

Cookbook for Menominee, Jefferson, Webster, Washington, St Michael's, Riverside, Lincoln Junior High

Created by HPS Menu Planner

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PBJ Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28627
School:	Menominee, Jefferson, Webster, Washington, St Michael's, Riverside, Lincoln Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	48.50g
Fiber	4.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28628
School:	Menominee, Jefferson, Webster, Washington, St Michael's, Riverside, Lincoln Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce		613738
Tap Water for Recipes	17 Cup		000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

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: 39.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	152.66
Fat	1.70g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	678.47mg
Carbohydrates	28.83g
Fiber	1.70g
Sugar	0.00g
Protein	3.39g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.96mg	Iron 0.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smothered Beef and Bean Burrito

Servings:	60.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33924

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	1 Each		497221
SAUCE ENCH MLD 4-1GAL ORTG	1/4 Cup		228031
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

Preparation Instructions

1. Line 2" full hotel pan with pan liners and spray pans with non-stick spray.
2. Place burritos in pan in a single layer.
3. Top with enchilada sauce and then cheddar cheese
4. Bake in convection oven at 350°F for 20-25 minutes or until internal temperature reaches 165°F.

Meal Components (SLE)

Amount Per Serving

Meat	0.067
Grain	0.033
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00

Amount Per Serving

Calories	10.17		
Fat	0.58g		
SaturatedFat	0.32g		
Trans Fat	0.00g		
Cholesterol	1.42mg		
Sodium	20.17mg		
Carbohydrates	0.77g		
Fiber	0.10g		
Sugar	0.07g		
Protein	0.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.30mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fire Braised Chicken Sandwich w/Avocado and White Cheddar Cheese

Servings:	32.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FIREBRSD FC 4Z 2-5AVG HRML	1 Each		618822
CHEESE CHED WHT SHRP SLCD 8-1.5	1 Ounce		605802
AVOCADO PULP CHNKY 4-3 CALA	2 Ounce		109071
BUN BRIOCHE 4 10-12CT ANTMILL	1 Each		485003

Preparation Instructions

1. Steam chicken breast until internal temperature is 165°F
2. Serve chicken w/whole grain bun, white cheddar cheese, avocado, lettuce and tomato all on the side

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 32.00

Serving Size: 1.00

Amount Per Serving

Calories	17.08		
Fat	0.72g		
SaturatedFat	0.29g		
Trans Fat	0.00g		
Cholesterol	3.75mg		
Sodium	33.48mg		
Carbohydrates	1.41g		
Fiber	0.16g		
Sugar	0.19g		
Protein	1.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.93mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Poultry Gravy

Servings:	142.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36838
School:	Menominee, Jefferson, Webster, Washington, St Michael's, Riverside, Lincoln Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Package	1 Pouch	552061
Tap Water for Recipes	1 Gallon	Hot/Boiling Water	000001WTR

Preparation Instructions

1. POUR the full package of Low Sodium Poultry Mix gradually into 1 gallon of boiling water (212°F).
2. STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.

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	0.000

Nutrition Facts

Servings Per Recipe: 142.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	20.06		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	2.51mg		
Sodium	57.66mg		
Carbohydrates	3.01g		
Fiber	0.00g		
Sugar	0.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.01mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36840
School:	Menominee, Jefferson, Webster, Washington, St Michael's, Riverside, Lincoln Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	26 1/4 Ounce	1 pouch	668341
Tap Water for Recipes	1/2 Gallon	Boiling	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.60		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.60mg		
Carbohydrates	24.10g		
Fiber	9.04g		
Sugar	0.00g		
Protein	9.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.21mg	Iron	2.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Beans

Servings:	13.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36842
School:	Menominee, Jefferson, Webster, Washington, St Michael's, Riverside, Lincoln Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN SEAS BLK DEHY 6-26.9Z	26 9/10 Ounce	1 Pouch	183900
Tap Water for Recipes	1/2 Gallon	Boiling	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 40 minutes on steamtable.
- 4: Season if desired, stir, serve.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	159.00		
Fat	1.06g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	360.41mg		
Carbohydrates	26.50g		
Fiber	9.54g		
Sugar	2.12g		
Protein	9.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.80mg	Iron	2.23mg

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Nutrition - Per 100g

No 100g Conversion Available

PBJ Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38598
School:	Lincoln Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ LT IW 168-1Z	1 Each		566413
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce		537705
CARROT BABY IW 100-3Z P/L	1 Ounce		168819

Preparation Instructions

Place all items in 10x14" bag and tie.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.313
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 bag

Amount Per Serving

Calories	679.88
Fat	36.56g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	891.94mg
Carbohydrates	68.50g
Fiber	4.81g
Sugar	34.25g
Protein	18.19g
Vitamin A 3878.44IU	Vitamin C 0.73mg
Calcium 282.00mg	Iron 2.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken N' Noodles

Servings:	260.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38654
School:	Menominee, Jefferson, Webster, Washington, St Michael's, Riverside, Lincoln Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT CKD 2-5 GCHC	15 Pound		599697
PASTA NOODL KLUSKI 1/8 2-5 GCHC	12 Pound		270385
BROTH CHIX 12-5 COLLEGE INN	8 #5 CAN		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Ounce	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589
MARGARINE SLD 30-1 GCHC	1 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
SALT IODIZED 18-2.25 GCHC	4 Teaspoon	READY_TO_EAT used to salt food	350732
SEASONING POULTRY 10Z TRDE	4 Teaspoon		273996

Preparation Instructions

1. Steam 15# chicken - 3.75# chicken per pan
2. Set up 4 Deep steam table pans
3. To each pan add:
1/4 stick butter
1 tsp salt

- 2oz scoop chicken base
- 1 tsp poultry seasoning
- 2 quarts + 1 gallon pitcher boiling water
- 4. Stir let butter melt
- 5. Add 3# noodles + 2 cans chicken broth to each pan
- 6. Add 11 cups steamed chicken divided evenly to each pan
- 7. Cook in combi-oven 45 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 260.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	135.37		
Fat	2.96g		
SaturatedFat	0.74g		
Trans Fat	0.00g		
Cholesterol	33.54mg		
Sodium	264.21mg		
Carbohydrates	15.21g		
Fiber	0.74g		
Sugar	0.96g		
Protein	10.95g		
Vitamin A	92.31IU	Vitamin C	0.00mg
Calcium	9.56mg	Iron	0.82mg

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

Nutrition - Per 100g

Calories	119.38		
Fat	2.61g		
SaturatedFat	0.65g		
Trans Fat	0.00g		
Cholesterol	29.58mg		
Sodium	232.99mg		
Carbohydrates	13.41g		
Fiber	0.65g		
Sugar	0.84g		
Protein	9.66g		
Vitamin A	81.40IU	Vitamin C	0.00mg
Calcium	8.43mg	Iron	0.73mg

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

Walking Nacho

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39203
School:	Menominee, Jefferson, Webster, Washington, St Michael's, Riverside, Lincoln Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	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.	722330
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA CUP 84-3Z REDG	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

Preparation Instructions

Heat taco filling per package instructions. Serve all ready-to-eat items together as a "build-your-own" concept.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	9.92		
Fat	0.47g		
SaturatedFat	0.20g		
Trans Fat	0.01g		
Cholesterol	1.41mg		
Sodium	18.64mg		
Carbohydrates	0.77g		
Fiber	0.11g		
Sugar	0.11g		
Protein	0.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.51mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available