

Cookbook for Certification Test District

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Cookbook for Certification Elementary School

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Cookbook for Certification High School

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Hamburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	12 Pound 8 Ounce (200 Ounce)		23579
Rolls, dinner, whole-wheat	100 roll (1 oz)		18348
Catsup	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)		11935
Pickles, cucumber, dill or kosher dill	200 Slice	2 Slices of Pickle	11937

Preparation Instructions

For the hamburger - 2 oz ground beef 23579; 2 oz roll 18348; 2 tsp catsup 11935; 2 slice pickles 11937

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	325.51		
Fat	12.03g		
SaturatedFat	4.04g		
Trans Fat	0.60g**		
Cholesterol	47.60mg		
Sodium	762.70mg		
Carbohydrates	38.27g		
Fiber	4.44g		
Sugar	12.12g		
Protein	18.59g		
Vitamin A	202.35IU	Vitamin C	1.72mg
Calcium	90.57mg	Iron	2.93mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38382
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Peanut Butter, Smooth	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)		51540
Jellies	100 serving 1 tbsp		19300

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.14
Fat	18.24g
SaturatedFat	3.46g
Trans Fat	0.01g**
Cholesterol	0.00mg
Sodium	457.50mg
Carbohydrates	50.02g
Fiber	6.05g
Sugar	16.53g
Protein	15.00g
Vitamin A 2.97IU	Vitamin C 0.19mg
Calcium 104.51mg	Iron 2.34mg

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Nutrition - Per 100g

No 100g Conversion Available

Daily Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11762

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce, cos or romaine, raw	100 cup shredded		11251
Cucumber, with peel, raw	25 cup slices		11205
Tomatoes, red, ripe, raw, year round average	25 cup cherry tomatoes		11529

Preparation Instructions

For the daily salad - 1 cup Romaine 11251 (credits 1/2 cup DG); 1/4 cup tomato 11529 (R/O); 1/4 cup cucumber 11205 (O)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	18.60
Fat	0.24g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.14mg
Carbohydrates	3.94g
Fiber	1.56g
Sugar	1.97g
Protein	1.07g
Vitamin A 4431.29IU	Vitamin C 7.71mg
Calcium 23.40mg	Iron 0.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12117

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, baby, raw	1 Gallon 2 Quart 1 Cup (25 Cup)		11960
Celery, raw	12 1/2 cup chopped		11143
Cucumber, with peel, raw	25 cup slices		11205

Preparation Instructions

5/8 cup vegetable sticks (1/4 c baby carrots [36.5 g]; 1/4 cup cucumber; 1/8 cup celery)

For the baby carrots - used 1/2 cup=73 grams

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	12.05
Fat	0.07g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.84mg
Carbohydrates	2.82g
Fiber	0.86g
Sugar	1.47g
Protein	0.37g
Vitamin A 2597.23IU	Vitamin C 1.59mg
Calcium 15.04mg	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

Chicken Breast Sandwich KC



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38087

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	12 Pound 8 Ounce (200 Ounce)		5747
Rolls, dinner, whole-wheat	100 roll (hamburger, frankfurter roll)		18348

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.04		
Fat	3.83g		
SaturatedFat	0.92g		
Trans Fat	0.01g**		
Cholesterol	58.93mg		
Sodium	253.68mg		
Carbohydrates	21.99g		
Fiber	3.23g		
Sugar	3.64g		
Protein	21.06g		
Vitamin A	18.13IU	Vitamin C	0.00mg
Calcium	48.45mg	Iron	1.30mg

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Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Certification Middle School

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Cookbook for Certification Pre-School 3-5

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