

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Turkey Manhattan

| | | | |
|----------------------|--------|-----------------------|------------------|
| Servings: | 56.000 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-25951 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY & GRAVY 4-7 | 14 Pound | | 722460 |
| POTATO MASH REAL PREM 12-26Z IDAHOAN | 42 Ounce | 1 Bag = 26 oz. | 166872 |
| 24 oz. Whole Grain Rich Sandwich Bread | 112 Slice | | 1292 |
| MARGARINE CUP SPRD 900-5GM CENTRYCR | 56 Each | | 542121 |

Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.
2. Open bag into a steam table pan. CCP: Hold for hot service at 140° minimum
3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork. CCP: Hold for hot service at 135° or higher.

To Serve: 1 slice of bread, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey and gravy over top. Add 1 slice of bread a 1 pat or margarine to each serving.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.025 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.500 |

Nutrition Facts

Servings Per Recipe: 56.000

Serving Size: 1.00

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 370.49 |
| Fat | 11.50g |
| SaturatedFat | 2.53g |
| Trans Fat | 0.00g |
| Cholesterol | 55.70mg |
| Sodium | 941.85mg |
| Carbohydrates | 41.72g |
| Fiber | 2.92g |
| Sugar | 2.92g |
| Protein | 24.05g |
| Vitamin A 200.00IU | Vitamin C 3.32mg |
| Calcium 26.46mg | Iron 9.06mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Cool Ranch Chicken Wrap

| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30475 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|--|------------|
| CHIX TNDR WGRAIN FC 4-8 TYS | 3 Piece | 1. Bake and cool chicken. Conventional Oven 8-10 minutes at 400°F from frozen. Convection Oven 6-8 minutes at 375°F from frozen. CCP: Heat to a minimum temperature of 165F. Cool chicken completely. CCP: Hold cold, below 41 degrees, until ready for assembly and service. | 283951 |
| TORTILLA FLOUR ULTRGR 8 18-12CT | 1 Each | 2. Lay out tortillas. | 882700 |
| DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ | 2 Tablespoon | 3. Spread 2 T ranch dressing across each tortilla. | 676210 |
| TOMATO 6X6 LRG 10 MRKN | 2 Slice | 4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch. | 199001 |
| LETTUCE LEAF GRN WASHED TRMD 2-5 RSS | 1 Piece | 5. Place 1 piece of leaf lettuce on top of tomatoes. | 702595 |

Preparation Instructions

1. Bake and cool chicken.
Conventional Oven: 8-10 minutes at 400°F from frozen.
Convection Oven: 6-8 minutes at 375°F from frozen.
CCP: Heat to a minimum temperature of 165F.
Cool chicken completely.
CCP: Hold cold, below 41 degrees, until ready for assembly and service.
2. Lay out tortillas.
3. Spread 2 T ranch dressing across each tortilla.
4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.
5. Place 1 piece of leaf lettuce on top of tomatoes.
6. Roll tightly.
CCP: Hold for cold service at 41F or lower.
Serve with a small ranch packet on the side.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.125 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 558.78 | | |
| Fat | 32.11g | | |
| SaturatedFat | 7.53g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 790.51mg | | |
| Carbohydrates | 49.88g | | |
| Fiber | 7.61g | | |
| Sugar | 5.25g | | |
| Protein | 20.46g | | |
| Vitamin A | 708.08IU | Vitamin C | 6.58mg |
| Calcium | 87.12mg | Iron | 4.16mg |

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Nutrition - Per 100g

No 100g Conversion Available

Mini Sweet Peppers

| | | | |
|----------------------|------------|-----------------------|-----------|
| Servings: | 60.000 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-34737 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| PEPPERS SWT MINI 20 P/L | 20 Pound | | 667582 |
| SAUCE RNCH DIPN CUP 100-1Z PPI | 1 Each | | 182265 |

Preparation Instructions

Thoroughly wash and dry peppers.

Serve in 4 oz portions.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.508 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 60.000

Serving Size: 4.00 Ounce

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 32.31 | | |
| Fat | 0.18g | | |
| SaturatedFat | 0.03g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.17mg | | |
| Sodium | 4.17mg | | |
| Carbohydrates | 7.14g | | |
| Fiber | 3.05g | | |
| Sugar | 4.08g | | |
| Protein | 1.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.32mg | Iron | 0.37mg |

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Nutrition - Per 100g

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 28.49 | | |
| Fat | 0.16g | | |
| SaturatedFat | 0.03g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.15mg | | |
| Sodium | 3.67mg | | |
| Carbohydrates | 6.30g | | |
| Fiber | 2.69g | | |
| Sugar | 3.60g | | |
| Protein | 0.90g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 17.92mg | Iron | 0.32mg |

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Fresh Grapes

| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 50.000 | Category: | Fruit |
| Serving Size: | 0.50 .50 cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22625 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--------------------------|------------|
| GRAPES RED SDLSS 18AVG MRKN | 9 Pound | Wash thoroughly and dry. | 197831 |
| GRAPES GREEN SEEDLESS 17AVG | 9 Pound | Wash thoroughly and dry. | 197858 |

Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.810 |
| 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 .50 cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 91.15 | | |
| Fat | 0.43g | | |
| SaturatedFat | 0.11g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.70mg | | |
| Carbohydrates | 23.76g | | |
| Fiber | 1.19g | | |
| Sugar | 21.60g | | |
| Protein | 0.86g | | |
| Vitamin A | 136.08IU | Vitamin C | 5.44mg |
| Calcium | 19.05mg | Iron | 0.40mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Lasagna Roll-Up w/ garlic breadstick

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 110.000 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38968 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| LASAGNA ROLL-UP WGRAIN 110-4.3Z | 110 Each | | 234041 |
| DOUGH BREADSTICK CHS GARL 320CT | 110 Each | BAKE Break apart sticks. Place on greased sheet pan 1 2 inch apart. Let sticks rise until double to triple in size. Bake in a preheated 325 degree (convection) oven for 7-10 minutes or until light golden brown. Remove from oven, remove sticks from pan to cool on wire rack. | 761830 |
| SAUCE SPAGHETTI 6- 10 P/L | 48 Cup | HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 744520 |

Preparation Instructions

1. Wash hand thoroughly and put on fresh pair of gloves.
2. Choose method of preparation - Baking or Steaming, and see corresponding set of instructions below.
3. Serve with garlic breadstick on the side.

Keep frozen until ready to prepare!

Method 1- Baking

1. Preheat convection oven to 375°F. Set fan to HIGH.
2. Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
3. Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
4. Spread sauce over pasta to cover.
5. Cover the pan tightly with aluminum foil.
6. Bake for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in

the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

Method 2 Steaming

- 1.Set steamer to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with plastic film and then aluminum foil.
- 6.Steam for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly.

If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 1.091 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 110.000

Serving Size: 1.00 Each

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 392.36 | | |
| Fat | 9.87g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 20.00mg | | |
| Sodium | 652.18mg | | |
| Carbohydrates | 52.47g | | |
| Fiber | 4.75g | | |
| Sugar | 13.98g | | |
| Protein | 19.75g | | |
| Vitamin A | 400.00IU | Vitamin C | 6.00mg |
| Calcium | 349.44mg | Iron | 2.71mg |

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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