

# **Cookbook for Certification Test District**

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# **Cookbook for Certification Elementary School**

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# **Cookbook for Certification High School**

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# Chicken Breast Sandwich KC

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38087

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	200 Ounce		5747
Rolls, dinner, whole-wheat	100 roll (hamburger, frankfurter roll)		18348

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	200.04		
<b>Fat</b>	3.83g		
<b>SaturatedFat</b>	0.92g		
<b>Trans Fat</b>	0.01g**		
<b>Cholesterol</b>	58.93mg		
<b>Sodium</b>	253.68mg		
<b>Carbohydrates</b>	21.99g		
<b>Fiber</b>	3.23g		
<b>Sugar</b>	3.64g		
<b>Protein</b>	21.06g		
<b>Vitamin A</b>	18.13IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.45mg	<b>Iron</b>	1.30mg

\*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

# Daily Salad



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11762

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce, cos or romaine, raw	100 cup shredded		11251
Cucumber, with peel, raw	25 cup slices		11205
Tomatoes, red, ripe, raw, year round average	25 cup cherry tomatoes		11529

## Preparation Instructions

For the daily salad - 1 cup Romaine 11251 (credits 1/2 cup DG); 1/4 cup tomato 11529 (R/O); 1/4 cup cucumber 11205 (O)



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	18.60
<b>Fat</b>	0.24g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6.14mg
<b>Carbohydrates</b>	3.94g
<b>Fiber</b>	1.56g
<b>Sugar</b>	1.97g
<b>Protein</b>	1.07g
<b>Vitamin A</b> 4431.29IU	<b>Vitamin C</b> 7.71mg
<b>Calcium</b> 23.40mg	<b>Iron</b> 0.63mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peanut Butter and Jelly Sandwich With Yogurt



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12480
<b>School:</b>	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Peanut Butter, Smooth	200 Tablespoon		51540
Jellies	100 serving 1 tbsp		19300
Yogurt, High-Protein, Strawberry, Cups	50 Cup		51545

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	517.13
<b>Fat</b>	18.24g
<b>SaturatedFat</b>	3.46g
<b>Trans Fat</b>	0.01g**
<b>Cholesterol</b>	5.99mg
<b>Sodium</b>	502.50mg
<b>Carbohydrates</b>	66.01g
<b>Fiber</b>	6.05g
<b>Sugar</b>	29.53g
<b>Protein</b>	23.99g
<b>Vitamin A</b> 2.97IU	<b>Vitamin C</b> 4.98mg
<b>Calcium</b> 204.50mg	<b>Iron</b> 2.34mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Barbecue Chicken Salad



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31899
<b>School:</b>	Certification Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Barbecue Chicken or Turkey Salad USDA Recipe for Schools	50 Cup		51641
Bread, white wheat	200 Slice		18967

## Preparation Instructions

Directions:

See E-19 for recipe ingredients and directions. Set ranch dressing aside for step 4.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) ranch dressing.

Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) barbecue sauce.

Set barbecue sauce aside for step 4.

Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Place barbecued chicken salad on plated lettuce.

Place tomato on top of barbecued chicken salad.

(Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) on bottom of roll, top with lettuce, then tomato, then top of roll.

Critical Control Point: Hold at 41 °F or lower.

Portion with No. 12 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

6: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

7: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	260.55
<b>Fat</b>	5.31g
<b>SaturatedFat</b>	1.52g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	39.04mg
<b>Sodium</b>	529.45mg
<b>Carbohydrates</b>	32.89g
<b>Fiber</b>	5.99g
<b>Sugar</b>	7.79g
<b>Protein</b>	19.46g
<b>Vitamin A</b> 388.47IU	<b>Vitamin C</b> 4.97mg
<b>Calcium</b> 419.38mg	<b>Iron</b> 3.76mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12049

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	200 Ounce		23579
Rolls, dinner, whole-wheat	100 roll (1 oz)		18348
Catsup	200 Tablespoon		11935
Pickles, cucumber, dill or kosher dill	200 Slice	2 Slices of Pickle	11937

## Preparation Instructions

For the hamburger - 2 oz ground beef 23579; 2 oz roll 18348; 2 tsp catsup 11935; 2 slice pickles 11937

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	325.51		
<b>Fat</b>	12.03g		
<b>SaturatedFat</b>	4.04g		
<b>Trans Fat</b>	0.60g**		
<b>Cholesterol</b>	47.60mg		
<b>Sodium</b>	762.70mg		
<b>Carbohydrates</b>	38.27g		
<b>Fiber</b>	4.44g		
<b>Sugar</b>	12.12g		
<b>Protein</b>	18.59g		
<b>Vitamin A</b>	202.35IU	<b>Vitamin C</b>	1.72mg
<b>Calcium</b>	90.57mg	<b>Iron</b>	2.93mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peanut Butter and Jelly Sandwich



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38382
<b>School:</b>	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Peanut Butter, Smooth	200 Tablespoon		51540
Jellies	100 serving 1 tbsp		19300

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	417.14
<b>Fat</b>	18.24g
<b>SaturatedFat</b>	3.46g
<b>Trans Fat</b>	0.01g**
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	457.50mg
<b>Carbohydrates</b>	50.02g
<b>Fiber</b>	6.05g
<b>Sugar</b>	16.53g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 2.97IU	<b>Vitamin C</b> 0.19mg
<b>Calcium</b> 104.51mg	<b>Iron</b> 2.34mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Vegetable Sticks



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12117

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, baby, raw	25 Cup		11960
Celery, raw	12 1/2 cup chopped		11143
Cucumber, with peel, raw	25 cup slices		11205

## Preparation Instructions

5/8 cup vegetable sticks (1/4 c baby carrots [36.5 g]; 1/4 cup cucumber; 1/8 cup celery)

For the baby carrots - used 1/2 cup=73 grams

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.375
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	12.05
<b>Fat</b>	0.07g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	24.84mg
<b>Carbohydrates</b>	2.82g
<b>Fiber</b>	0.86g
<b>Sugar</b>	1.47g
<b>Protein</b>	0.37g
<b>Vitamin A</b> 2597.23IU	<b>Vitamin C</b> 1.59mg
<b>Calcium</b> 15.04mg	<b>Iron</b> 0.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for Certification Middle School**

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# **Cookbook for Certification Pre-School 3-5**

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