

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Roasted Broccoli

Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.20		
Fat	2.24g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.40mg		
Carbohydrates	4.44g		
Fiber	2.52g		
Sugar	0.84g		
Protein	2.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.40mg	Iron	0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Grapes

Servings:	50.000	Category:	Fruit
Serving Size:	0.50 .50 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	9 Pound	Wash thoroughly and dry.	197831
GRAPES GREEN SEEDLESS 17AVG	9 Pound	Wash thoroughly and dry.	197858

Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.810
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 .50 cup

Amount Per Serving

Calories	91.15		
Fat	0.43g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.70mg		
Carbohydrates	23.76g		
Fiber	1.19g		
Sugar	21.60g		
Protein	0.86g		
Vitamin A	136.08IU	Vitamin C	5.44mg
Calcium	19.05mg	Iron	0.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sandwich

Servings:	32.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29408
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Pound		689541
CHEESE AMER 160CT SLCD 6-5 COMM	2 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	32 bun	BAKE Toast if desired	3474

Preparation Instructions

Lay buns out on a lined sheet pan. Take off tops.

Place 4 slices turkey on each bun bottom.

Add 2 slices cheese.

Place top of bun on each sandwich.

Bag or wrap each sandwich.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.421
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: 32.000

Serving Size: 1.00

Amount Per Serving

Calories	309.76
Fat	12.06g
SaturatedFat	5.55g
Trans Fat	0.00g
Cholesterol	53.63mg
Sodium	1009.09mg
Carbohydrates	27.08g
Fiber	2.00g
Sugar	4.04g
Protein	23.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 175.79mg	Iron 8.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Cup

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Dinner Roll	1 Piece	READY_TO_EAT Ready to eat	3920
CHIX POPCORN BRD LRG FC 8-4# GLDCRK	5 Each		260419

Preparation Instructions

1. Cook chicken according to package instructions.
 2. Assemble 5 chicken pieces and roll in a Munchie cup (#699047)
- CCP: Hold at 135F or higher for service.

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: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	215.00
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	435.00mg
Carbohydrates	22.50g
Fiber	2.00g
Sugar	2.00g
Protein	15.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 1.62mg

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Nutrition - Per 100g

No 100g Conversion Available

Crunchy Carrots w/ dip

Servings:	1.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22506
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C 4-3 RSS	4 Ounce	Portion into 5 oz black containers.	781606
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Portion into 5 oz black containers..

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	154.44
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	330.00mg
Carbohydrates	12.67g
Fiber	3.56g
Sugar	6.33g
Protein	0.89g
Vitamin A 19022.22IU	Vitamin C 6.93mg
Calcium 37.33mg	Iron 0.32mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo w/Bread stick

Servings:	80.000	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28449
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA ROTINI 4-5 GCHC	15 Pound		413360
BREADSTICK WGRAIN GARL HERB 1Z 6-54CT	160 Each	Serve 1 each	512723

Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

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

Hole pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 1 C pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.

Meal Components (SLE)

Amount Per Serving

Meat	1.816
Grain	2.280
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	276.39		
Fat	5.45g		
SaturatedFat	1.48g		
Trans Fat	0.00g		
Cholesterol	39.36mg		
Sodium	296.83mg		
Carbohydrates	37.02g		
Fiber	2.56g		
Sugar	1.01g		
Protein	18.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.40mg	Iron	2.30mg

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Nutrition - Per 100g

Calories	162.49		
Fat	3.20g		
SaturatedFat	0.87g		
Trans Fat	0.00g		
Cholesterol	23.14mg		
Sodium	174.50mg		
Carbohydrates	21.76g		
Fiber	1.50g		
Sugar	0.59g		
Protein	11.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.45mg	Iron	1.35mg

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