

Cookbook for Lourdes Academy MS/HS

Created by HPS Menu Planner

Table of Contents

Tater Tot Casserole

Un-crustable Sandwich w/ String Cheese

Ham, Turkey & Cheese Wrap

Turkey & Cheese Sandwich

Fresh Carrots w/Ranch Dip

Assorted Fresh Fruit

Assorted Canned Fruit

Pepperoni Pizza

Cheese Pizza

Corn

Breadstick

Tater Tot Casserole

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44367
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	2 Ounce		100158
POTATO TATER TOTS	13 Each	DEEP_FRY Deep Fry: 345° - 350°F (174°-177°C) for 2 2 1 2 min. Deep fry from frozen state. Fill basket 1 2 full. Conventional Oven: Bake at 400°F (205°C) for 20 - 25 minutes. Arrange product in single layer. Convection Oven: Bake at 400°F (205°C) for 10 - 12 minutes. Arrange product in single layer.	233404
Campbell's Classic Condensed Cream of Mushroom Soup, 50 Ounce Cans, 12-Pack	1/4 Cup		120242

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN ITAL CUT	1/2 Cup	<p>MICROWAVE</p> <p>Stove Top Cooking Instructions:</p> <ol style="list-style-type: none"> 1. Place the desired amount of frozen vegetable in a small amount (1 2 to 1 cup) of boiling salted water. 2. Bring the water rapidly to a second boil. Cover the pan and reduce heat. 3. Cook gently for 7 to 9 minutes or until tender. Avoid overcooking. <p>Microwave Oven Cooking Instructions:</p> <ol style="list-style-type: none"> 1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover. 2. Add two tablespoons of water and cook on high setting for three minutes. 3. Stir the vegetables and cook on high for an additional 5 to 7 minutes. 4. Allow the casserole to stand for 2 minutes after cooking before opening. <p>Microwave cooking times vary with ovens - avoid over cooking. Cook to 165°F for quality and food safety.</p>	610831

Preparation Instructions

1. Cook ground beef.
 2. Mix cooked ground beef with salt, pepper, and cream of mushroom soup.
 3. Distribute mixture among 5 steam table pans.
 4. Top with tater tots and shredded cheese.
- Serve using a 6 ounce disher.

Meal Components (SLE)

Amount Per Serving

Meat	1.493
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.642

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	359.23		
Fat	19.99g		
SaturatedFat	5.68g		
Trans Fat	1.49g		
Cholesterol	38.81mg		
Sodium	561.14mg		
Carbohydrates	29.41g		
Fiber	3.90g		
Sugar	2.62g		
Protein	13.81g		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	35.34mg	Iron	1.28mg

*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

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 PBJ GRP WGRAIN	1/2 Each	Frozen-un-thaw ready to eat	527462
SAND UNCRUST PBJ STRAWB	1/2 Each	Frozen-un-thaw ready to eat	536012
CHEESE STRING MOZZ IW	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

Ham, Turkey & Cheese Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42713
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6IN	1 Each		882690
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
TURKEY, DELI BREAST, SLICED	1 Ounce	READY_TO_EAT	110554
Cheese, Processed, Sliced Yellow	1 Slice		100018

Preparation Instructions

- Thaw ham and turkey on the bottom shelf of the cooler.
- Lay the tortillas out on the counter and place 1 ounce of each the ham and turkey followed by 1 slice of cheese.
- Wrap tortilla folding in the ends and cut diagonally for service
- Place in bag and hold in cooler until ready to serve then put on the serving line.
- CCP: Hold at 40F or below

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
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	205.40
Fat	9.84g
SaturatedFat	5.32g
Trans Fat	0.00g
Cholesterol	39.84mg
Sodium	549.81mg
Carbohydrates	18.34g
Fiber	2.00g
Sugar	2.32g
Protein	14.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sandwich

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	3 Ounce		244190
CHEESE AMER 160CT SLCD	1/2 Ounce	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.050
Grain	0.040
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	6.10		
Fat	0.22g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	1.15mg		
Sodium	17.30mg		
Carbohydrates	0.54g		
Fiber	0.04g		
Sugar	0.07g		
Protein	0.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.43mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Carrots w/Ranch Dip



Servings:	0.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41802

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	3/4 Cup	Wash carrot and assemble according to menu	510637
DRESSING RANCH LT CUP 100-1Z	1 Each	READY_TO_EAT Shake well.	130292

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	136.75
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	270.00mg
Carbohydrates	18.02g
Fiber	5.34g
Sugar	9.04g
Protein	1.00g
Vitamin A 32100.00IU	Vitamin C 11.70mg
Calcium 56.04mg	Iron 0.54mg

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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	1 Each		597481
BANANA TURNING	1 Each		200999
GRAPES RED	4 Ounce		280895
ORANGES NAVEL/VALENCIA FCY	1 Each		198021
STRAWBERRY	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

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	1/2 Cup		610372
PEAR DCD IN JCE	1/2 Cup		610364
APPLESAUCE UNSWT	1/2 Cup		271497
PINEAPPLE TIDBITS IN WTR	1/2 Cup	READY_TO_EAT	612464
FRUIT COCKTAIL DCD XL/S	1/2 Cup		258362
ORANGES MAND WHL L/S	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

Pepperoni Pizza



Servings:	0.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41078
School:	Lourdes Academy-Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16IN WGRAIN PRIMO	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Slice into 8 slices

Serving Slice: 1 slice

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 2.20mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza



Servings:	0.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Slice	BAKE COOKING INSTRUCTIONS: COOK BEFORE SERVING. COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. Bake directly on belt. CONVECTION OVEN: 350°F for 13-17 minutes on high fan. CONVENTIONAL OVEN: 450°F for 13-15 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	237071

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Slice into 8 slices

Serving size: 1 slice

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	340.00
Fat	14.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	420.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	7.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 335.00mg	Iron 2.00mg

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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

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

Nutrition - Per 100g

No 100g Conversion Available

Breadstick



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41944
School:	Lourdes Academy-Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Basic Preparation

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Thawing Instructions

Thaw at room temperature, ideally for 24 hours.

Item Yield

1 Case = 240 (12 x 20 per Bag) Breadsticks, Whole Grain, Frozen, 1 Ounce

Shelf Life

Frozen = 547 days from date of production

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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	70.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	95.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	2.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	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