

Cookbook for Certification Test District

Created by HPS Menu Planner

Cookbook for Certification Elementary School

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for Certification High School

Created by HPS Menu Planner

Table of Contents

Daily Salad

Peanut Butter and Jelly Sandwich with Black hummus on side

Vegetable Sticks

Cheese Sandwich

Chicken Breast Sandwich KC

Pepperoni and Pineapple Pizza

Daily Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11762

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce, cos or romaine, raw	100 cup shredded		11251
Cucumber, with peel, raw	25 cup slices		11205
Tomatoes, red, ripe, raw, year round average	25 cup cherry tomatoes		11529

Preparation Instructions

For the daily salad - 1 cup Romaine 11251 (credits 1/2 cup DG); 1/4 cup tomato 11529 (R/O); 1/4 cup cucumber 11205 (O)

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	18.60
Fat	0.24g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.14mg
Carbohydrates	3.94g
Fiber	1.56g
Sugar	1.97g
Protein	1.07g
Vitamin A 4431.29IU	Vitamin C 7.71mg
Calcium 23.40mg	Iron 0.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich with Black hummus on side



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38382
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Jellies	100 serving 1 tbsp		19300
Peanut butter, smooth style, without salt	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		16398
Black Bean Hummus USDA Recipe for Schools	1 Gallon 2 Quart 1 Cup (25 Cup)		51673

Preparation Instructions

Black bean hummus is served on the side.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	375.60
Fat	11.84g
SaturatedFat	2.36g
Trans Fat	0.02g**
Cholesterol	0.00mg
Sodium	399.76mg
Carbohydrates	55.15g
Fiber	7.97g
Sugar	16.21g
Protein	14.54g
Vitamin A 58.10IU	Vitamin C 5.62mg
Calcium 144.14mg	Iron 2.53mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12117

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, baby, raw	1 Gallon 2 Quart 1 Cup (25 Cup)		11960
Celery, raw	12 1/2 cup chopped		11143
Cucumber, with peel, raw	25 cup slices		11205

Preparation Instructions

5/8 cup vegetable sticks (1/4 c baby carrots [36.5 g]; 1/4 cup cucumber; 1/8 cup celery)

For the baby carrots - used 1/2 cup=73 grams

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	12.05
Fat	0.07g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.84mg
Carbohydrates	2.82g
Fiber	0.86g
Sugar	1.47g
Protein	0.37g
Vitamin A 2597.23IU	Vitamin C 1.59mg
Calcium 15.04mg	Iron 0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40251
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Cheese, cheddar, sharp, sliced	100 slice (1 oz)		1270

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	214.14
Fat	6.60g
SaturatedFat	2.96g
Trans Fat	0.16g
Cholesterol	12.76mg
Sodium	374.23mg
Carbohydrates	27.61g
Fiber	3.84g
Sugar	2.81g
Protein	11.09g
Vitamin A 130.07IU	Vitamin C 0.00mg
Calcium 194.71mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Breast Sandwich KC



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38087
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	12 Pound 8 Ounce (200 Ounce)		5747
Rolls, dinner, whole-wheat	100 roll (hamburger, frankfurter roll)		18348

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	184.33		
Fat	3.55g		
SaturatedFat	0.87g		
Trans Fat	0.01g**		
Cholesterol	58.93mg		
Sodium	222.90mg		
Carbohydrates	18.98g		
Fiber	2.78g		
Sugar	3.14g		
Protein	20.54g		
Vitamin A	18.13IU	Vitamin C	0.00mg
Calcium	42.19mg	Iron	1.16mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni and Pineapple Pizza



Servings:	150.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43993
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	18 3/4 cup, chunks		9354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

Amount Per Serving

Calories	292.98
Fat	11.07g
SaturatedFat	3.56g
Trans Fat	0.00g
Cholesterol	15.24mg
Sodium	539.98mg
Carbohydrates	36.54g
Fiber	4.23g
Sugar	11.23g
Protein	15.10g
Vitamin A 477.40IU	Vitamin C 2.13mg
Calcium 243.65mg	Iron 2.73mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Certification Middle School

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for Certification Pre-School 3-5

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for Short Week School

Created by HPS Menu Planner

Table of Contents

No Recipes found