

Cookbook for Lakeland Primary

Created by HPS Menu Planner

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Chicken bowl w/ mashed potato

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37521
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD	5 Each	536620
POTATO PRLS XTRA RICH LO SOD	1/2 Cup	222585
Shredded Cheddar Cheese	1 Ounce	100003
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Bowl

Amount Per Serving

Calories	490.00
Fat	16.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	605.00mg
Carbohydrates	60.50g
Fiber	6.50g
Sugar	2.00g
Protein	22.50g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 45.00mg	Iron 2.32mg

*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

Yogurt Bundle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25855
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW	1 Each	786580
YOGURT DANIMAL STRAWB N/F	4 Ounce	885750
CRACKER ANIMAL WGRAIN	1 Package	682840

Preparation Instructions

Place all 3 items in a bag. Seal. Place in refrigerator until serving time.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	270.00
Fat	9.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	370.00mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	19.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.00mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bologna & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29516
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
BOLOGNA STICK	1 1/2 Ounce	330493
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545
CHEESE AMER 160CT SLCD	1 Slice	150260

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	18.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	38.75mg
Sodium	847.50mg
Carbohydrates	22.25g
Fiber	2.00g
Sugar	5.00g
Protein	11.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 112.94mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork Fritter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28406
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	661950
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

Pork patty:

Place Pork Patties on lined sheet tray.

Place in 350 degree oven.

Heat Pork Patty in oven until proper temperature.

Approximately 10-12 minutes.

Serve: on bun if requested.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00		
Fat	18.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	510.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32632
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
American Cheese Sliced RF	1 Slice	666204
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
TURKEY HAM SLCD	2 1/2 Ounce	556121

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	216.70
Fat	7.08g
SaturatedFat	2.48g
Trans Fat	0.00g
Cholesterol	56.52mg
Sodium	737.16mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.50g
Protein	18.94g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe JTM

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35253
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce	564790
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	269.89
Fat	7.89g
SaturatedFat	2.42g
Trans Fat	0.00g
Cholesterol	48.48mg
Sodium	916.97mg
Carbohydrates	30.02g
Fiber	2.88g
Sugar	11.82g
Protein	18.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 58.06mg	Iron 2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken BBQ

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37472
School:	PreSchool		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8IN	1 Wrap	882700
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
SAUCE BBQ SWEET	1 Tablespoon	435170
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	100117

Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of BBQ sauce down center, top with lettuce, 4 strips chicken fajita meat = 2 oz., top with 1/4 cup = 1 oz. shredded cheese.

Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	395.51
Fat	16.35g
SaturatedFat	10.18g
Trans Fat	0.00g
Cholesterol	73.53mg
Sodium	850.97mg
Carbohydrates	42.93g
Fiber	4.25g
Sugar	12.43g
Protein	21.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 249.50mg	Iron 2.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37448
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	16W37

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	14.00
Fat	0.08g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.00mg
Carbohydrates	2.32g
Fiber	1.40g
Sugar	0.52g
Protein	1.28g
Vitamin A 624.00IU	Vitamin C 32.40mg
Calcium 16.00mg	Iron 0.30mg

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

Nutrition - Per 100g

Calories	12.35		
Fat	0.07g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.35mg		
Carbohydrates	2.05g		
Fiber	1.23g		
Sugar	0.46g		
Protein	1.13g		
Vitamin A	550.27IU	Vitamin C	28.57mg
Calcium	14.11mg	Iron	0.26mg

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

Cheesy Chicken & Tot casserole

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43581
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX PULLED WHT DRK BLND	2 Ounce	467802
POTATO TATER TOTS	2 Ounce	141510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	150250
CHEESE MOZZ SHRD	1/4 Ounce	645170
DRESSING RNCH LT	1 Tablespoon	472999
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

Thaw chicken and tots ahead.

Combine chicken, cheese, and ranch. Put in 2" pan, top with tater tots. Cover with foil. Bake 1 hour @ 350. Uncover and bake 20 minutes or until tots are browned.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	495.00
Fat	23.33g
SaturatedFat	5.38g
Trans Fat	0.00g
Cholesterol	57.08mg
Sodium	1092.50mg
Carbohydrates	50.67g
Fiber	3.00g
Sugar	5.25g
Protein	18.92g
Vitamin A	0.00IU**
Vitamin C	0.00mg**
Calcium	139.33mg
Iron	2.07mg

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**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Ranch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25843
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610
DRESSING RNCH HMSTYL	1 Tablespoon	223158

Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of ranch sauce down center, top with lettuce, 2.7oz strips chicken fajita meat, top with .5 oz. shredded cheese.

Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	377.25
Fat	18.55g
SaturatedFat	7.05g
Trans Fat	0.00g
Cholesterol	84.50mg
Sodium	682.00mg
Carbohydrates	33.30g
Fiber	4.25g
Sugar	2.75g
Protein	22.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 112.85mg	Iron 3.15mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14318
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN	100364
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 Cup	100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup	860221
ONION DCD 1/4IN	1/4 Cup	198307
SUGAR BROWN MED	1 1/2 Cup	108626
Black Pepper	1 Tablespoon	24108

Preparation Instructions

Mix all ingredients. Heat in convection oven 350 for 30 minutes.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	126.33		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	162.23mg		
Carbohydrates	24.34g		
Fiber	5.00g		
Sugar	9.24g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sliders I&P

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43697
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each	266548
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	498702

Preparation Instructions

Cut dinner rolls in half, add 4oz pulled pork. Place top of roll on to sandwich.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	470.00mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32984
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	6 Ounce	573201
PASTA SPAGHETTI CKD	1/2 Cup	835910
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

Sauce:

PLACE SALED BAG IN A STAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED

Pasta:

KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS. READY TO ADD YOUR SPECIAL SAUCE AND SERVE.

Assembly: Combine pasta and sauce in steam table pan.

Serve: 6oz combined spaghetti and sauce with dinner roll.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	378.93
Fat	11.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	58.93mg
Sodium	448.21mg
Carbohydrates	43.14g
Fiber	4.14g
Sugar	10.50g
Protein	23.07g
Vitamin A 693.21IU	Vitamin C 20.36mg
Calcium 67.14mg	Iron 4.19mg

*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

Brunch for Lunch Hashbrown

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43628
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Each	184970
HASHBRN STFD EARLY RISER 4-6 MCC	1 Each	402126

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	15.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	100.00mg
Sodium	540.00mg
Carbohydrates	24.00g
Fiber	3.00g
Sugar	2.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pinwheel Hawaiian

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37447

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	644182
SAUCE TERYK	1 Tablespoon	895868
TURKEY HAM SLCD	2 1/2 Ounce	556121
PINEAPPLE TIDBITS IN WTR	1/4 Cup	612464

Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	309.19
Fat	9.08g
SaturatedFat	2.13g
Trans Fat	0.06g
Cholesterol	49.02mg
Sodium	1105.66mg
Carbohydrates	39.60g
Fiber	3.07g
Sugar	11.22g
Protein	18.34g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.92mg	Iron 2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available
