

Cookbook for Lourdes Academy-Elementary

Created by HPS Menu Planner

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Un-crustable Sandwich w/ String Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40963
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1/2 Each	Frozen-un-thaw ready to eat	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1/2 Each	Frozen-un-thaw ready to eat	536012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580

Preparation Instructions

Gather all above items and put 1 item (1 PBJ or PBJs) of each in a saddle bag and clasp the bag. Made enough bags of each grape or strawberry for according to production sheet

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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 Each

Amount Per Serving

Calories	380.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	480.00mg
Carbohydrates	34.50g
Fiber	4.00g
Sugar	16.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.50mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger



Servings:	0.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41149
School:	Lourdes Academy-Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/APPLSCE 200-2.5Z	1 Each	BAKE Conventional Oven From frozen state: sleeve pack preparation. Put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400°F for 60 minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165°F. CONVECTION Convection Oven From frozen state: sleeve pack preparation. Put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375 to 400°F for 30-40 minutes. Remove from oven and let stand for 3 minutes before opening bag. Always cook product until internal temperature reaches 165°F.	644950
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	

Preparation Instructions

COOKING GUIDELINES: Cook from frozen state. Combi-Oven: Preheat oven to 350 F. Bake for 8 - 9 minutes with light steam or until internal temperature reaches 165°F when using a meat thermometer.

CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165°F when using a meat thermometer.

Hold at 140°F

Place 1 beef patty between hamburger bun to serve.

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: 0.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	540.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Ketchup Packet

NO IMAGE

Servings:	0.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41888
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT 1M-9GM HNZ	1 Package		255521

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Canned Fruit

NO IMAGE

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41768
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE 6-10 GCHC	1/2 Cup		610372
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup		271497
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.479
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	60.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.33mg		
Carbohydrates	14.37g		
Fiber	1.12g		
Sugar	9.91g		
Protein	0.42g		
Vitamin A	47.77IU	Vitamin C	0.62mg
Calcium	10.84mg	Iron	0.28mg

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Nutrition - Per 100g

No 100g Conversion Available

Carrots W/Honey Glaze

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43225
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	1 Cup		285680
HONEY 4-6 GCHC	1 Fluid Ounce		225614
SPICE CINNAMON GRND 15Z TRDE	0 Cup		224723
BUTTER SUB 24-4Z BTRBUDS	0.02 Cup		209810

Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, melted Butter Buds, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

**Allergens: Milk

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	167.02
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	86.36mg
Carbohydrates	45.09g
Fiber	4.48g
Sugar	39.97g
Protein	1.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 59.70mg	Iron 0.54mg

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Nutrition - Per 100g

Calories	73.64
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	38.08mg
Carbohydrates	19.88g
Fiber	1.97g
Sugar	17.62g
Protein	0.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.32mg	Iron 0.24mg

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