

Cookbook for MIDVIEW-HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Chicken Patty, spicy

Chicken Patty

Cheese or Pepperoni Pizza

salad popcorn chicken

Turkey Chef Salad with Banana Bread

Coney Dog

Hot dog on bun

Middie chicken wrap

Baked Beans

Purple Daze Smoothie

Chicken parm sandwich

Baby Carrots

Chicken Patty, spicy



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4171
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN PATTY, HOT & SPICY, FC, WG, 3.55 OZ	1 Each	BAKE PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET CONVECTION OVEN: 350 DEGREES F CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	P872
3.5 WG Hamburger Bun	1 1	BAKE	3354

Preparation Instructions

BAKE

PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET

CONVECTION OVEN: 350 DEGREES F

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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: 0.00

Amount Per Serving

Calories	309.00		
Fat	9.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	57.00mg		
Sodium	384.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4170

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN PATTY, WG, FC, CN, 3.55 OZ	1 Each	BAKE PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET CONVECTION OVEN: 350 DEGREES F CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	P870
3.5 WG Hamburger Bun	1 1	BAKE	3354

Preparation Instructions

BAKE

PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET

CONVECTION OVEN: 350 DEGREES F

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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: 0.00

Amount Per Serving

Calories	296.00		
Fat	9.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	57.00mg		
Sodium	487.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese or Pepperoni Pizza



Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25027
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 100	25 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	153650
PIZZA PEPP 4X6 WGRAIN 100	25 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment.	152111

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.128
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	272.00
Fat	10.20g
SaturatedFat	4.45g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	428.65mg
Carbohydrates	30.50g
Fiber	3.55g
Sugar	7.00g
Protein	14.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 218.90mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

salad popcorn chicken

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ea	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5984
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 P/L	1 Cup		756415
6-5 CHIX POPCORN LRG FC 110453	12 Each		200631
CHEESE CHED IMIT SHRD FCY	3/4 Ounce		476706
TOMATO 6X6 LRG	1 Fluid Ounce		199001
ROLL YEAST WHE WGRAIN 1.5Z	1 Each		233140

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ea

Amount Per Serving

Calories	202.15**
Fat	4.43g**
SaturatedFat	1.95g**
Trans Fat	0.00g**
Cholesterol	10.00mg**
Sodium	287.97mg**
Carbohydrates	34.74g**
Fiber	6.08g**
Sugar	11.81g**
Protein	8.38g**
Vitamin A 187.43IU**	Vitamin C 3.08mg**
Calcium 59.25mg**	Iron 1.06mg**

*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

Turkey Chef Salad with Banana Bread

NO IMAGE

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25026
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	3 Gallon 1 Pint (50 Cup)		451730
CARROT MATCHSTICK SHRED	1 Cup 4 Fluid Ounce 1 Tablespoon (25 Tablespoon)		198161
TURKEY BRST DCD	4 Pound 11 Ounce (75 Ounce)		451300
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound 9 Ounce (25 Ounce)		150250
BREAD BANANA IW	25 Each		230361

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.031
Grain	2.000
Fruit	0.000
GreenVeg	0.021
RedVeg	0.222
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving

Calories	395.41
Fat	13.27g
SaturatedFat	4.88g
Trans Fat	0.00g
Cholesterol	45.61mg
Sodium	806.53mg
Carbohydrates	50.55g
Fiber	2.93g
Sugar	25.38g
Protein	21.27g
Vitamin A 4755.56IU	Vitamin C 1.73mg
Calcium 268.51mg	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

Coney Dog

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5592
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	1 Each		570662
SLOPPY JOE CKD RTU	1 Tablespoon	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	776564

Preparation Instructions

Frozen = 210 days from date of production

Basic Preparation

Fully cooked. Heat to minimum of 160 degrees F and held at around 140 degrees F. Can be grilled, steamed, oven or char broiled.

Sloppy Joe: **BOIL**

KEEP FROZEN

Place sealed bag in a steamer or in boiling water.

Heat approximately 45 minutes or until product reaches serving temperature.

CAUTION: Open bag carefully to avoid being burned.

