

Cookbook for Lourdes Academy-Elementary

Created by HPS Menu Planner

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Uncrustable w/ String Cheese and Goldfish



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40963
School:	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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	140.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43267
School:	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	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: 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

Meat	1.306
Grain	1.422
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 140.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Breadstick



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41944
School:	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

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	95.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	2.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli

NO IMAGE

Servings:	120.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41088
School:	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	HEAT_AND_SERVE Ready to eat. Serve at a minimum temperature of 140 °F. READY_TO_EAT 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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	4.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41769
School:	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

Meat	0.000
Grain	0.000
Fruit	0.046
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.50 Ounce

Amount Per Serving

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

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Nutrition - Per 100g

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

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