

# **Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL**

**Created by HPS Menu Planner**

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# Chicken Drumstick w/ mac & cheese (elem)

<b>Servings:</b>	1.000	<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-35788
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ENTREE MACAR & CHS R/F WGRAIN 6-5	4 Ounce		119122
Whole Grain Dinner Roll	1 Each	<b>READY_TO_EAT</b> Ready to eat	3920

## Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 4oz =1oz M/MA and 0.5 oz grain

Roll = 1oz grain

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<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: 1.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	510.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.25g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	1395.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.50g
<b>Protein</b>	34.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 364.50mg	<b>Iron</b> 2.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Philly Cheesesteak Sandwich

<b>Servings:</b>	40.000	<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-30697

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD 4-2.5 GCHC	10 Pound	Thaw under refrigeration. To Cook: CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F AND BAKE THAWED PRODUCT FOR 45-50 MINUTES CONVECTION OVEN: PREHEAT OVEN TO 325°F AND BAKE THAWED PRODUCT FOR 40-50 MINUTES	710831
PEPPERS & ONION FLME RSTD 6-2.5	3 4/7 Pound	3. Place peppers & onions evenly on a parchment-lined sheet pan sprayed with non-stick spray. Cook in combi at 375F for 13 minutes. Put in steam table pan. CCP: Hold for hot service at 135F or higher.	847208
CHEESE MOZZ SHRD 4-5 LOL	1 Pound	4. Portion steak onto sub bun using #8 scoop. 5. Portion 0.5 oz (1/4c) shredded cheese over meat. 6. Portion 1 oz (1/2c) peppers on sandwich and top with bun.	645170
Whole Grain Sub Bun 6"	40 Each	READY_TO_EAT	3744

## Preparation Instructions

BEEF: A 4oz serving provides 2oz of M/MA.

There are 40- 40oz servings per 10# case.

PEPPERS & ONIONS:

5# (2 bags) of peppers & onions yields 56 servings, 10# (4 bags) yields 112 servings.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.400
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.015
<b>OtherVeg</b>	0.030
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	371.36
<b>Fat</b>	15.02g
<b>SaturatedFat</b>	5.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.00mg
<b>Sodium</b>	1229.85mg
<b>Carbohydrates</b>	33.35g
<b>Fiber</b>	3.24g
<b>Sugar</b>	9.00g
<b>Protein</b>	22.92g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 184.38mg	<b>Iron</b> 3.29mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Edamame

<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30899

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	10 Pound		147270
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1/4 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

## Preparation Instructions

1. Preheat oven to 400F
  2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
  3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.
- CCP: Cook to a min. internal temp of 140F.  
CCP: Hold for hot service at 135F or higher.  
Serve with a 4 oz spoodle.

## 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>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 4.00 Serving

### Amount Per Serving

<b>Calories</b>	70.21		
<b>Fat</b>	3.54g		
<b>SaturatedFat</b>	0.46g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	79.83mg		
<b>Carbohydrates</b>	3.76g		
<b>Fiber</b>	2.42g		
<b>Sugar</b>	1.21g		
<b>Protein</b>	5.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.30mg	<b>Iron</b>	1.09mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Mixed Veggie Cruncher Cup w/ dip

<b>Servings:</b>	150.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22686
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.117
<b>RedVeg</b>	0.187
<b>OtherVeg</b>	0.631
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.000

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Garden Side Salad w/ ranch

<b>Servings:</b>	1.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22563
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT 4-6CT MRKN	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

## Preparation Instructions

1. Place 1C lettuce in boat.
  2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	156.57		
<b>Fat</b>	13.36g		
<b>SaturatedFat</b>	3.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.50mg		
<b>Sodium</b>	299.87mg		
<b>Carbohydrates</b>	6.25g		
<b>Fiber</b>	1.59g		
<b>Sugar</b>	3.37g		
<b>Protein</b>	2.94g		
<b>Vitamin A</b>	381.53IU	<b>Vitamin C</b>	6.35mg
<b>Calcium</b>	71.29mg	<b>Iron</b>	0.14mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Mixed Fruit

