

# **Cookbook for Garrard Co. Board of Education**

**Created by HPS Menu Planner**

# **Cookbook for CDR**

**Created by HPS Menu Planner**

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# **Cookbook for GCHS**

**Created by HPS Menu Planner**

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# Uncrustable Box (GCHS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30151

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	Thaw and Serve.	527462
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce	Ready to eat.	347211
CHIP HARV CHED	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

## Preparation Instructions

Prepare box containing Uncrustable Sandwich, String Cheese and SunChips.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.800
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	530.00
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	545.00mg
<b>Carbohydrates</b>	51.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 303.00mg	<b>Iron</b> 4.30mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham and Cheese Croissant Box (GCHS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39410

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL	1 Slice	READY_TO_EAT	334450
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
CHIP HARV CHED 104- SSV SUNCHIP	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

## Preparation Instructions

Assemble ham and cheese on croissant, wrap and place in box with Chips.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	345.66
<b>Fat</b>	15.78g
<b>SaturatedFat</b>	7.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.01mg
<b>Sodium</b>	785.33mg
<b>Carbohydrates</b>	40.28g
<b>Fiber</b>	4.00g
<b>Sugar</b>	12.14g
<b>Protein</b>	15.70g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 1.44mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cole Slaw

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30248

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW	1/2 Cup		345523

## Preparation Instructions

Ready to eat. Keep refrigerated.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Baked Apples

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30253

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN		120500
SUGAR BROWN LT	1 Pint		860311
BUTTER PRINT UNSLTD GRD AA	1 Package		299405
SPICE CINNAMON GRND	2 Fluid Ounce		224723

## Preparation Instructions

USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD. USE A CLEAN AND SANITIZED CAN OPENER. MIX APPLES, BROWN SUGAR, CINNAMON AND BUTTER. PLACE IN BAKING PAN. BAKE IN 350 DEGREE OVEN FOR 30 MINUTES OR UNTIL TEMPERATURE REACHES 145 DEGREES.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	66.00		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.30mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.03mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Biscuit (GCHS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34750

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HMSTYL	1 Each		504076
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579

## Preparation Instructions

USE PREP INSTRUCTIONS ON PRODUCT PACKAGES. ASSEMBLE AND KEEP WARM UNTIL SERVED.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	850.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 3.28mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad Box (High School)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30269

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/2 Cup		361510
CARROT MATCHSTICK SHRED	1 Ounce		198161
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
EGG HRD CKD DCD IQF	1 Fluid Ounce		192198
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO GRAPE SWT	1/2 Cup		129631
TURKEY HAM DCD CKD	1 Ounce		132756
CHEESE CHED MLD SHRD FTNR	1/4 Cup		411841

## Preparation Instructions

Rinse ingredients if applicable. Place lettuce in salad container and top with carrots, cucumbers, tomatoes, egg, meat, cheese. Place a packet of croutons in salad container.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	304.76
<b>Fat</b>	18.08g
<b>SaturatedFat</b>	7.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	173.33mg
<b>Sodium</b>	645.00mg
<b>Carbohydrates</b>	19.38g
<b>Fiber</b>	2.16g
<b>Sugar</b>	6.52g
<b>Protein</b>	16.69g
<b>Vitamin A</b> 5532.56IU	<b>Vitamin C</b> 14.79mg
<b>Calcium</b> 279.50mg	<b>Iron</b> 2.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey and Cheese Croissant Box (GCHS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39411

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	1 1/2 Ounce	Thaw from frozen. USE PRODUCT WITHIN 3 DAYS OF OPENING. REHEATS VERY WELL FOR HOT ENTREES.	765991
CHEESE SLCD YEL	1 Slice	READY_TO_EAT	334450
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882
CHIP HARV CHED 104- SSV SUNCHIP	1	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

## Preparation Instructions

Assemble turkey and cheese on croissant, wrap and place in box with Dorito Chips.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	349.50
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	17.50mg
<b>Sodium</b>	726.00mg
<b>Carbohydrates</b>	38.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	10.50g
<b>Protein</b>	19.50g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 1.44mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hamburger on Bun (GCHS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30152

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM CKD 3Z 6-4.875# JTM	3 Ounce	<b>BAKE</b> 1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.	547933
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

BAKE

1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.

