Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Beef Soft Taco w/ chips & salsa

Servings:	75.000	**Category:**	Entree
Serving Size:	3.17 Ounce	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-30703

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	**14 Pound**	**14# = 2 bags**	**722330**
TORTILLA FLOUR ULTRGR 6 30-12CT	**75 Each**	**75= 6 pkgs + 3**	**882690**
CHEESE CHED MLD SHRD 4-5 LOL	**2 1/2 Pound**		**150250**
SALSA CUP 84-3Z REDG	**75 Each**		**677802**
CHIP TORTL RND R/F 104-.88Z TOSTIT	**75 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.**	**284751**

Preparation Instructions

1. Place bags of taco meat into a steam table pan. Steam.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

2. Cut open bags and pour into serving pans. Cover.

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

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Serve with a bag of chips and salsa cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.430
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.620
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.000
Serving Size: 3.17 Ounce

Amount Per Serving

Calories	405.50
Fat	16.90g
SaturatedFat	7.45g
Trans Fat	0.27g
Cholesterol	48.30mg
Sodium	747.12mg
Carbohydrates	38.25g
Fiber	5.88g
Sugar	5.88g
Protein	19.31g

Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	202.01mg	**Iron**	2.87mg

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

Nutrition - Per 100g

Calories	451.22
Fat	18.81g
SaturatedFat	8.29g
Trans Fat	0.30g
Cholesterol	53.75mg
Sodium	831.35mg
Carbohydrates	42.57g
Fiber	6.55g
Sugar	6.55g
Protein	21.49g

Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	224.79mg	**Iron**	3.19mg

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Bosco Sticks w/ Marinara

Servings:	1.000	**Category:**	Entree
Serving Size:	2.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-31152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	**2 Each**	**Convection Oven** **1. Preheat oven to 400° F.** **2. Place Bosco Stick breadsticks on a baking sheet.** **3. THAWED: 6-8 minutes.** **4. Let stand 2 minutes before serving.** **CAUTION: FILLING MAY BE HOT!** **1. Oven temperatures may vary. Adjust baking time and** **or temperature as necessary.** **2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.** **Thawing Instructions** **1. Thaw before baking.** **2. Keep Bosco Stick breadsticks covered while thawing.** **3. Bosco Stick breadsticks may be thawed in packaging.** **4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.**	**432180**
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	**1 Each**	**None**	**677721**

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000
Serving Size: 2.00 Each

Amount Per Serving	
Calories	493.90
Fat	15.20g
SaturatedFat	6.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	859.70mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	25.50g

Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	428.00mg	**Iron**	4.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Italian Sub Sandwich

Servings:	1.000	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-25996
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.122
Grain	2.250
Fruit	0.000
GreenVeg	0.003
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000
Serving Size: 1.00

Amount Per Serving

Calories	573.89
Fat	32.61g
SaturatedFat	12.42g
Trans Fat	0.00g
Cholesterol	103.23mg
Sodium	1293.44mg
Carbohydrates	38.39g
Fiber	4.57g
Sugar	7.93g
Protein	34.85g

Vitamin A	899.64IU	**Vitamin C**	14.80mg
Calcium	156.07mg	**Iron**	11.55mg

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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

Colorful Cauliflower

Servings:	24.000	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-34052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
whole heads of tri-color cauliflower	1 Package		01371

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: 24.000
Serving Size: 0.50 Cup

Amount Per Serving

Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Fresh Winter Citrus Mix

Servings:	100.000	**Category:**	Fruit
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-33223
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	**138 Each**	**Order Piazza #08139.** **Cut oranges into wedges using the sectionizer.**	**198021**
GRAPEFRUIT RED FCY 40-48CT 40	**40 Pound**	**Order Piazza #8945** **Cut into wedges using the sectionizer.**	**197882**
CLEMENTINE 30	**30 Pound**	**Order Piazza #3195** **Cut into wedges using the sectionizer.**	**722451**

Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus 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	0.766
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.000
Serving Size: 0.50 Cup

Amount Per Serving

Calories	205.24
Fat	0.73g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	50.89g
Fiber	8.46g
Sugar	24.13g
Protein	4.07g

Vitamin A	3952.07IU	**Vitamin C**	159.71mg
Calcium	126.42mg	**Iron**	0.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Mixed Fruit Cup

Servings:	50.000	**Category:**	Fruit
Serving Size:	0.50	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-28440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	**1 #10 CAN**	**USE COMMODITY FRUIT FIRST. Drain most of the liquid from the canned fruit.**	**268348**
PEAR DCD XL/S 6-10 GCHC	**1 #10 CAN**	**Add frozen cherries or blueberries. Mix.**	**290203**
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	**1 #10 CAN**	**READY_TO_EAT** **Ready to Eat**	**509221**
CHERRY DK SWT	**1 Pound**	**COMMODITY frozen blueberries may be substituted for the frozen cherries.**	**COM90139**

Preparation Instructions

Portion into clear cups.

CCP: hold for cold service at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.537
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000
Serving Size: 0.50

Amount Per Serving			
Calories	71.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	16.68g		
Fiber	0.61g		
Sugar	14.40g		
Protein	0.07g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.35mg	**Iron**	0.02mg

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Nutrition - Per 100g

No 100g Conversion Available