

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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Teriyaki Chicken w/ Broccoli and Veggie Fried Rice

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30718

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 6/7 Ounce	COOK FROM FROZEN OR THAW UNDER REFRIGERATION BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350F (CONVECTION) 400F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. CCP: MAKE SURE FOOD TEMPERATURE IS 165F OR ABOVE FOR 15 SEC OR MORE.	890911
RICE FRIED VEG WGRAIN 6-5.16 MINH	1 Cup	Cook from frozen. There are about 84 cups per case (14 per bag). Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
BROCCOLI CUTS 6-4 GCHC	4 Ounce		610871

Preparation Instructions

Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended.

CN Equivalency = 2 M/MA (Serving size = 2.85oz)

Cook rice per prep instruction.

Steam broccoli and toss to coat with teriyaki sauce.

To assemble, place 1/2 cup rice in a bowl and top with #12 scoop of chicken, broccoli, and sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.300
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.130

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	439.52
Fat	7.82g
SaturatedFat	1.04g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	837.28mg
Carbohydrates	66.60g
Fiber	7.40g
Sugar	11.60g
Protein	26.20g
Vitamin A 1174.62IU	Vitamin C 64.07mg
Calcium 83.62mg	Iron 2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Shredded Pork BBQ Sandwich HS/MS

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

Preparation Instructions

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.

CCP: Hold for hot service at 140° or higher.

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: 1.000

Serving Size: 1.00

Amount Per Serving			
Calories	380.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	460.00mg		
Carbohydrates	43.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheesy Cauliflower

Servings:	96.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35745

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	3 Quart		135261
CAULIFLOWER 6-4 GCHC	24 Pound		610882

Preparation Instructions

1. Place cauliflower in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.583
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	64.58
Fat	3.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	208.75mg
Carbohydrates	4.42g
Fiber	1.75g
Sugar	0.58g
Protein	4.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.92mg	Iron 0.58mg

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Nutrition - Per 100g

No 100g Conversion Available

Roasted Mushrooms

Servings:	40.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35901

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Sliced Mushrooms	10 Pound	READY_TO_EAT	00562
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
SALT SEA 36Z TRDE	1 Teaspoon		748590

Preparation Instructions

1. Evenly spread mushrooms across a sheet pan and spray with plain baking mist - OR- place in a large bowl and toss with 2 T olive oil to coat, then spread on sheet pan.
2. Sprinkle with salt and pepper.
3. Roast at 375F on convection 20-30 minutes until brown and tender, draining off liquid.
4. Serve right away in 4 oz boats.

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: 40.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	11.00
Fat	0.45g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	57.00mg
Carbohydrates	1.10g
Fiber	0.40g
Sugar	0.70g
Protein	1.10g
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

Cucumber Slices w/ dip

Servings:	1.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup	Order Piazza cucumber #00914	361510
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups.

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: 1.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	113.90
Fat	11.05g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	250.50mg
Carbohydrates	3.00g
Fiber	0.15g
Sugar	1.50g
Protein	0.15g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 4.16mg	Iron 0.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Celery Sticks w/ dip

Servings:	96.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35968

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	12 Pound		781592
SAUCE RNCH DIPN CUP 100-1Z PPI	96 Each		182265

Preparation Instructions

serve chilled

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: 96.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	125.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	330.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Garden Side Salad w/ ranch

Servings:	1.000	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563
School:	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

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Cup

Amount Per Serving

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

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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

HS Assorted Fruit

Servings:	9.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22425

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
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S 6-10 GCHC	1/2 Cup		152811
PEACH DCD XL/S 6-10 GCHC	1/2 Cup	READY_TO_EAT ready to use	268348

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.556
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 9.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.53
Fat	0.12g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.72mg
Carbohydrates	17.78g
Fiber	2.19g
Sugar	11.11g
Protein	0.72g
Vitamin A 62.07IU	Vitamin C 11.50mg
Calcium 15.73mg	Iron 0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crunchy Baja Fish & Cornbread Poppers

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38976

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN 384-.51Z	4 Each		963499
POLLOCK BAJA AK BRD STIX WGRAIN 10	4 Piece	BAKE CONVECTION OVEN : 400 DEGREES F. FOR 13 - 15 MINUTES.; CONVENTIONAL OVEN : 425 DEGREES F. FOR 16 - 18 MINUTES.; DEEP FRY : 350 DEGREES F. FOR 3 TO 3 AND A HALF MINUTES.; COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT. ; FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.	273482

Preparation Instructions

Gather fish sticks and cornbread popper boxes.

Wash hands thoroughly and apply fresh gloves.

On sheet pans, assemble fish sticks and cornbread poppers in a single layer.

Bake fish sticks and cornbread poppers according to directions.

For the fish:

COOK FROM FROZEN CONVENTIONAL OVEN: BAKE AT 475°F ABOUT 11 TO 13 MINUTES. CONVECTION OVEN: BAKE AT 400°F ABOUT 9 TO 11 MINUTES. FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.

CCP: Fish must reach internal temperature of 140F or higher.

Cornbread Poppers: Bake according to package directions.

CCP: Hold at 140F or higher for service.

To Serve:

Assemble 4 fish sticks and 4 cornbread poppers in a boat.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.583
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	435.67		
Fat	21.07g		
SaturatedFat	5.53g		
Trans Fat	0.09g		
Cholesterol	55.67mg		
Sodium	761.73mg		
Carbohydrates	44.00g		
Fiber	3.87g		
Sugar	6.00g		
Protein	19.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.11mg	Iron	2.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad w/ croutons & roll

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

Meat	4.500
Grain	2.000
Fruit	0.000
GreenVeg	0.043
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad w/ banana bread

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25956
School:	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

Meat	3.829
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.610
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available