# **Cookbook for Geist Elementary**

**Created by HPS Menu Planner** 

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# **GLOBAL MEAL Sweet Thai Chili Ramen Bowl**



Servings:	50.000	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47638

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ramen noodle	6 Pound 12 Ounce (108 Ounce)	1 woodle cake is 3 oz	481514
SAUCE CHILI SWEET THAI	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	READY_TO_EAT Best used at room temperature.	212176
EDAMAME SHELLED	2 1/2 Pound		312928
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	13 3/4 Pound	UNSPECIFIED Not currently available	570533
Carrot Matchstick 5#	1 1/4 Pound		
PEPPERS RED 11# P/L	1 3/4 Pound		188583
BROCCOLI FLORET BITE SZ 4-3# RSS	1 Pound		966401

#### **Preparation Instructions**

PIAZZA NUMBERS:

Carrot Matchsticks 02063

6ct Red Peppers 00772

6/3# Broccoli Floret 09107

3# Broccoli Floret 09126

Directions:

Slice red peppers into thin strips.

Cut broccoli into small bite size pieces.

Combine and lightly steam peppers, edamame, carrots and broccoli, about 4-5 minutes reaching a minimum temperature of 145 F, until tender. Keep warm.

Use two full size, 4" hotel pans, place a perforated pan inside each.

Place half the amount of Woodles in each pan. Pour over boiling water until fully covered and let stand with lid on for 5 minutes or until it begins to soften.

Lift perforated pan out of the hot water and pour Woodles into two full size, 4" hotel pans, add half of the Chili sauce and gently mix. Keep warm.

Toss chicken pieces in remaining Chili sauce until covered and spread, single layer, on lined baking sheet. Bake in convection oven at 350 degrees F for about 13 minutes or chicken reaches a temperature of at least 165 F. The sauce on the chicken should be lightly caramelized.

Mix chicken and steamed vegetables with Woodles, half in each pan. Gently mix.

Tip: add a small amount of water to the pan to keep it from drying out. Be careful to not stir or agitate the mix too much or the Woodles will break apart.

Serve 2 cups per serving.

**SERVING SUGGESTION:** 

Two-leveled 8oz Spoodles per serving.

Use GFS #241776 bowl (12oz) to serve in.

### **Meal Components (SLE)**

Amount Per Serving

	•
Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.000 Serving Size: 2.00 Cup

<b>Amount Pe</b>	r Serving		
Calories		369.05	
Fat		12.18g	
SaturatedF	at	2.56g	
Trans Fat		0.00g	
Cholestero		80.67mg	
Sodium		639.56mg	
Carbohydra	ates	26.75g	
Fiber		2.99g	
Sugar		13.73g	
Protein		31.56g	
Vitamin A	23.15IU	Vitamin C	0.16mg
Calcium	18.53mg	Iron	2.33mg
	·		

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

### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

# **Impossible Burger**



Servings:	2.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40170
School:	Brooks School Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	2 Each		330497
CHEESE AMER 160CT SLCD R/F R/SOD	2 Slice		189071
4" Wg Rich Hamburger Bun	2 bun	BAKE Toast if desired	3474

## **Preparation Instructions**

Meat	2.500
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: 2.000 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		415.00	
Fat		18.00g	
SaturatedF	at	9.25g	
Trans Fat		0.00g	
Cholestero	I	7.50mg	
Sodium		705.00mg	
Carbohydra	ates	35.00g	
Fiber		5.00g	
Sugar		4.00g	
Protein		27.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	104.50mg	Iron	8.00mg

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

### **Nutrition - Per 100g**

# **Turkey Sandwich**



Servings:	4.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40164
School:	Brooks School Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	12 Ounce		689541
CHEESE AMER 160CT SLCD	4 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	4 bun	BAKE Toast if desired	3474

## **Preparation Instructions**

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: 4.000 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		277.76	
Fat		7.53g	
SaturatedFa	at	3.02g	
Trans Fat		0.00g	
Cholesterol		53.88mg	
Sodium		920.52mg	
Carbohydra	ites	26.00g	
Fiber		2.00g	
Sugar		3.50g	
Protein		26.62g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	87.50mg	Iron	8.00mg

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

### **Nutrition - Per 100g**

# **Crispy Chicken Salad**



Servings:	4.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40171
School:	Brooks School Elementary		

# Ingredients

Measurement	Prep Instructions	DistPart #
4 Each	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.	558061
2 Quart		735787
4 Ounce		786543
	4 Each 2 Quart	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.

