

Cookbook for Lourdes Academy-Elementary

Created by HPS Menu Planner

Table of Contents

[Sloppy Joe](#)

[Un-crustable Sandwich w/ String Cheese](#)

[Baked Beans](#)

[Assorted Canned Fruit](#)

Sloppy Joe

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43777
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	20 Pound		100158
ONION YELLOW JUMBO 50 MRKN	1 Cup		200778
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 #10 CAN		100129
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
MUSTARD PKT 200-1/5Z HNZ	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		109908
SPICE CHILI POWDER MILD 16Z TRDE	1 Fluid Ounce		331473
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Fluid Ounce		109843

Preparation Instructions

Brown hamburger in braiser pan along with onion. Mix in the rest of ingredients, stir and simmer until sugar is dissolved.

Note: If using dehydrated onion use a 1/2 cup and re-hydrate.

Meal Components (SLE)

Amount Per Serving

Meat	2.388
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.046
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	286.35		
Fat	14.33g		
SaturatedFat	4.78g		
Trans Fat	2.39g		
Cholesterol	62.09mg		
Sodium	736.08mg		
Carbohydrates	22.76g		
Fiber	0.02g		
Sugar	18.53g		
Protein	16.73g		
Vitamin A	0.03IU	Vitamin C	0.10mg
Calcium	0.30mg	Iron	0.00mg

*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

Baked Beans



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41775

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	4 1/2 #10 CAN		298913
ONION DEHY CHPD 15 P/L	1/2 Cup		263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221
SUGAR BROWN LT 50 BIG CHIEF	3/16 Quart		846775
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1/4 Cup		109843
SAUCE BBQ 4-1GAL SWTBRAY	1/4 Gallon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	655937

Description	Measurement	Prep Instructions	DistPart #
KETCHUP CAN NAT LO SOD 6-10 REDG	1/4 #10 CAN	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	200621

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.940
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.485
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	172.28
Fat	0.49g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	530.10mg
Carbohydrates	35.08g
Fiber	4.87g
Sugar	14.79g
Protein	7.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.88mg	Iron 1.95mg

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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