Serve on Bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	360.00		
<b>Fat</b>	17.20g		
<b>SaturatedFat</b>	6.30g		
<b>Trans Fat</b>	0.93g		
<b>Cholesterol</b>	68.00mg		
<b>Sodium</b>	513.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.70g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	3.98mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheeseburger on Bun (GCHS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30153

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL	1 Slice	READY_TO_EAT	334450
BEEF PTY PREM CKD 3Z 6-4.875# JTM	3 Ounce	<b>BAKE</b> 1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.	547933
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes. Serve on Bun with Cheese Slice.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	415.00		
<b>Fat</b>	21.70g		
<b>SaturatedFat</b>	8.80g		
<b>Trans Fat</b>	0.93g		
<b>Cholesterol</b>	80.50mg		
<b>Sodium</b>	648.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.70g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	24.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	3.98mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30176

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536
FRANKS BF BLK ANGUS NAN 8/	1 Each		140572

## Preparation Instructions

Thaw Hot Dogs completely in sealed pkg in refrigerator before cooking. Do Not thaw At room Temperature. Heat so that all parts of the product reach a temperature of at least 165 degrees F for 15 seconds. Place on bun and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	270.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.35mg	<b>Iron</b> 1.79mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tossed Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39299

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO GRAPE SWT	1/4 Cup		129631
CUCUMBER SELECT	1/4 Cup		361510
CARROT MATCHSTICK SHRED	1 Ounce		198161
CHEESE CHED MLD SHRD FTNR	1 Ounce		411841

## Preparation Instructions

Toss all ingredients together.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	76.37
<b>Fat</b>	4.63g
<b>SaturatedFat</b>	2.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	117.50mg
<b>Carbohydrates</b>	5.46g
<b>Fiber</b>	1.54g
<b>Sugar</b>	2.85g
<b>Protein</b>	3.72g
<b>Vitamin A</b> 5144.06IU	<b>Vitamin C</b> 8.26mg
<b>Calcium</b> 116.75mg	<b>Iron</b> 0.24mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Corn

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39280

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	4 Ounce	DO NOT THAW PRIOR TO COOKING.	285620

## Preparation Instructions

DO NOT THAW PRIOR TO COOKING. Steam until reaches a temperature of 145 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	133.33		
<b>Fat</b>	1.33g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	6.67g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breaded Chicken Patty on Bun (GCHS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39373

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

#### Conventional Oven

Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.

#### CONVECTION

Appliances vary, adjust accordingly.

#### Convection Oven

Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.

Serve on Bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	680.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	3.90mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breaded Spicy Chicken Patty on Bun (GCHS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30392

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

## Preparation Instructions

**BAKE**

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen filets on a baking sheet. Heat for 16 to 19 minutes.

**CONVECTION**

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 350°F. Place frozen filets on a baking sheet. Heat for 14 to 17 minutes.

Serve on Bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	4.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Meat

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29835

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	20 Pound	Thaw in cooler	110520
SEASONING TACO	1 Package		413429
Water	2 Gallon	READY_TO_DRINK	Water

## Preparation Instructions

Brown Ground Beef until temperature reaches 155 degrees then drain excess fat. Stir in Taco seasoning (according to package directions) and water. Reduce heat and simmer for 15-20 Minutes or until temperature reaches 165 degrees . Serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	208.58		
<b>Fat</b>	14.33g		
<b>SaturatedFat</b>	4.78g		
<b>Trans Fat</b>	2.39g		
<b>Cholesterol</b>	62.09mg		
<b>Sodium</b>	365.82mg		
<b>Carbohydrates</b>	2.55g		
<b>Fiber</b>	0.64g		
<b>Sugar</b>	0.64g		
<b>Protein</b>	17.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.46mg