## **Preparation Instructions**

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 4.000 Serving Size: 1.00 Each

3			
<b>Amount Pe</b>	r Serving		
Calories		265.00	
Fat		13.00g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		460.00mg	
Carbohydrates		20.00g	
Fiber		5.33g	
Sugar		3.67g	
Protein		16.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.84mg

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

### **Nutrition - Per 100g**

# Pizza Pack



Servings:	7.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40165
School:	Brooks School Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	14 Each	THAW  1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart.  3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
PEPPERONI TKY SLCD 15/Z	9 1/10 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
CHEESE MOZZ SHRD	10/11 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	7 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	1.656	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.500	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 7.000 Serving Size: 1.00 Each

COI THING CIE	2017/11g 2120: 1:00 Edoi1			
<b>Amount Pe</b>	r Serving			
Calories		345.44		
Fat		12.55g		
SaturatedF	at	3.30g		
Trans Fat		0.00g		
Cholestero	I	47.19mg		
Sodium		1106.33mg		
Carbohydrates		38.49g		
Fiber		2.00g		
Sugar		9.50g		
Protein		20.50g		
Vitamin A	0.20IU	Vitamin C	0.06mg	
Calcium	158.33mg	Iron	2.75mg	

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

#### **Nutrition - Per 100g**

# **Muffin & Yogurt Bento Box**



Servings:	4.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40166
School:	Brooks School Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Pound	READY_TO_EAT READY_TO_EAT	885750
MUFFIN BANANA WGRAIN IW	4 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CHEESE STRING MOZZ IW	4 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GRHM ORIG WGRAIN	4 Package		282451

### **Preparation Instructions**

may use 262343, 262370 muffins also may use 869921 yogurt also

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: 4.000 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		440.00	
Fat		16.50g	
SaturatedF	at	5.50g	
Trans Fat		0.10g	
Cholestero	I	30.00mg	
Sodium		465.00mg	
Carbohydra	ates	64.00g	
Fiber		2.00g	
Sugar		31.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	316.26mg	Iron	1.51mg

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

### **Nutrition - Per 100g**

# **Cheesy Broccoli**



Servings:	70.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44562

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	2 Quart 6 Fluid Ounce (70 Fluid Ounce)		310668
BROCCOLI FLORETS	2 Gallon 1 Pint 1 Cup (35 Cup)		610902

# **Preparation Instructions**

Prepare Broccoli. Hold Warm

Heat cheese sauce according to instructions. Hold warm until ready for service.

At service, portion 3.1oz (.5cup) broccoli, 1.5oz cheese sauce.

CCP: Maintain hot food at 140 degrees F. or above.

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 70.000 Serving Size: 1.00 Serving

		-	
<b>Amount Pe</b>	r Serving		
Calories		66.67	
Fat		3.50g	
SaturatedF	at	2.25g	
Trans Fat		0.00g	
Cholestero	I	10.00mg	
Sodium		155.00mg	
Carbohydra	ates	4.83g	
Fiber		2.00g	
Sugar		0.67g	
Protein		4.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	104.33mg	Iron	0.67mg

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

### **Nutrition - Per 100g**

## **Mixed Green Salad**



Servings:	10.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39544
School:	Brooks School Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	2 Quart 1 Pint (10 Cup)		583371
CUCUMBER SELECT	1 3/10 Slice		592323
TOMATO GRAPE SWT	30 Each		129631

## **Preparation Instructions**

Combine all ingredients.

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 10.000 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		6.14	
Fat		0.08g	
SaturatedFa	at	0.02g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		1.70mg	
Carbohydra	ites	1.33g	
Fiber		0.41g	
Sugar		0.95g	
Protein		0.30g	
Vitamin A	281.58IU	Vitamin C	4.64mg
Calcium	3.44mg	Iron	0.09mg

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

### **Nutrition - Per 100g**

# **Veggie Pack Carrots / Celery**

USE: IMAGE or type unknown

Servings:	20.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40150
School:	Brooks School Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	1 Quart 1 Cup (5 Cup)		768146
CELERY STIX	1 Quart 1 Cup (5 Cup)		781592

## Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 20.000 Serving Size: 1.00 Serving

John Mig Callot Hoo Golffung				
Amount Per Serving				
Calories		20.21		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		61.51mg		
Carbohydra	ates	4.43g		
Fiber		1.98g		
Sugar		2.47g		
Protein		0.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	29.78mg	Iron	0.00mg	

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

### **Nutrition - Per 100g**

## Banana



Servings:	20.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40523
School:	Hamilton Southeastern High School		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT	20 Each		197769

## **Preparation Instructions**

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

#### **Nutrition Facts**

Servings Per Recipe: 20.000 Serving Size: 1.00 Each

Amount Per Serving				
Calories		105.00		
Fat		0.40g		
SaturatedFa	at	0.10g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		1.20mg		
Carbohydrates		27.00g		
Fiber		3.10g		
Sugar		14.00g		
Protein		1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg	
Calcium	5.90mg	Iron	0.31mg	

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

### **Nutrition - Per 100g**

# **Canned Mandarin Oranges**



Servings:	80.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40537
School:	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S	2 Gallon 2 Quart (40 Cup)		117897

## **Preparation Instructions**

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 80.000 Serving Size: 4.00 Ounce

Amount Per Serving				
Calories		90.00		
Fat		0.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero	l	0.00mg		
Sodium		10.00mg		
Carbohydrates		20.00g		
Fiber		0.00g		
Sugar		19.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	26.00mg	Iron	1.00mg	

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

### **Nutrition - Per 100g**

Calories		79.37	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		8.82mg	
Carbohydrates		17.64g	
Fiber		0.00g	
Sugar		16.76g	
Protein		0.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.93mg	Iron	0.88mg

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