

Cookbook for Lakeland Primary

Created by HPS Menu Planner

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Hot dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37445
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z	1 Each	656882
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each	266536

Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	11.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	430.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	60.00mg	Iron	1.72mg

*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

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

Carnitas Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32985
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
COMMODITY PULLED PORK BBQ IN TRADITIONAL SAUCE	4 Ounce	122315
Shredded Cheddar Cheese	1 Ounce	100003
TORTILLA FLOUR 8IN	1 Each	713330

Preparation Instructions

Pork:

Reheat in oven at 350 degrees F for 30 minutes or until internal temperature is 160 degrees F.

Assembly:

place 8" tortilla on deli paper, add 4oz pork and 1 oz shredded cheese. Fold tortilla and wrap in paper.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	464.91
Fat	23.34g
SaturatedFat	11.14g
Trans Fat	0.00g
Cholesterol	86.70mg
Sodium	889.83mg
Carbohydrates	37.20g
Fiber	1.81g
Sugar	14.77g
Protein	26.82g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 40.10mg	Iron 1.89mg

*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

Club Fold Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37446

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8IN	1 Each	882700
DRESSING RNCH HMSTYL	1 Fluid Ounce	223158
TURKEY HAM SLCD	1 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce	244190
CHEESE AMER 160CT SLCD	1 Slice	150260

Preparation Instructions

Lay out flour tortillas on a clean work surface. Cut from middle of tortilla to edge. Squirt ranch in circles on tortilla. Lay ingredients as listed (turkey, ham, cheese) each in 1/4 of tortilla. Fold over quarters stacking as you go.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	412.68
Fat	24.38g
SaturatedFat	7.99g
Trans Fat	0.00g
Cholesterol	64.61mg
Sodium	963.86mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	3.50g
Protein	21.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.50mg	Iron 2.42mg

*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

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32991
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	501861
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	580.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.80mg

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

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

Brunch for Lunch Fr Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43403
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
SYRUP PANCK BKFST	1 Each	425700
SAUSAGE PTY TKY CKD 1Z	1 Each	184970
FRENCH TST STIX WGRAIN	3 Each	548732

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	155.00mg		
Sodium	410.00mg		
Carbohydrates	54.00g		
Fiber	2.00g		
Sugar	27.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32441
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
CORN DOG TKY MINI .67Z	6 Each	722301

Preparation Instructions

Corn dog:

Cook from thawed or frozen state. Product is precooked. Bake on 350 for 5-10 minutes until temperature reaches 160 degrees.

Serve: 6 pieces

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	266.70		
Fat	10.70g		
SaturatedFat	1.90g		
Trans Fat	0.11g		
Cholesterol	34.00mg		
Sodium	364.70mg		
Carbohydrates	33.00g		
Fiber	2.90g		
Sugar	12.00g		
Protein	9.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	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

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14307
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

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	220.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	550.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Frito Pie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37217
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC	3 Ounce	768230
CHIP CORN	1 3/4 Ounce	210170
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250

Preparation Instructions

Heat taco meat to 160 degrees in 2" hotel pan. Top with cheese and corn chips. Hold at 140 degrees Serve with sour cream and salsa

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	499.63
Fat	31.48g
SaturatedFat	10.12g
Trans Fat	0.00g
Cholesterol	84.82mg
Sodium	788.94mg
Carbohydrates	30.99g
Fiber	1.75g
Sugar	0.00g
Protein	24.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 253.93mg	Iron 1.08mg

*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

Bosco and marinara Jr/Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32440
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD	2 Each	432180
SAUCE MARINARA DIPN CUP	1 Each	677721

Preparation Instructions

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Serve 2 sticks with 1 marinara cup.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	490.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	860.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB & J w/Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14864
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE	1 Tablespoon	100927
CHEESE STRING MOZZ LT IW	1 Each	786801
BREAD WHL WHE PULLMAN SLCD	2 Each	710650
Peanut Butter, Smooth	1 Fluid Ounce	100396

Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	450.00
Fat	21.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	570.00mg
Carbohydrates	46.00g
Fiber	6.00g
Sugar	17.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 278.00mg	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

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

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

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