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

## Nutrition - Per 100g

<b>Calories</b>	245.24		
<b>Fat</b>	16.85g		
<b>SaturatedFat</b>	5.62g		
<b>Trans Fat</b>	2.81g		
<b>Cholesterol</b>	73.00mg		
<b>Sodium</b>	430.14mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	0.75g		
<b>Protein</b>	20.41g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.54mg

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

# Grilled Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29841

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Prepare chicken patty according to package instructions and serve on bun.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.00mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti and Meat Sauce

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39089

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	20 Pound	Thaw in cooler	110520
SALT IODIZED	1 Fluid Ounce		125557
SAUCE SPAGHETTI	4 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	744520
Water	6 Gallon	READY_TO_DRINK	Water
PASTA SPAG 51 WGRAIN	6 Pound	See package directions	221460

## Preparation Instructions

Directions:

Brown ground beef uncovered over medium high heat in a large pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to pot and add salt.

Add spaghetti sauce to cooked ground beef. Stir well. Cover and simmer. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef mixture in pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.380
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	349.10
<b>Fat</b>	15.84g
<b>SaturatedFat</b>	4.78g
<b>Trans Fat</b>	2.39g
<b>Cholesterol</b>	62.09mg
<b>Sodium</b>	346.16mg
<b>Carbohydrates</b>	32.10g
<b>Fiber</b>	3.99g
<b>Sugar</b>	9.72g
<b>Protein</b>	22.15g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.77mg	<b>Iron</b> 1.99mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for GMS**

**Created by HPS Menu Planner**

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**Created by HPS Menu Planner**

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# Baked Apples

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30253

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN		120500
SUGAR BROWN LT	1 Pint		860311
BUTTER PRINT UNSLTD GRD AA	1 Package		299405
SPICE CINNAMON GRND	2 Fluid Ounce		224723

## Preparation Instructions

USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD. USE A CLEAN AND SANITIZED CAN OPENER. MIX APPLES, BROWN SUGAR, CINNAMON AND BUTTER. PLACE IN BAKING PAN. BAKE IN 350 DEGREE OVEN FOR 30 MINUTES OR UNTIL TEMPERATURE REACHES 145 DEGREES.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	66.00		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.30mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.03mg	<b>Iron</b>	0.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29810

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN	1 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## Preparation Instructions

USE PREP INSTRUCTIONS ON PRODUCT PACKAGES. ASSEMBLE AND KEEP WARM UNTIL SERVED.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	267.70
<b>Fat</b>	11.90g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	14.50mg
<b>Sodium</b>	596.20mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	4.10g
<b>Sugar</b>	2.00g
<b>Protein</b>	10.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 48.58mg	<b>Iron</b> 2.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger on Bun (K-8)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39401

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD	1 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. <b>BAKE UNSPECIFIED</b> Not currently available	658622
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

**COOKING GUIDELINES:** Cook from frozen state.

**CONVENTIONAL OVEN:** Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer.

**CONVECTION OVEN:** Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer.

Serve on Bun

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	2.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on Bun (K-8)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39402

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD	1 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. <b>BAKE UNSPECIFIED</b> Not currently available	658622
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
CHEESE SLCD YEL	1 Slice		334450

## Preparation Instructions

**COOKING GUIDELINES:** Cook from frozen state.

**CONVENTIONAL OVEN:** Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer.

**CONVECTION OVEN:** Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer.

Serve on Bun with cheese slice.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	285.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	415.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.00mg	<b>Iron</b> 2.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham and Cheese on Sub Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39273

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	2 Ounce		680656
CHEESE SLCD YEL	1 Slice		334450
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

## Preparation Instructions

Place Ham and Cheese on sub bun serve cold.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	265.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.50mg		
<b>Sodium</b>	725.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	16.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	2.40mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Fish on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39337

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z	1 Each	<b>BAKE</b> <b>COOKING INSTRUCTIONS FROM FROZEN:</b> <b>TO BAKE:</b> Place frozen rectangle on a lightly oiled baking pan. <b>CONVENTIONAL OVEN:</b> Bake at 400°F for approximately 25 minutes. <b>CONVECTION OVEN:</b> Bake at 375°F for approximately 18 minutes. <b>NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.</b>	495739
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

