

Cookbook for IMLAY CITY HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Yogurt Parfait Lunchable

Cheeseburger

Walking Taco

granola topping

Yogurt Parfait Lunchable

| | | | |
|----------------------|-----------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-4481 |
| School: | BORLAND RD - IMLAY CITY SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------------|-------------|------------------------------------------------------------------------------------|------------|
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 1 Each | READY_TO_EAT Use one cheese stick per serving. | 786801 |
| YOGURT VAN L/F PARFPR 6-4 YOPL | 4 1/2 Ounce | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| STRAWBERRY 8 MRKN | 1/4 Cup | | 212768 |
| GRAPES RED LUNCH BUNCH 21AVG MRKN | 1/4 Cup | Leave on stems, wash, let sit to drain excess water, place in lunchable container. | 280895 |
| CARROTS, CHL, BABY, WHL PEEL 100/3 OZ PG | 1 Serving | | 812540 |
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 Serving | READY_TO_EAT cereal bars. Use one bar per serving. | 265891 |
| CRACKER GLDFSH HNY OAT WGRAIN 300-2CT | 1 Serving | READY_TO_EAT graham snack cracker. Use one pkg. per serving. | 770960 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.049 |
| Grain | 2.000 |
| Fruit | 0.361 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 518.30 |
| Fat | 11.53g |
| SaturatedFat | 3.42g |
| Trans Fat | 0.00g |
| Cholesterol | 14.20mg |
| Sodium | 537.55mg |
| Carbohydrates | 89.25g |
| Fiber | 6.13g |
| Sugar | 41.80g |
| Protein | 14.95g |
| Vitamin A 6208.96IU | Vitamin C 17.84mg |
| Calcium 821.81mg | Iron 6.87mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39440 |
| School: | IMLAY CITY HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 4" WG WHITE HAMBURGER BUN | 1 bun | Pull desired amount and thaw | 1711 |
| BEEF STK PTY CKD 2.45Z 6-5 JTM | 1 Each | BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM. | 661851 |
| CHEESE SLCD YEL 6-5 COMM | 1 Slice | | 334450 |

Preparation Instructions

Assemble bottom bun, beef patty, cheese, top bun

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

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 360.00 |
| Fat | 18.00g |
| SaturatedFat | 7.30g |
| Trans Fat | 0.80g |
| Cholesterol | 61.50mg |
| Sodium | 601.00mg |
| Carbohydrates | 28.00g |
| Fiber | 3.00g |
| Sugar | 4.50g |
| Protein | 20.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 31.00mg | Iron 9.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 bag | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39794 |
| School: | IMLAY CITY HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| CHEESE BLND CHED/MONTRY JK SHRD 4-5 | 2 Ounce | READY_TO_EAT None | 712131 |
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 Ounce | BOIL KEEP FROZENPlace 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. | 722330 |
| CHIP NACHO CHS R/F TOP N GO 44-1.4Z | 1 Package | READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy | 815803 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.262 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.082 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 bag

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 481.36 |
| Fat | 28.03g |
| SaturatedFat | 14.14g |
| Trans Fat | 0.18g |
| Cholesterol | 71.45mg |
| Sodium | 846.56mg |
| Carbohydrates | 33.15g |
| Fiber | 3.26g |
| Sugar | 2.26g |
| Protein | 25.08g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 485.55mg | Iron 1.65mg |

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

Nutrition - Per 100g

No 100g Conversion Available

granola topping

| | | | |
|----------------------|------------------------|-----------------------|---------------------|
| Servings: | 100.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-43077 |
| School: | IMLAY CITY HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| OATS QUICK HOT CEREAL 12-42Z GCHC | 21 Pound | | 240869 |
| BUTTER ALT LIQ NT 3-1GAL GCHC | 1 Gallon | | 614640 |
| SUGAR BEET GRANUL XTRA FINE 4-10 P/L | 5 Pound | | 842061 |
| SUGAR BROWN MED 25 GCHC | 5 1/2 Pound | UNSPECIFIED | 108626 |
| FLOUR HR GOLD MEDAL 14317 2-25 | 6 Pound | BAKE Refer to your desired recipe or formula for preparation instructions. UNPREPARED Use as an ingredient in your desired recipe or formula. Raw flour is not ready-to-eat and must be thoroughly cooked before eating. To prevent illness from naturally occurring bacteria in wheat flour, do not eat or play with raw dough or batter; wash hands and surfaces after handling. | 426253 |
| SPICE CINNAMON GRND 15Z TRDE | 1/2 Cup | | 224723 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.377 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 784.74 | | |
| Fat | 41.90g | | |
| SaturatedFat | 7.59g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 204.80mg | | |
| Carbohydrates | 94.66g | | |
| Fiber | 9.75g | | |
| Sugar | 25.20g | | |
| Protein | 12.61g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 2.56mg | Iron | 4.12mg |

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

Nutrition - Per 100g

No 100g Conversion Available