

Cookbook for Lourdes Academy-Elementary

Created by HPS Menu Planner

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Taco Totchos

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44383
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tater Puffs	2 1/2 Serving		R-41895
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
SAUCE CHS CHED POUCH 6-106Z LOL	2 Ounce		135261
SAUCE TACO MILD PKT 200-9GM GCHC	1 Each		192007

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.181
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.082
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	571.51
Fat	29.63g
SaturatedFat	10.31g
Trans Fat	0.18g
Cholesterol	39.84mg
Sodium	1455.98mg
Carbohydrates	57.31g
Fiber	6.30g
Sugar	1.26g
Protein	17.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 252.45mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

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Nutrition - Per 100g

No 100g Conversion Available

Corn



Servings:	120.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41087
School:	Lourdes Academy-Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	120 Serving		120490

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	0.750

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	100.50		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.50mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	3.00g		
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

Refried Beans with Cheese



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41773
School:	Lourdes Academy-Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	7 1/2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
CHEESE MOZZ SHRD 4- 5 LOL	1 Pint 1 3/4 Cup (3 3/4 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Wash Hands and Work Surface
 Use a 4" pan. Pour 1 Gallon boiling water into pan
 Add 2 bags of beans to pan, stir and cover
 Allow beans to sit for 25 minutes Sprinkle cheese on top of beans
 Place in 200 degree oven to hold
 32 1/2 cup servings per pan
 Hold at 145 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.125
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	1.693
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	485.38
Fat	5.83g
SaturatedFat	2.13g
Trans Fat	0.00g
Cholesterol	1.88mg
Sodium	1885.14mg
Carbohydrates	78.02g
Fiber	30.48g
Sugar	0.13g
Protein	31.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.96mg	Iron 7.11mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42428
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	4 Ounce		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	4 Ounce		212768

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving

Calories	639.96
Fat	2.21g
SaturatedFat	0.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.16mg
Carbohydrates	168.39g
Fiber	26.76g
Sugar	109.33g
Protein	5.35g
Vitamin A 710.84IU	Vitamin C 155.93mg
Calcium 113.62mg	Iron 2.25mg

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Nutrition - Per 100g

No 100g Conversion Available