

# **Cookbook for Lourdes Academy-Elementary**

**Created by HPS Menu Planner**

# Table of Contents

**Uncrustable w/ String Cheese and Goldfish**

**Chicken Alfredo**

**Breadstick**

**Broccoli**

**Assorted Fresh Fruit**

# 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>	Lourdes Academy-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

# Chicken Alfredo

NO IMAGE

<b>Servings:</b>	140.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43267
<b>School:</b>	Lourdes Academy- Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	9 1/3 Pound		100101
SAUCE ALFREDO FZ 6- 5 JTM	28 Pound	<b>BOIL KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> Open bag carefully to avoid being burned.	155661
PASTA MOSTACC RIG W/LINES 4-5 GCHC	12 7/16 Pound		413350

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.306
<b>Grain</b>	1.422
<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: 140.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	202.56
<b>Fat</b>	3.12g
<b>SaturatedFat</b>	0.77g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	26.70mg
<b>Sodium</b>	120.78mg
<b>Carbohydrates</b>	30.81g
<b>Fiber</b>	1.42g
<b>Sugar</b>	2.14g
<b>Protein</b>	12.74g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 52.55mg	<b>Iron</b> 1.28mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breadstick



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41944
<b>School:</b>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

## Preparation Instructions

### Basic Preparation

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

## Thawing Instructions

Thaw at room temperature, ideally for 24 hours.

## Item Yield

1 Case = 240 (12 x 20 per Bag) Breadsticks, Whole Grain, Frozen, 1 Ounce

## Shelf Life

Frozen = 547 days from date of production

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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>	70.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	95.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.00mg	<b>Iron</b> 1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Broccoli

NO IMAGE

<b>Servings:</b>	120.00	<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-41088
<b>School:</b>	Lourdes Academy- Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	5 Gallon 2 Quart 1 Pint (90 Cup)		549292
SAUCE CHS CHED MILD 6-10 THNKU	1/4 Cup	<b>HEAT_AND_SERVE</b> Ready to eat. Serve at a minimum temperature of 140 °F. <b>READY_TO_EAT</b> Ready to eat. Serve at a minimum temperature of 140 °F.	563005

## Preparation Instructions

Place in Pan in Steamer. Steam 15 min (some appliances may vary) until the internal temperature is 165 degrees or above. Hold at 135 degrees F or above until service.

Serving size: 3/4 c.

## 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: 120.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	39.52		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.04mg		
<b>Sodium</b>	37.33mg		
<b>Carbohydrates</b>	7.54g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	1.52g		
<b>Protein</b>	4.51g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.35mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Fresh Fruit

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.50 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41769
<b>School:</b>	Lourdes Academy- Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	1/2 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>	0.046
<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: 100.00

Serving Size: 4.50 Ounce

### Amount Per Serving

<b>Calories</b>	4.53		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.05mg		
<b>Carbohydrates</b>	1.17g		
<b>Fiber</b>	0.18g		
<b>Sugar</b>	0.66g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	6.99IU	<b>Vitamin C</b>	1.24mg
<b>Calcium</b>	1.11mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

<b>Calories</b>	3.55		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.04mg		
<b>Carbohydrates</b>	0.92g		
<b>Fiber</b>	0.14g		
<b>Sugar</b>	0.51g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	5.48IU	<b>Vitamin C</b>	0.97mg
<b>Calcium</b>	0.87mg	<b>Iron</b>	0.01mg

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