

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

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# Nachos Supreme

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26017

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	2 oz = about 20 chips	163020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	<b>BOIL</b> 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
SAUCE CHS ULTIM JALAP POUC 6-106Z LOL	3 Ounce		310744
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
SALSA CUP 84-3Z REDG	1 Each	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	677802

## Preparation Instructions

1. Assemble 2 oz chips (about 20 chips) in a boat.
2. Just before serving, scoop 2 oz taco meat on top and then add 2 oz cheese sauce.
3. Serve with sour cream and salsa on the side as optional.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.893
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.623
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	531.33
<b>Fat</b>	22.54g
<b>SaturatedFat</b>	8.70g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	62.18mg
<b>Sodium</b>	1050.34mg
<b>Carbohydrates</b>	52.73g
<b>Fiber</b>	5.89g
<b>Sugar</b>	6.89g
<b>Protein</b>	25.11g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 323.32mg	<b>Iron</b> 3.87mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Pizza Mini Bagels

<b>Servings:</b>	96.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34733

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BAGEL CHS MINI 384-1.17Z	384 Piece	1 case has 384 bagels; yields 96 servings of 4.	703411

## Preparation Instructions

1 case has 384 bagels; yields 96 servings of 4.

1. Heat according to package direction.

CCP: Hold for hot service at 135F or higher.

### 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>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.000

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	350.00mg	<b>Iron</b>	1.80mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken Sandwich

<b>Servings:</b>	1.000	<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-22510

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Cup	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

## Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper

CCP: Hold for hot service at 140 degrees

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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: 1.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	500.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.00mg	<b>Iron</b>	3.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cucumber Slices w/ dip

<b>Servings:</b>	1.000	<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-35955

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup	Order Piazza cucumber #00914	361510
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

## Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	113.90		
<b>Fat</b>	11.05g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	250.50mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.15g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	27.30IU	<b>Vitamin C</b>	0.73mg
<b>Calcium</b>	4.16mg	<b>Iron</b>	0.08mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Strawberry Vanilla Yogurt Parfait

<b>Servings:</b>	40.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43809

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	20 Pound	8 oz yogurt = 2 Meat Alt.	811500
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	20 Pound	READY_TO_EAT Ready to Eat	621420

## Preparation Instructions

Place about 3 oz yogurt in the bottom of the cup, then 1/2 cup (4 oz) strawberries on top.

CCP: Hold for cold service at 41° or lower.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.866
<b>Grain</b>	0.000
<b>Fruit</b>	2.000
<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: 40.000

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	323.88
<b>Fat</b>	1.49g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	119.40mg
<b>Carbohydrates</b>	72.27g
<b>Fiber</b>	6.00g
<b>Sugar</b>	44.84g
<b>Protein</b>	9.46g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.66mg	<b>Iron</b> 3.60mg

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### Nutrition - Per 100g

No 100g Conversion Available