Bun, hot dog, then sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.030
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	290.00
Fat	14.00g
SaturatedFat	4.56g
Trans Fat	0.06g
Cholesterol	55.00mg
Sodium	582.50mg
Carbohydrates	28.63g
Fiber	0.25g
Sugar	7.13g
Protein	12.75g

Vitamin A	0.00IU	Vitamin C	0.00mg
------------------	--------	------------------	--------

Calcium	76.42mg	Iron	1.13mg
----------------	---------	-------------	--------

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

Nutrition - Per 100g

No 100g Conversion Available

Hot dog on bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5551
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536
FRANKS TURKEY CN 8/ 2Z	1 Each		681894

Preparation Instructions

BOIL

boil to internal temp of 165

Place hot dog on bun and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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	260.00		
Fat	10.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	830.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	11.00g		
Vitamin A	11.07IU	Vitamin C	0.01mg
Calcium	95.08mg	Iron	1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Middie chicken wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6048
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	1 Each		713330
CHIX STRP 30 COMM	4 Piece		691971
LETTUCE SHRD TACO 1/8CUT	1 Ounce		242489
CHEESE AMER YEL 160CT SLCD	2 Ounce		271411
DRESSING RANCH LT 4-1GAL KENS	1 Fluid Ounce		834941

Preparation Instructions

Bake chicken strips or until temp is 180. Assemble wraps on line as needed.
place in a 8 inch wrap.
Wrap like a burrito

Meal Components (SLE)

Amount Per Serving

Meat	3.667
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.065
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	425.70
Fat	25.40g
SaturatedFat	10.70g
Trans Fat	0.00g
Cholesterol	103.60mg
Sodium	1262.47mg
Carbohydrates	24.26g
Fiber	1.09g
Sugar	3.17g
Protein	28.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 163.30mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00 4 oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4323
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
brown sugar	1 1 oz	READY_TO_EAT	
BEAN BKD KTTL BRN SUGAR	1 Cup		822477
KETCHUP BIB	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		423548

Preparation Instructions

Ingredients 3 cans veg beans-drain

2 large scoops brown sugar

1 c dried onions

1 T mustard dried

1/2 can ketchup

combine in a deep pan. Bake in black ovens at 450 1 1/2 to 2 hrs. Start elementaries and middle school about 7:00 and high school around 8:30. Use a 4 oz. spoodle. 65 servings per pan.

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	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 4 oz

Amount Per Serving

Calories	320.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1220.00mg
Carbohydrates	71.00g
Fiber	10.00g
Sugar	28.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Purple Daze Smoothie

NO IMAGE

Servings:	16.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35010
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 ASEP	2 Quart		586455
YOGURT STRAWB L/F PARFPR	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811490

Preparation Instructions

1. Stir yogurt and grape juice together in an 8 quart measurement-marked food storage container until well mixed.
2. Verify that the finished smoothie mixture yields 4 quarts (16 cups). This ensures that each serving will contain 1/2 cup of fruit. If necessary, add grape juice to meet 16 cups total yield.
3. Portion 8 ounces into a 9 ounce serving cup. Fill remaining cups using portioned one as a visual guide.
4. Place lids on cups and serve chilled. Refrigerate if not serving immediately. Smoothies may also be refrigerated overnight.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
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: 16.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	191.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	64.70mg
Carbohydrates	42.63g
Fiber	0.00g
Sugar	34.42g
Protein	4.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.83mg	Iron 0.50mg

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

Nutrition - Per 100g

Calories	169.26
Fat	0.66g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	3.29mg
Sodium	57.06mg
Carbohydrates	37.60g
Fiber	0.00g
Sugar	30.35g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.24mg	Iron 0.44mg

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

Chicken parm sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46634
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
MARINARA SAUCE, 6 - #10 CANS/CASE	2 Ounce	BAKE	P690
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Chicken parm

Lay out chicken patties on a sheet pan.

Put sauce on each pattie and top with cheese.

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Bake until internal temp is HACCP correct

Place on bun and serve

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.233
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

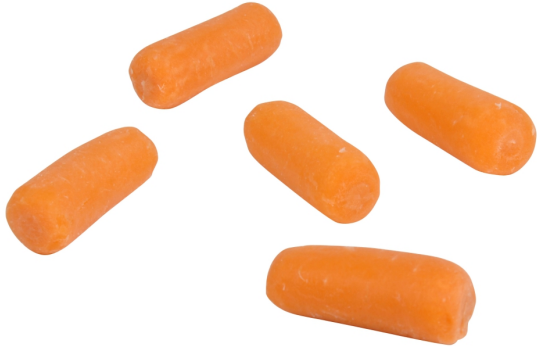
Calories	472.56
Fat	19.16g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1075.81mg
Carbohydrates	44.12g
Fiber	5.93g
Sugar	6.40g
Protein	27.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 255.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	0.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4388
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS BABY PLD 72-3Z P/L	1 Cup	serve chilled	241541

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	4.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1 cup

Amount Per Serving

Calories	276.80
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	468.00mg
Carbohydrates	64.00g
Fiber	21.60g
Sugar	32.00g
Protein	5.60g
Vitamin A 93021.76IU	Vitamin C 558.16mg
Calcium 212.64mg	Iron 1.92mg

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

Nutrition - Per 100g

No 100g Conversion Available