

Cookbook for Broadview Elementary

Created by HPS Menu Planner

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Turkey & Cheese Sandwich

| | | | |
|----------------------|----------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44012 |
| School: | Broadview Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|----------------------|------------|
| CHEESE SLCD YEL 6-5 COMM | 2 Slice | | 334450 |
| BREAD WGRAIN WHT 16-22Z GCHC | 2 Slice | | 266547 |
| TURKEY BRST SMKD SLCD 8-5# COMM | 1 1/2 Ounce | 1.5 oz. = 1 oz. M/MA | 865790 |

Preparation Instructions

Prepare sandwiches and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2 WG

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 270.00 | | |
| Fat | 11.00g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 540.00mg | | |
| Carbohydrates | 34.00g | | |
| Fiber | 4.00g | | |
| Sugar | 5.00g | | |
| Protein | 11.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 2.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Wrap

| | | | |
|----------------------|----------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44013 |
| School: | Broadview Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-----------------------|------------|
| CHEESE SLCD YEL 6-5 COMM | 2 Slice | 2 slices = 1 oz. M/MA | 334450 |
| TORTILLA FLOUR LO SOD 9 16-12CT | 1 Each | 1 wrap = 2.25 oz. WG | 523610 |
| TURKEY BRST SMKD SLCD 8-5# COMM | 1 1/2 Ounce | 1.5 oz. = 1 oz. M/MA | 865790 |

Preparation Instructions

Prepare wraps and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2.25 WG

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 280.00 | | |
| Fat | 13.50g | | |
| SaturatedFat | 8.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 417.00mg | | |
| Carbohydrates | 32.00g | | |
| Fiber | 4.00g | | |
| Sugar | 3.00g | | |
| Protein | 10.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 45.00mg | Iron | 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Taco w/Raw Ground Beef

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 59.00 | Category: | Entree |
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44046 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-----------------------|-------------------|------------|
| BEEF GRND 40 COMM | 10 Pound | Use 10 pounds | 110520 |
| SEASONING TACO MIX 6-9Z LAWR | 1 Package | Use 1 package | 159204 |
| Water | 1 Quart 1 Cup (5 Cup) | 5 cups water | Water |

Preparation Instructions

BROWN 10# GROUND BEEF,DRAIN. ADD TACO SEASONING MIX & 5 CUPS WATER. BLEND,BRING TO BOIL,REDUCE HEAT & SIMMER 20-30 MIN,STIRRING OCCASIONALLY.

CCP: Heat to 165°F for at least 15 seconds.

CCP: Hold at 135°F or higher.

CCP: Cool to 40°F within 2 hours.

CCP: Reheat quickly to 165°F for 15 seconds.

Crediting: 1 serving = 2 oz. M/MA

Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 2.00 Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 176.76 | | |
| Fat | 12.14g | | |
| SaturatedFat | 4.05g | | |
| Trans Fat | 2.02g | | |
| Cholesterol | 52.62mg | | |
| Sodium | 299.21mg | | |
| Carbohydrates | 2.16g | | |
| Fiber | 1.08g | | |
| Sugar | 0.00g | | |
| Protein | 14.17g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.39mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 311.75 | | |
| Fat | 21.42g | | |
| SaturatedFat | 7.14g | | |
| Trans Fat | 3.57g | | |
| Cholesterol | 92.80mg | | |
| Sodium | 527.72mg | | |
| Carbohydrates | 3.81g | | |
| Fiber | 1.91g | | |
| Sugar | 0.00g | | |
| Protein | 24.99g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.69mg |

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Spaghetti w/Raw Ground Beef

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 59.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44047 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|---------------|-------------------|------------|
| BEEF GRND 40 COMM | 10 Pound | Use 10 pounds | 110520 |
| SAUCE SPAGHETTI FCY 6-10 REDPK | 2 1/2 #10 CAN | 2 1/2 #10 cans | 852759 |
| PASTA SPAGHETTI 10 2-10 KE | 4 Pound | 4 pounds | 654560 |

Preparation Instructions

BROWN 10# GROUND BEEF,DRAIN. ADD SPAGHETTI SAUCE. SIMMER 10-20 MIN,STIRRING OCCASIONALLY. COOK PASTA. COMBINE MEAT SAUCE AND COOKED PASTA.

CCP: Heat to 165°F for at least 15 seconds.

CCP: Hold at 135°F or higher.

CCP: Cool to 40°F within 2 hours.

CCP: Reheat quickly to 165°F for 15 seconds.

Crediting: 1 CUP = 2 oz. M/MA + 1 OZ. NWG + 1/2 CUP R/O VEG.

Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 326.85 | | |
| Fat | 12.69g | | |
| SaturatedFat | 4.05g | | |
| Trans Fat | 2.02g | | |
| Cholesterol | 52.62mg | | |
| Sodium | 529.89mg | | |
| Carbohydrates | 34.01g | | |
| Fiber | 4.83g | | |
| Sugar | 8.57g | | |
| Protein | 21.71g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 26.21mg | Iron | 0.98mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pasta Bake w/Raw Ground Beef

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 59.00 | Category: | Entree |
| Serving Size: | 0.75 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44048 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|------------------------|---|------------|
| BEEF GRND 40 COMM | 10 Pound | Use 10 pounds; Brown ground beef. CCP: Cook to 165 degrees for 15 seconds. Drain. | 110520 |
| PASTA PENNE RIGATE 2-10 KE | 3 3/4 Pound | 3 3/4 pound | 635501 |
| SAUCE TOMATO 6-10 GCHC | 1 1/2 #10 CAN | 1 1/2 cans | 306347 |
| CHEESE MOZZ 2 SHRD FTHR 4-5 TAV | 1 Pound | 1 pound | 421812 |
| SEASONING TACO MIX 6-9Z LAWR | 4 Ounce | 4 oz. | 159204 |
| Water | 1 Quart 1 Pint (6 Cup) | 6 cups | Water |

Preparation Instructions

Brown ground beef. CCP: Cook to 165 degrees for 15 seconds.