**BAKE**

**COOKING INSTRUCTIONS FROM FROZEN:**

**TO BAKE:** Place frozen rectangle on a lightly sprayed baking pan.

**CONVENTIONAL OVEN:** Bake at 400°F for approximately 25 minutes.

**CONVECTION OVEN:** Bake at 375°F for approximately 18 minutes.

**NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.**

Serve on Bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	2.00mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30176

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536
FRANKS BF BLK ANGUS NAN 8/	1 Each		140572

## Preparation Instructions

Thaw Hot Dogs completely in sealed pkg in refrigerator before cooking. Do Not thaw At room Temperature. Heat so that all parts of the product reach a temperature of at least 165 degrees F for 15 seconds. Place on bun and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	270.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.35mg	<b>Iron</b> 1.79mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Corn

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39280

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	4 Ounce	DO NOT THAW PRIOR TO COOKING.	285620

## Preparation Instructions

DO NOT THAW PRIOR TO COOKING. Steam until reaches a temperature of 145 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	133.33
<b>Fat</b>	1.33g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	1.33g
<b>Sugar</b>	6.67g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Steamed Carrots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39302

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	1/2 Cup		118915

## Preparation Instructions

Drain Carrots. Heat and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	30.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	250.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 37.00mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breaded Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27205

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
CHIX PTY BRD WGRAIN 3.26Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Serve on Bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tossed Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39299

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO GRAPE SWT	1/4 Cup		129631
CUCUMBER SELECT	1/4 Cup		361510
CARROT MATCHSTICK SHRED	1 Ounce		198161
CHEESE CHED MLD SHRD FTNR	1 Ounce		411841

## Preparation Instructions

Toss all ingredients together.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	76.37
<b>Fat</b>	4.63g
<b>SaturatedFat</b>	2.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	117.50mg
<b>Carbohydrates</b>	5.46g
<b>Fiber</b>	1.54g
<b>Sugar</b>	2.85g
<b>Protein</b>	3.72g
<b>Vitamin A</b> 5144.06IU	<b>Vitamin C</b> 8.26mg
<b>Calcium</b> 116.75mg	<b>Iron</b> 0.24mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable Bag (Elementary & Middle School)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21235

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	Thaw and Serve.	527462
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce	Ready to eat.	347211
CRACKER CHEEZ-IT WGRAIN IW	1 Ounce	Ready to eat.	282422

## Preparation Instructions

Prepare bag containing Uncrustable Sandwich, String Cheese and Cheez-It Crackers.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	523.33
<b>Fat</b>	27.67g
<b>SaturatedFat</b>	9.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	575.00mg
<b>Carbohydrates</b>	50.67g
<b>Fiber</b>	5.33g
<b>Sugar</b>	15.00g
<b>Protein</b>	18.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 426.33mg	<b>Iron</b> 4.66mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti and Meat Sauce

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39089

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	20 Pound	Thaw in cooler	110520
SALT IODIZED	1 Fluid Ounce		125557
SAUCE SPAGHETTI	4 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	744520
Water	6 Gallon	READY_TO_DRINK	Water
PASTA SPAG 51 WGRAIN	6 Pound	See package directions	221460

## Preparation Instructions

Directions:

Brown ground beef uncovered over medium high heat in a large pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to pot and add salt.

Add spaghetti sauce to cooked ground beef. Stir well. Cover and simmer. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef mixture in pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

- 1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
- 2: Cooking Process #2: Same Day Service
- 3: Serving
- 4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.
- 5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.380
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	349.10
<b>Fat</b>	15.84g
<b>SaturatedFat</b>	4.78g
<b>Trans Fat</b>	2.39g
<b>Cholesterol</b>	62.09mg
<b>Sodium</b>	346.16mg
<b>Carbohydrates</b>	32.10g
<b>Fiber</b>	3.99g
<b>Sugar</b>	9.72g
<b>Protein</b>	22.15g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.77mg	<b>Iron</b> 1.99mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for LES**

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# **Cookbook for PLE**

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