<b>Servings:</b>	8.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30479

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
GRAPES RED SDLSS 18AVG MRKN	1 Quart		197831
STRAWBERRY 8 MRKN	2 Ounce		212768

## Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.840
<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: 8.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	90.76		
<b>Fat</b>	0.38g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.15mg		
<b>Carbohydrates</b>	23.60g		
<b>Fiber</b>	2.58g		
<b>Sugar</b>	17.42g		
<b>Protein</b>	0.98g		
<b>Vitamin A</b>	145.24IU	<b>Vitamin C</b>	19.18mg
<b>Calcium</b>	25.35mg	<b>Iron</b>	0.36mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chef Salad w/ banana bread

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25956
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TURKEY HAM DCD 2-5 JENNO	2 Ounce	3 oz by weight = 2 oz of Meat	202150
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
TOMATO CHERRY 11 MRKN	3 Each	Cut cherry tomatoes in half.	569551
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Package		554693

## Preparation Instructions

Portion into a serving container in the following order:

Romaine lettuce - 2 Cup

Cherry tomatoes - 3 each - halved

Carrots, matchstick - 1/4 C

Cheese, cheddar, shredded - 1 oz

Turkey Ham, diced - 2 oz by weight

Hardboiled Egg- 1, sliced

Serve with salad dressing packet and 1 slice of banana bread

CCP: Hold for cold service at 41° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.829
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.610
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	687.25
<b>Fat</b>	39.47g
<b>SaturatedFat</b>	12.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	241.54mg
<b>Sodium</b>	1049.68mg
<b>Carbohydrates</b>	57.52g
<b>Fiber</b>	5.79g
<b>Sugar</b>	30.30g
<b>Protein</b>	29.13g
<b>Vitamin A</b> 5889.84IU	<b>Vitamin C</b> 10.83mg
<b>Calcium</b> 429.98mg	<b>Iron</b> 2.74mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Chef Salad w/ croutons & roll

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34549

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
Ham, Cubed Frozen	2 7/16 Ounce	USDA Commodity Ham: 1.22 oz ham = 1oz Meat One case of ham provides about 525 1.22-ounce portions.	100188-H
EGG HARD CKD PLD 25 GCHC	1 Each		711160
TOMATO CHERRY 11 MRKN	1/2 Cup		569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920
CUCUMBER SELECT 4-6CT MRKN	4 Slice		361510

## Preparation Instructions

1. Arrange lettuce in container.
2. Place the following toppings in rows across the top of the salad: shredded cheese, diced ham, sliced egg, cherry tomatoes, sliced cucumber.
3. Serve with 2 pkgs croutons + 1 dinner roll.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.043
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	447.15
<b>Fat</b>	16.73g
<b>SaturatedFat</b>	6.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	236.00mg
<b>Sodium</b>	1058.75mg
<b>Carbohydrates</b>	46.50g
<b>Fiber</b>	4.18g
<b>Sugar</b>	11.75g
<b>Protein</b>	28.88g
<b>Vitamin A</b> 763.35IU	<b>Vitamin C</b> 12.70mg
<b>Calcium</b> 225.58mg	<b>Iron</b> 4.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Elem Fresh Fruit Friday

<b>Servings:</b>	4.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28512
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.750
<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: 4.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	90.70
<b>Fat</b>	0.28g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.13mg
<b>Carbohydrates</b>	23.50g
<b>Fiber</b>	4.18g
<b>Sugar</b>	11.00g
<b>Protein</b>	1.13g
<b>Vitamin A</b> 139.66IU	<b>Vitamin C</b> 25.87mg
<b>Calcium</b> 26.40mg	<b>Iron</b> 0.25mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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