Drain. Add tomato sauce, water & taco seasoning mix to cooked ground beef. Simmer for 15 minutes.

Cook Pasta according to manufacturer's directions.

Add pasta to meat mixture and mix well. Divide into 2 (2-inch) steam table pans.

Sprinkle each pan with 1/2 of the mozzarella cheese.

Bake at 325 degrees for 20 minutes.

Hold for Hot Service at 135 degrees.

CCP: Heat to 165°F for at least 15 seconds.

CCP: Hold at 135°F or higher.

CCP: Cool to 40°F within 2 hours.

CCP: Reheat quickly to 165°F for 15 seconds.

Crediting: 3/4 CUP = 2 oz. M/MA + 1 OZ. NWG + 1/4 CUP R/O VEG.

Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 0.75 Cup

| Amount Per Serving | | | |
|--------------------|----------|-----------|--------|
| Calories | 306.72 | | |
| Fat | 13.26g | | |
| SaturatedFat | 4.40g | | |
| Trans Fat | 2.02g | | |
| Cholesterol | 54.65mg | | |
| Sodium | 549.72mg | | |
| Carbohydrates | 27.64g | | |
| Fiber | 2.81g | | |
| Sugar | 3.65g | | |
| Protein | 19.65g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.64mg | Iron | 1.61mg |

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Nutrition - Per 100g

No 100g Conversion Available

Oatmeal

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 25.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-44155 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-----------------------------------|------------|
| MILK WHT 1 4-1GAL RGNLBRND | 1/2 Gallon | | 817801 |
| Water | 3 Quart | READY_TO_DRINK | Water |
| MARGARINE SLD 30-1 GCHC | 3 Ounce | 6 Tablespoons | 733061 |
| SUGAR BROWN LT 12-2 P/L | 1 1/2 Cup | | 860311 |
| SPICE CINNAMON GRND 15Z TRDE | 1 Teaspoon | | 224723 |
| SALT IODIZED 25 CARG | 1 Teaspoon | READY_TO_EAT used to salt food | 108286 |
| OATS QUICK HOT CEREAL 12-42Z GILST | 2 Pound | | 100800 |

Preparation Instructions

Bring milk and water to a boil. Add margarine, sugar, cinnamon, and salt, stirring constantly. Add oats. Reduce heat to medium. Stir constantly for

58 minutes until oatmeal slightly thickens.

Critical Control Point:

Heat to 135 °F or higher.

Reduce heat to low to prevent burning.

Critical Control Point:

Hold for hot service at 135 °F or higher.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

If oatmeal sits longer than 10 minutes, it will become very thick. Add up to 3 cups additional water per 25 servings as needed.

1 (scant) cup = 1 oz. WG

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|--------------------|----------|-----------|--------|
| Calories | 92.80 | | |
| Fat | 3.97g | | |
| SaturatedFat | 1.64g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 3.84mg | | |
| Sodium | 155.17mg | | |
| Carbohydrates | 10.72g | | |
| Fiber | 0.64g | | |
| Sugar | 6.08g | | |
| Protein | 3.58g | | |
| Vitamin A | 333.04IU | Vitamin C | 0.00mg |
| Calcium | 100.80mg | Iron | 0.26mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chili with Raw Ground Beef

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 96.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44255 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| BEEF GRND 40 COMM | 10 Pound | Use 10 pounds | 110520 |
| ONION DEHY CHPD 15 P/L | 1 Cup | | 263036 |
| SEASONING CHILI MIX 6-5.7Z LAWR | 1 Package | | 521183 |
| SAUCE TOMATO 6-10 GCHC | 2 #10 CAN | | 306347 |
| BEAN CHILI MEX STYLE 6-10 GCHC | 2 #10 CAN | | 192015 |
| Water | 2 Quart | | Water |

Preparation Instructions

BROWN 10# GROUND BEEF,DRAIN. ADD CHILI SEASONING, ONIONS, TOMATO SAUCE, BEANS AND WATER. SIMMER 30-45 MIN,STIRRING OCCASIONALLY.

CCP: Heat to 165°F for at least 15 seconds.

CCP: Hold at 135°F or higher.

CCP: Cool to 40°F within 2 hours.

CCP: Reheat quickly to 165°F for 15 seconds.

Crediting: 1 SERVING = 2 oz. M/MA + 1/8 CUP R/O VEG. (BEANS ARE CREDITED AS M/MA IN THIS RECIPE).

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 189.00 |
| Fat | 7.47g |
| SaturatedFat | 2.49g |
| Trans Fat | 1.24g |
| Cholesterol | 32.34mg |
| Sodium | 685.30mg |
| Carbohydrates | 16.43g |
| Fiber | 3.83g |
| Sugar | 2.74g |
| Protein | 13.61g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 18.57mg | Iron 1.52mg |

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Nutrition - Per 100g

No 100g Conversion Available
