

Cookbook for Pleasant View Elementary

Created by HPS Menu Planner

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Chicken & Waffles

NO IMAGE

Servings:	252.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9018
School:	Ashland City Elementary STEM Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5IN GINNYS	252 Each	Warm in oven at 375 degrees for 4 minutes	243572
Chicken Fillet	252 Each	Bake at 350 degrees uncovered for 20 minutes.	

Preparation Instructions

Prepare the chicken and waffles according to instructions above. Serve the chicken fillet on top of the waffle.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 252.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	511.00		
Fat	25.20g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	77.00mg		
Sodium	558.00mg		
Carbohydrates	50.30g		
Fiber	4.00g		
Sugar	18.00g		
Protein	20.00g		
Vitamin A	720.00IU	Vitamin C	0.00mg
Calcium	19.00mg	Iron	2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog



Servings:	88.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6655
School:	Ashland City Elementary STEM Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z	88 Each		656882

Preparation Instructions

Thawing Instructions:

Thaw frozen franks to an internal temperature of 35° - 40°. Do NOT thaw at room temperature.

Steamer: Place franks on steam table pan in a single layer. Place pan in steam, close door and steam until internal temperature reaches 140° F (approximately 10 min).

Oven: Lay franks on a sheet pan with a little space between each one.

Convection Oven: Cook time 8-10 minutes or until internal temp reaches 140°F

Conventional Oven: Cook time 15-18 minutes or until internal temp reaches 140°F

CCP: Heat to 140 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Place hot dog in bun for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 88.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	130.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	260.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	40.00mg	Iron	0.72mg

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Nutrition - Per 100g

No 100g Conversion Available

3-Spriral Cut Seasoned Fries



Servings:	261.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6557
School:	Ashland City Elementary STEM Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN	65 Pound 4 Ounce (1044 Ounce)	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

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	0.667

Nutrition Facts

Servings Per Recipe: 261.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	173.33		
Fat	6.67g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	386.67mg		
Carbohydrates	28.00g		
Fiber	1.87g		
Sugar	0.00g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	Iron	0.37mg

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Nutrition - Per 100g

No 100g Conversion Available

F - Fruit

NO IMAGE

Servings:	252.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6688
School:	Ashland City Elementary STEM Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED	1 Quart 1 Pint 1 2/5 Cup (7 5/12 Cup)		280895
APPLE DELICIOUS RED	7 5/12 Each		540005
PEACH DCD IN JCE	1 Quart 1 Pint 1 2/5 Cup (7 5/12 Cup)		610372
Sliced Peaches 6-10	1 Quart 1 Pint 1 2/5 Cup (7 5/12 Cup)		100219
APPLE FRSH SLCD	14 5/6 Package		473171
ORANGES NAVEL/VALENCIA FCY	14 5/6 Each		198021
ORANGES MAND WHL L/S	1 Quart 1 Pint 1 2/5 Cup (7 5/12 Cup)		117897
BANANA TURNING	14 5/6 Each		200999
Sliced Pears 6-10	1 Quart 1 Pint 1 2/5 Cup (7 5/12 Cup)		100224
Strawberries, diced, Cups, frozen	1 Quart 1 Pint 1 2/5 Cup (7 5/12 Cup)		100256
Peaches, diced, cups, Frozen	1 Quart 1 Pint 1 2/5 Cup (7 5/12 Cup)		100241
APPLESAUCE UNSWT	1 Quart 1 Pint 1 2/5 Cup (7 5/12 Cup)		271497
RAISIN SELECT 1.5Z BOXES	29 9/14 Each		544426
Apples, Gala	7 5/12 Each		14J93

Description	Measurement	Prep Instructions	DistPart #
Grapes	1 Quart 1 Pint 1 2/5 Cup (7 5/12 Cup)		14P36
Pear, fresh	14 5/6 Each		14P12
Oranges, whole	14 5/6 Each		16W62

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.588
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 252.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.08		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.34mg		
Carbohydrates	15.59g		
Fiber	1.46g		
Sugar	11.68g		
Protein	0.52g		
Vitamin A	18.71IU	Vitamin C	4.76mg
Calcium	9.78mg	Iron	0.26mg

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Nutrition - Per 100g

No 100g Conversion Available

Green Beans

NO IMAGE

Servings:	62.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44540
School:	Pleasant View Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	2 1/2 #10 CAN		273856
SPICE ONION POWDER	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)		126993
SPICE GARLIC POWDER	1 1/4 Teaspoon		224839
Black Pepper	5/8 Teaspoon	BAKE	24108

Preparation Instructions

Wash tops of cans before opening. Clean can opener when done.

Pour cans into 4 inch pan (2 cans per pan). Measure out 1/2 TBSP Mrs. Dash, 1/2 cup onions, and add 1/4 cup of butter buds per pan.

After all is added to beans, cover and place in oven on steam and cook for about 20 min or until temperature reaches 140 degrees.

Place pans into hot holding until service.

Serve with 1/2 cup ladle.

CCP: Hold at 140 degrees or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.517
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 62.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.69		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	227.63mg		
Carbohydrates	3.58g		
Fiber	2.07g		
Sugar	1.03g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.80mg	Iron	0.39mg

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Nutrition - Per 100g

No 100g Conversion Available