

# **Cookbook for LA-Elementary**

**Created by HPS Menu Planner**

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# Uncrustable w/ String Cheese and Goldfish



<b>Servings:</b>	1.00	<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-40963
<b>School:</b>	LA-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1/2 Each	Frozen-un-thaw ready to eat	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1/2 Each	Frozen-un-thaw ready to eat	536012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package	READY_TO_EAT Ready to Enjoy	112702

## Preparation Instructions

Gather all above items and put 1 item (1 PBJ or PBJS) of each in a saddle bag and clasp the bag. Made enough bags of each grape or strawberry for according to production sheet

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	48.50g
<b>Fiber</b>	5.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.50mg	<b>Iron</b> 1.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pepperoni Pizza



<b>Servings:</b>	0.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41078
<b>School:</b>	LA-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT	1 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

## Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Slice into 8 slices

Serving Slice: 1 slice

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Slice

### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 370.00mg	<b>Iron</b> 2.20mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Romaine Side Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41759
<b>School:</b>	LA-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
TOMATO GRAPE SWT 10 MRKN	1 Ounce		129631
Cucumber	1 Slice	BAKE	16P98

## Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	5.42		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.42mg		
<b>Carbohydrates</b>	1.17g		
<b>Fiber</b>	0.38g		
<b>Sugar</b>	0.82g		
<b>Protein</b>	0.28g		
<b>Vitamin A</b>	236.16IU	<b>Vitamin C</b>	3.88mg
<b>Calcium</b>	3.35mg	<b>Iron</b>	0.08mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Cinnamon Applesauce Cup



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41892
<b>School:</b>	LA-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN 96-4.5Z	1 Each		358572

## 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>	0.500
<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: 1.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger



<b>Servings:</b>	0.00	<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-41149
<b>School:</b>	LA-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/APPLSCE 200-2.5Z	1 Each	<b>BAKE</b> Conventional Oven From frozen state: sleeve pack preparation. Put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400°F for 60 minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165°F. <b>CONVECTION</b> Convection Oven From frozen state: sleeve pack preparation. Put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375 to 400°F for 30-40 minutes. Remove from oven and let stand for 3 minutes before opening bag. Always cook product until internal temperature reaches 165°F.	644950
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	

## Preparation Instructions

**COOKING GUIDELINES:** Cook from frozen state. Combi-Oven: Preheat oven to 350 F. Bake for 8 - 9 minutes with light steam or until internal temperature reaches 165°F when using a meat thermometer.

**CONVECTION OVEN:** Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165°F when using a meat thermometer.

Hold at 140°F

Place 1 beef patty between hamburger bun to serve.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.08mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Carrots w/Ranch Dip



<b>Servings:</b>	0.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41802

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	3/4 Cup	Wash carrot and assemble according to menu	510637
DRESSING RANCH LT CUP 100-1Z	1 Each	READY_TO_EAT Shake well.	130292

## 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>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	136.75
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	270.00mg
<b>Carbohydrates</b>	18.02g
<b>Fiber</b>	5.34g
<b>Sugar</b>	9.04g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 32100.00IU	<b>Vitamin C</b> 11.70mg
<b>Calcium</b> 56.04mg	<b>Iron</b> 0.54mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Ketchup Cup



<b>Servings:</b>	0.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41888
<b>School:</b>	LA-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP FCY LO SOD CUP 250-1Z REDG	1 Ounce	Ready to Eat Ready to Eat	117905

## 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>	0.000
<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: 0.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	25.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	75.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Assorted Fresh Fruit

NO IMAGE

<b>Servings:</b>	8.00	<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-42428
<b>School:</b>	LA-HS/MS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	4/11 Each		597481
BANANA TURNING 40 P/L	8/11 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	4/11 Cup		280895
KIWI 33-39CT P/L	8/11 Each		287008
MELON MUSK CANTALOUPE 12CT P/L	4/11 Cup		200565
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	8/11 Each		198021
PEAR 95-110CT MRKN	8/11 Each		198056
STRAWBERRY 8 MRKN	4/11 Cup		212768

## 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>	0.500
<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: 8.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	56.08
<b>Fat</b>	0.19g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.55mg
<b>Carbohydrates</b>	14.61g
<b>Fiber</b>	2.29g
<b>Sugar</b>	8.70g
<b>Protein</b>	0.65g
<b>Vitamin A</b> 68.05IU	<b>Vitamin C</b> 40.49mg
<b>Calcium</b> 14.60mg	<b>Iron</b> 0.19mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Sandwich



<b>Servings:</b>	0.00	<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-41138
<b>School:</b>	LA-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	710.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.00mg	<b>Iron</b> 2.98mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Orange Slices



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41891
<b>School:</b>	LA-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021

## 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>	0.500
<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: 1.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	88.20
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	0.00g
<b>Protein</b>	1.90g
<b>Vitamin A</b> 414.00IU	<b>Vitamin C</b> 87.30mg
<b>Calcium</b> 72.00mg	<b>Iron</b> 0.16mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Green Beans



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41803

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN WHL 6-4 GCHC	3/4 Cup		610851

## 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>	0.000
<b>GreenVeg</b>	0.750
<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: 1.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	25.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	0.60mg

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## Nutrition - Per 100g

No 100g Conversion Available