

# **Cookbook for Lourdes Academy-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>	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

# Corn Dog

<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-40301
<b>School:</b>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each	Wash hands and put on gloves. From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees. From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees. Hot hold until service. Serve with condiments.	620220

## Preparation Instructions

Wash hands and put on gloves.

From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees.

From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees.

Hot hold until service.

Serve with condiments.

Serving Size = 1 each

Case Yield = 72

CN Labeled

# 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.

# String Cheese Stick

<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-41980
<b>School:</b>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

No Preparation Instructions available.

# Assorted Fresh Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42428
<b>School:</b>	Lourdes Academy MS/HS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	4 Ounce		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	4 Ounce		212768

## Preparation Instructions

No Preparation Instructions 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>	Lourdes Academy-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.



# 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>	Lourdes Academy-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

# 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>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

## Preparation Instructions

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

# Assorted Canned Fruit

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41768
<b>School:</b>	Lourdes Academy- Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE 6-10 GCHC	1/2 Cup		610372
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup		271497
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897

## Preparation Instructions

No Preparation Instructions 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>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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.

# 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.

# Cheese Quesadilla

<b>Servings:</b>	0.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41167
<b>School:</b>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

## Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 10" tortillas on a parchment line sheet tray.

Pour 1/2 cup of Shredded Cheddar Cheese on top of each tortilla.

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese.

Place tray in preheat oven, bake for 7-10 minutes.

# Refried Beans with Cheese

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41773
<b>School:</b>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	7 1/2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
CHEESE MOZZ SHRD 4- 5 LOL	1 Pint 1 3/4 Cup (3 3/4 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170

## Preparation Instructions

Wash Hands and Work Surface

Use a 4" pan. Pour 1 Gallon boiling water into pan

Add 2 bags of beans to pan, stir and cover

Allow beans to sit for 25 minutes Sprinkle cheese on top of beans

Place in 200 degree oven to hold

32 1/2 cup servings per pan

Hold at 145 degrees

# Salsa

<b>Servings:</b>	0.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41806

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

## Preparation Instructions

No Preparation Instructions available.



# Celery Sticks w/ Peanut Butter

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41298
<b>School:</b>	Lourdes Academy- Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED 10 RSS	14 Pound		478318
PEANUT BUTTER CUP 200-.75Z SMUCK	3 Quart 1/2 Cup (12 1/2 Cup)		307831

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut celery into 1/2 inch by 4 inch sticks. Portion 6 celery sticks into 5.5 ounce souffle. Portion 2 tablespoons of peanut butter into 2 ounce souffle, serve together.

# Chicken Alfredo

<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</b> <b>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.

# 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	<b>THAW</b> 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

# Broccoli

<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	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.

# Assorted Fresh Fruit

<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.