

# **Cookbook for Bremen Senior High School**

**Created by HPS Menu Planner**

# Table of Contents

**Ham Salad (with Croutons and Goldfish)**

**Ham Salad (with Croutons and Roll)**

**Turkey Salad (with croutons and Goldfish)**

**Egg and Cheese Salad (with croutons and dinner roll)**

**Egg and Cheese Salad (with croutons and Goldfish)**

**Small Side Salad**

# Ham Salad (with Croutons and Goldfish)

|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each                 | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-43340 |
| <b>School:</b>       | Bremen Senior High School |                       |         |

## Ingredients

| Description                                    | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| Ham, Cubed Frozen                              | 1 1/2 Ounce | 1.5 oz. weight USDA ham= 3/8 cup (#10 scoop)<br>Make sure you have plenty of turkey or ham pulled for the following days ahead.<br>Allow turkey or ham to thaw in cooler 24 hours prior to using it. Place the meat inside a plastic container before putting it in the cooler to thaw.<br>If you are pulling turkey or ham from the freezer PLEASE make sure you are marking it off the inventory sheets on the wall. | 100188-H   |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/4 Cup     | 1 oz. weight<br>Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler.  | 100012     |
| LETTUCE ROMAINE CHOP 6-2 RSS                   | 1 Cup       |  | 735787     |
| CROUTON CHS GARL WGRAIN 250-.5Z                | 2 Package   | Place in salad container.  | 661022     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z            | 1 Package   |  | 736280     |

## Preparation Instructions

Assemble salads following measurements above.

Pack all items in salad container including croutons and goldfish (or other grain). \*Salad must include 2 oz. eq. grain items every day!

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned.

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <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>         | 355.49                  |
| <b>Fat</b>              | 15.96g                  |
| <b>SaturatedFat</b>     | 5.73g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 42.13mg                 |
| <b>Sodium</b>           | 955.25mg                |
| <b>Carbohydrates</b>    | 37.46g                  |
| <b>Fiber</b>            | 1.00g                   |
| <b>Sugar</b>            | 4.23g                   |
| <b>Protein</b>          | 20.15g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 54.00mg  | <b>Iron</b> 3.06mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham Salad (with Croutons and Roll)

|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each                 | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-43341 |
| <b>School:</b>       | Bremen Senior High School |                       |         |

## Ingredients

| Description                                    | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| Ham, Cubed Frozen                              | 1 1/2 Ounce | 1.5 oz. weight USDA ham= 3/8 cup (#10 scoop)<br>Make sure you have plenty of turkey or ham pulled for the following days ahead.<br>Allow turkey or ham to thaw in cooler 24 hours prior to using it. Place the meat inside a plastic container before putting it in the cooler to thaw.<br>If you are pulling turkey or ham from the freezer PLEASE make sure you are marking it off the inventory sheets on the wall. | 100188-H   |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/4 Cup     | 1 oz. weight<br>Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler.  | 100012     |
| LETTUCE ROMAINE CHOP 6-2 RSS                   | 1 Cup       |  | 735787     |
| CROUTON CHS GARL WGRAIN 250-.5Z                | 2 Package   | Place in salad container.  | 661022     |
| ROLL YEAST WHEAT 120-1.5Z SISSCHUB             | 1 Each      |  | 112401     |

## Preparation Instructions

Assemble salads following measurements above.

Pack all items in salad container including croutons and dinner roll (or other grain). \*Salad must include 2 oz. eq. grain items every day!

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned.

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.250 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <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>      | 395.49   |                  |        |
| <b>Fat</b>           | 16.46g   |                  |        |
| <b>SaturatedFat</b>  | 6.23g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 52.13mg  |                  |        |
| <b>Sodium</b>        | 985.25mg |                  |        |
| <b>Carbohydrates</b> | 45.46g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 8.23g    |                  |        |
| <b>Protein</b>       | 22.15g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 34.00mg  | <b>Iron</b>      | 3.56mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Salad (with croutons and Goldfish)

|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each                 | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-43342 |
| <b>School:</b>       | Bremen Senior High School |                       |         |

## Ingredients

| Description                                    | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| Turkey Breast Deli                             | 2 1/4 Ounce | 2.25 oz. weight USDA turkey = 3/8 cup turkey (#10 scoop)<br>Make sure you have plenty of turkey or ham pulled for the following days ahead.<br>Allow turkey or ham to thaw in cooler 24 hours prior to using it. Place the meat inside a plastic container before putting it in the cooler to thaw.<br>If you are pulling turkey or ham from the freezer PLEASE make sure you are marking it off the inventory sheets on the wall. | 100121     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/4 Cup     | 1 oz. weight<br>Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler.  | 100012     |
| LETTUCE ROMAINE CHOP 6-2 RSS                   | 1 Cup       |  | 735787     |
| CROUTON CHS GARL WGRAIN 250-.5Z                | 2 Package   | Place in salad container.  | 661022     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z            | 1 Package   |  | 736280     |

## Preparation Instructions

Assemble salads following measurements above.

