

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Sidekick Slushie Cups

Servings:	3.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	READY_TO_EAT No prep needed.	863890

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: 3.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.33mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.67g
Protein	0.00g
Vitamin A 1250.00IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Mixed Veggie Cruncher Cup w/ dip

Servings:	150.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22686
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	7 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE 2-3 RSS	5 1/2 Pound	Rinse	732486
CUCUMBER SELECT 24CT MRKN	10 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	150 Each		52976
BROCCOLI FLORET BITE SIZE 2-3 RSS	6 Pound		732451
CELERY STIX 4-3 RSS	12 Pound		781592

Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.117
RedVeg	0.187
OtherVeg	0.631
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	170.01		
Fat	16.17g		
SaturatedFat	2.55g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	233.08mg		
Carbohydrates	7.43g		
Fiber	2.51g		
Sugar	3.49g		
Protein	1.84g		
Vitamin A	898.26IU	Vitamin C	69.29mg
Calcium	43.75mg	Iron	0.38mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	48.000	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

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	0.750
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.000

Serving Size: 0.75 Cup

Amount Per Serving

Calories	32.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	356.48mg		
Carbohydrates	4.98g		
Fiber	3.25g		
Sugar	1.63g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.38mg	Iron	0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Totchos

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35893
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
SAUCE CHS CHED 6-5 JTM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
POTATO TATER TOTS 6- 5 LMBSUPR	4 Ounce	About 14 tots = 1/2 cup serving. Conventional Oven: Bake at 400°F (205°C) for 20 - 25 minutes. Arrange product in single layer. Convection Oven: Bake at 400°F (205°C) for 10 - 12 minutes. Arrange product in single layer.	233404
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

1. Place serving of tater tots in the bottom of a boat. (About 14 tots = 1/2 cup serving.)
 2. Top with the ground beef (#12 scoop) and cheese, and place a bag of 2oz tortilla chips on the side.
- Serve with sour cream and salsa cup to pick up.

Meal Components (SLE)

Amount Per Serving

Meat	3.541
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.000
Legumes	0.000
Starch	0.667

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	752.69
Fat	35.40g
SaturatedFat	12.95g
Trans Fat	0.27g
Cholesterol	78.33mg
Sodium	1779.46mg
Carbohydrates	66.36g
Fiber	7.56g
Sugar	9.87g
Protein	31.32g
Vitamin A 639.56IU	Vitamin C 0.00mg
Calcium 494.95mg	Iron 3.43mg

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Nutrition - Per 100g

No 100g Conversion Available