

Cookbook for Fairview Parkview Horizon Elementary

Created by HPS Menu Planner

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Sloppy Joe

Yogurt Parfait

PB & J Alternate

Sloppy Joe



Servings:	131.740	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	131 3/4 Each		51535
BEEF GRND	26 1/3 Pound		110520
ONION YELLOW WHL PLD	2 7/11 Pound	Diced small	438261
TOMATO PASTE 6-10 COMM	1 Cup 7 Fluid Ounce 1 8/13 Tablespoon (31 8/13 Tablespoon)		150580
SAUCE TOMATO	1 1/3 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	3 Quart 1 Pint 1 4/5 Cup (15 4/5 Cup)		100129
VINEGAR WHT DISTILLED 5	6 Fluid Ounce 1 1/6 Tablespoon (13 1/6 Tablespoon)		629640
SUGAR BROWN LT	1 Pint 7/11 Cup (2 7/11 Cup)	packed	860311

Description	Measurement	Prep Instructions	DistPart #
SAUCE WORCESTERSHIRE	4 Fluid Ounce 1 2/9 Tablespoon (9 2/9 Tablespoon)		109843

Preparation Instructions

Gather all ingredients. CCP Keep cold foods at 41 degrees until ready to prepare.

1. Brown ground beef with onion in tilt skillet on medium to high heat. CCP Cooked beef at 155 degrees or higher. Yields about 7.5 # cooked
2. Drain off excess fat. Turn heat down to simmer.
3. Add remaining ingredients, stir thoroughly, bring mixture to a temperature of 165 degrees CCP and then turn down to simmer for 25-30 minutes.
4. CCP hold hot for service at 135 degrees or higher.

Portion onto Hamburger bun using Green disher (yeild 4 oz wt) of beef mixture. Cover with top of Bun.

Variation - Wrap it up. Use this recipe for meat with a 10 inch whole grain tortilla and .5 oz of shredded cheese.

1 sandwich = 2 oz meat/meat alternate, 1/4 C R/O vegetable and 2 Grain equivalent

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 131.740

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.21		
Fat	16.83g		
SaturatedFat	5.28g		
Trans Fat	2.39g		
Cholesterol	62.09mg		
Sodium	781.19mg		
Carbohydrates	43.19g		
Fiber	2.80g		
Sugar	16.36g		
Protein	23.45g		
Vitamin A	0.18IU	Vitamin C	0.67mg
Calcium	68.09mg	Iron	1.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait



Servings:	65.870	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27777

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	2 Gallon 14/15 Cup (32 14/15 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
PEACH DCD 6-10 COMM	2 Gallon 14/15 Cup (32 14/15 Cup)		110700
BAR BERRY TRIPLE CRNCH IW	65 7/8 Each	READY_TO_EAT HEATING INSTRUCTIONS: Product is fully baked and does not need to be heated to serve. Simply, thaw and serve. It can be warmed by holding in a warming cart if desired.	284762

Preparation Instructions

- Use 9 oz parfait cup
- Place peaches at bottom of cup.
- Add 4 oz of yogurt by weight
- Serve with Berry Crunch Bar for the grain.
- CCP Keep refrigerated at 41 degrees or below until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 65.870

Serving Size: 1.00 Each

Amount Per Serving

Calories	411.94
Fat	6.75g
SaturatedFat	2.87g
Trans Fat	0.00g
Cholesterol	13.73mg
Sodium	174.70mg
Carbohydrates	80.13g
Fiber	3.00g
Sugar	46.42g
Protein	7.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.33mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB & J Alternate

NO IMAGE

Servings:	105.390	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35408

Ingredients

Description	Measurement	Prep Instructions	DistPart #
School White Wheat Sandwich Bread	210 7/9		12385
JELLY APPLE-GRAPE	1 Quart 1 Pint 4 Fluid Ounce 1 3/8 Tablespoon (105 2/5 Tablespoon)		100927
PEANUT BUTTER SMOOTH	210 7/9 Each	This converts to 2 TBSP	279013

Preparation Instructions

1 Tbsp peanut butter on each slice of bread. Jelly on one side. Put 2 together. Put in sandwich bag for service.
Allergens present : Peanuts.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 105.390

Serving Size: 1.00 Each

Amount Per Serving

Calories	368.76
Fat	16.98g
SaturatedFat	3.34g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	442.30mg
Carbohydrates	46.40g
Fiber	4.36g
Sugar	18.00g
Protein	11.78g
Vitamin A 0.02IU	Vitamin C 0.00mg
Calcium 59.18mg	Iron 1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available