Asian Mashed Potato MTG

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25851 |
| School: | KATHY'S TEST SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|----------------|--|------------|
| BEEF DIPPERS WONDER BITE 400-.7Z PIER | 400 7/10 Ounce | BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate | 770817 |
| PEPPERS RED DCD 3/8 2-3 RSS | 1 5/9 Gallon | | 581992 |
| BROCCOLI 16-1# MKTDAY | 3 1/4 Gallon | | 613180 |
| Mashed potatoes | 200 1/2 Cup | HEAT_AND_SERVE Pour 2 gallons of boiling in mixing bowl. hand Mix; Add potatoes, stir constantly with whisk. Let stand for 1 min ready to serve. Add more water for thinner potatoes and more potatoes for thicker. No salt product, season to taste | 066159 |

Preparation Instructions

Directions:

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.
2. Bake the beef according to manufacturer instructions.

CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

3. Steam or saute the bell peppers until tender.
4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.
5. Serve warm.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable

Source: Basic American Foods, www.baf.com

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.250 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 1.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|------------|------------------|-----------|
| Calories | 159.75** | | |
| Fat | 8.06g** | | |
| SaturatedFat | 3.51g** | | |
| Trans Fat | 0.00g** | | |
| Cholesterol | 35.06mg** | | |
| Sodium | 421.43mg** | | |
| Carbohydrates | 8.51g** | | |
| Fiber | 1.40g** | | |
| Sugar | 5.50g** | | |
| Protein | 12.32g** | | |
| Vitamin A | 998.34IU** | Vitamin C | 58.05mg** |
| Calcium | 23.09mg** | Iron | 1.96mg** |

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Deluxe Cheeseburger



| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25286 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| BEEF PTY CKD W/SOY CN 90-2.5Z GCHC | 1 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100650 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |
| CHEESE AMER 160CT SLCD R/F R/SOD 6-5 | 1 Slice | | 189071 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll.

3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 1.000 |
| OtherVeg | 0.120 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 345.00 |
| Fat | 16.50g |
| SaturatedFat | 6.25g |
| Trans Fat | 1.00g |
| Cholesterol | 42.50mg |
| Sodium | 505.00mg |
| Carbohydrates | 28.00g |
| Fiber | 4.00g |
| Sugar | 5.00g |
| Protein | 21.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 159.50mg | Iron 3.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available