

# **Cookbook for Guidestone**

**Created by HPS Menu Planner**

# **Cookbook for OhioGuidestone/Snow school**

**Created by HPS Menu Planner**

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# Asian Chicken

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47405
<b>School:</b>	OhioGuidestone/Snow school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	100 Serving		536620
101031 USDA Foods Rice, Brown, Long-Grain, Parboiled	100 oz (dry)		516371
SAUCE CLASSIC STIR FRY	1 1/4 Quart		202230

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	397.99
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	976.86mg
<b>Carbohydrates</b>	45.80g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	21.80g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<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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# Chicken Taco

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47392
<b>School:</b>	OhioGuidestone/Snow school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Shredded Cheddar Cheese	2 1/2 Pound		100003
TORTILLA FLOUR ULTRGR 6IN	100 Each		882690
CHIX BRST FLLT GRLLD 3Z	10 Pound		185033
SEASONING TACO SLT FR	1 Cup		605062
leaf lettuce	1/2 Package	READY_TO_serve	702525

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	150.80		
<b>Fat</b>	6.85g		
<b>SaturatedFat</b>	4.45g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.00mg		
<b>Sodium</b>	194.80mg		
<b>Carbohydrates</b>	16.06g		
<b>Fiber</b>	2.24g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	6.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.30mg	<b>Iron</b>	1.34mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chili Mac

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47391
<b>School:</b>	OhioGuidestone/Snow school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	4 Package	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 30 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	344012
PASTA ROTINI	5 Pound		635511
CHEESE BLND MEX SHRD FINE	2 1/2 Pound		326135

## Preparation Instructions

No Preparation Instructions available.



## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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### Amount Per Serving

<b>Calories</b>	344.24
<b>Fat</b>	5.74g
<b>SaturatedFat</b>	1.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.02mg
<b>Sodium</b>	162.24mg
<b>Carbohydrates</b>	58.58g
<b>Fiber</b>	4.58g
<b>Sugar</b>	5.13g
<b>Protein</b>	16.89g
<b>Vitamin A</b> 687.20IU	<b>Vitamin C</b> 10.43mg
<b>Calcium</b> 69.19mg	<b>Iron</b> 3.82mg

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## Nutrition - Per 100g

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No 100g Conversion Available

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# Pasta with Sauce

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47268
<b>School:</b>	OhioGuidestone/Snow school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	3 1/5 Pound		155661
PASTA ROTINI 51 WGRAIN	3 1/5 Pound		229951
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 1/5 Pound	UNSPECIFIED Not currently available	570533

## Preparation Instructions

Prepare Rotini as directed. Hold on steam table for no more than 2 hours.

Place bagged sauce into steamer for approximately 18 minutes. Transfer into well pan and add thawed chicken. Hold on steam table for no more than 2 hours.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	148.69		
<b>Fat</b>	2.65g		
<b>SaturatedFat</b>	0.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.15mg		
<b>Sodium</b>	70.06mg		
<b>Carbohydrates</b>	21.64g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	1.77g		
<b>Protein</b>	10.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	19.66mg	<b>Iron</b>	1.23mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheese Quesadilla

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40344
<b>School:</b>	OhioGuidestone/Snow school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6IN PRSD ULTRGR	2 Each	<p><b>HEAT_AND_SERVE PREPARATION</b> Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature.</p> <p><b>HEATING</b> <b>STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time).</p> <p><b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p> <p><b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING</b> <b>STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690120
CHEESE COLBY JK SHRD FINE	1 Cup		290464

## Preparation Instructions

On a large sheet pan, place parchment paper. Spray with butter spray. Place 12 tortillas, top with one cup of cheese, layer 12 tortilla on top. Spray with butter spray. Place in 300 degree oven on high fan for approximately 5 minutes. turn for 3 minutes or until tortillas become puffy and crispy. Cut each tortilla in half. serve 2 size it one whole quesadilla,

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 1

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### Amount Per Serving

<b>Calories</b>	3.60		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.40mg		
<b>Carbohydrates</b>	0.56g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.40mg	<b>Iron</b>	0.03mg

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## Nutrition - Per 100g

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No 100g Conversion Available

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# Spaghetti and Meatballs

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47172
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	50 Serving		221460
MEATBALL CHIX 1Z	50 Serving		190302
SAUCE SPAGHETTI NO SALT	50 Serving	UNPREPARED Cook Over Medium Heat, Stirring Occasionally Until Hot.	416096

## Preparation Instructions

Add desired amount of pasta to boiling water. Cook for 6 minutes. Drain and rinse with cold water. add 1 tbsp. of olive oil to noodles. Hold in wells. .

Place meatballs in well pan. Bake in convection oven 325 degrees for 20 minutes or until internal temperature reaches 165 degrees. .

Add Sauce to meatballs. Hold on service line.

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	315.00		
Fat	13.00g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	230.00mg		
Carbohydrates	32.00g		
Fiber	4.50g		
Sugar	5.50g		
Protein	20.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.00mg	Iron	2.72mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Quesadilla

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38595
<b>School:</b>	OhioGuidestone/Snow school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT STRIPS CKD	100 Serving	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	101510
Shredded Cheddar Cheese	100 Serving		100003
TORTILLAS, WHOLE GRAIN	100 Serving	READY_TO_EAT REMOVE FROM FREEZER THAW TO SERVE	110394

## Preparation Instructions

Large Baking sheet- use parchment paper, spray butter spray, lay out 12 tortillas layer 1/2 cheese add chicken sprinkle remaining cheese fold over tortilla. Cook at 300 degrees for 5 minutes, turn on high fan for 3 minutes or until puffy and crispy



## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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Amount Per Serving	
<b>Calories</b>	296.67
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	8.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	876.67mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	20.33g
<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

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No 100g Conversion Available

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# Side Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38763
<b>School:</b>	OhioGuidestone/Snow school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-2 LETTUCE ROMAINE COMM 15D44	6 Gallon 1 Quart (100 Cup)		381403
CUCUMBER 24CT P/L	200 Piece		870926
1x10 LB TOMATO GRAPE	200 Each		749041

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	16.00		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.60mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.20g		
<b>Vitamin A</b>	8187.40IU	<b>Vitamin C</b>	3.76mg
<b>Calcium</b>	31.02mg	<b>Iron</b>	0.92mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# **Cookbook for OhioGuidestone Residential Care Facility**

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No Recipes found