Pack all items in salad container including croutons and goldfish (or other grain). \*Salad must include 2 oz. eq. grain items every day!

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned.

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.250 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <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>         | 389.25                  |
| <b>Fat</b>              | 16.33g                  |
| <b>SaturatedFat</b>     | 5.92g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 59.62mg                 |
| <b>Sodium</b>           | 1050.66mg               |
| <b>Carbohydrates</b>    | 36.42g                  |
| <b>Fiber</b>            | 1.00g                   |
| <b>Sugar</b>            | 3.00g                   |
| <b>Protein</b>          | 26.74g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 54.00mg  | <b>Iron</b> 3.06mg      |

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## Nutrition - Per 100g

No 100g Conversion Available



# Egg and Cheese Salad (with croutons and dinner roll)

|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each                 | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-43343 |
| <b>School:</b>       | Bremen Senior High School |                       |         |

## Ingredients

| Description                                    | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| EGG HARD CKD PLD DRY PK 12-12CT PAP            | 1 Each      | Cut into four halves  | 853800     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/4 Cup     | 1 oz. weight<br>Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler. | 100012     |
| LETTUCE ROMAINE CHOP 6-2 RSS                   | 1 Cup       |   | 735787     |
| CROUTON CHS GARL WGRAIN 250-.5Z                | 2 Package   | Place in salad container.   | 661022     |
| ROLL YEAST WHEAT 120-1.5Z SISSCHUB             | 1 Each      |   | 112401     |

## Preparation Instructions

Assemble salads following measurements above.

Pack all items in salad container including croutons and roll (or other grain). \*Salad must include 2 oz. eq. grain items every day!

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned.

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.500 |
| <b>Grain</b>    | 2.250 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <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>      | 420.00   |                  |        |
| <b>Fat</b>           | 19.00g   |                  |        |
| <b>SaturatedFat</b>  | 6.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 200.00mg |                  |        |
| <b>Sodium</b>        | 755.00mg |                  |        |
| <b>Carbohydrates</b> | 44.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 8.00g    |                  |        |
| <b>Protein</b>       | 22.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 57.00mg  | <b>Iron</b>      | 4.56mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Egg and Cheese Salad (with croutons and Goldfish)

|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each                 | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-43344 |
| <b>School:</b>       | Bremen Senior High School |                       |         |

## Ingredients

| Description                                    | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| EGG HARD CKD PLD DRY PK 12-12CT PAP            | 1 Each      | Cut into four halves  | 853800     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/4 Cup     | 1 oz. weight<br>Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler. | 100012     |
| LETTUCE ROMAINE CHOP 6-2 RSS                   | 1 Cup       |   | 735787     |
| CROUTON CHS GARL WGRAIN 250-.5Z                | 2 Package   | Place in salad container.   | 661022     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z            | 1 Package   |   | 736280     |

## Preparation Instructions

Assemble salads following measurements above.

Pack all items in salad container including croutons and Goldfish (or other grain). \*Salad must include 2 oz. eq. grain items every day!

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned.

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.500 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <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>      | 380.00   |                  |        |
| <b>Fat</b>           | 18.50g   |                  |        |
| <b>SaturatedFat</b>  | 6.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 190.00mg |                  |        |
| <b>Sodium</b>        | 725.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <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>       | 77.00mg  | <b>Iron</b>      | 4.06mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Small Side Salad

|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each                 | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-43345 |
| <b>School:</b>       | Bremen Senior High School |                       |         |

## Ingredients

| Description                                    | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/8 Cup     | 1/2 oz. weight<br>Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler. | 100012     |
| LETTUCE ROMAINE CHOP 6-2 RSS                   | 1 Cup       |   | 735787     |
| CROUTON CHS GARL WGRAIN 250-.5Z                | 1 Package   | Place in salad container.   | 661022     |

## Preparation Instructions

Note: Side Salad only counts as vegetable and students should be able to take main entree with salad.

Assemble salads following measurements above.

Pack all items in salad container including croutons.

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned.

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.500 |
| <b>Grain</b>    | 0.500 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <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>         | 111.60                  |
| <b>Fat</b>              | 5.12g                   |
| <b>SaturatedFat</b>     | 2.08g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 10.40mg                 |
| <b>Sodium</b>           | 254.00mg                |
| <b>Carbohydrates</b>    | 11.52g                  |
| <b>Fiber</b>            | 1.00g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 6.64g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 25.00mg  | <b>Iron</b> 1.36mg      |

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## Nutrition - Per 100g

No 100g Conversion Available