

Cookbook for Tami High School 9-12

Created by HPS Menu Planner

Table of Contents

Peanut Butter and Jelly Sandwich

Pepperoni and Pineapple Pizza

Broccoli Salad

RO - Sloppy Joe Meat

Chocolate Chip Cookie

Peanut Butter and Jelly Sandwich

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42080
School:	Tami High School 9-12		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	300 Slice		18075
Peanut butter, smooth style, without salt	2 Quart 1 Cup 2 Fluid Ounce 1 1 Tablespoon (150 Tablespoon)		16398
Jellies	150 serving 1 tbsp		19300

Preparation Instructions

Wash hands

Take two slices of bread

spread 1tbsp of peanut butter on 1 piece of bread

spread 1tbsp of jelly on 2nd piece of bread

add bread together to make a sandwich

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: 150.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	312.82
Fat	10.46g
SaturatedFat	2.12g
Trans Fat	0.02g**
Cholesterol	0.00mg
Sodium	300.22mg
Carbohydrates	45.59g
Fiber	4.85g
Sugar	15.21g
Protein	11.55g
Vitamin A 2.97IU	Vitamin C 0.19mg
Calcium 112.35mg	Iron 1.90mg

*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

Pepperoni and Pineapple Pizza

Servings:	150.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43993
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	18 3/4 cup, chunks		9354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

Amount Per Serving	
Calories	292.98
Fat	11.07g
SaturatedFat	3.56g
Trans Fat	0.00g
Cholesterol	15.24mg
Sodium	539.98mg
Carbohydrates	36.54g
Fiber	4.23g
Sugar	11.23g
Protein	15.10g
Vitamin A 477.40IU	Vitamin C 2.13mg
Calcium 243.65mg	Iron 2.73mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli Salad

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44023
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	9 Gallon 1 Quart 1 Pint (150 Cup)		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)		42158

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	42.00		
Fat	2.40g		
SaturatedFat	0.41g		
Trans Fat	0.00g**		
Cholesterol	0.00mg		
Sodium	279.93mg		
Carbohydrates	4.87g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.33g		
Vitamin A	20.10IU	Vitamin C	0.89mg
Calcium	11.27mg	Iron	0.09mg

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Nutrition - Per 100g

No 100g Conversion Available

RO - Sloppy Joe Meat

Servings:	420.00	Category:	Entree
Serving Size:	1.00 portion	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44664
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	78 1/2 Pound		110520
SPICE ONION MINCED	1/2 Quart		513997
SPICE GARLIC POWDER	1/2 Cup		224839
SAUCE TOMATO	2 #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
WATER DISTILLED	3 Gallon		711143
SPICE MUSTARD GRND	1/2 Cup		224928
SPICE PEPR BLK REG FINE GRIND	1/8 Cup		225037
SUGAR BROWN LT	1 1/4 Pound		860311
RELISH DILL PICKLE FCY	1/2 Gallon		156248
SPICE CHILI POWDER MILD	2/3 Cup		331473

Preparation Instructions

1. Brown ground beef and drain.
2. Add onions and garlic. Cook for 5 minutes.
3. Mix all other ingredients in steam kettle. Cook for 30 minutes.
4. Ladle 1 gallon of sauce over meat mixture. Stir well.
5. Reheat to 165 degrees, stirring frequently.

6. 2 gal = 1 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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 420.00

Serving Size: 1.00 portion

Amount Per Serving			
Calories	188.64		
Fat	13.39g		
SaturatedFat	4.46g		
Trans Fat	2.23g		
Cholesterol	58.02mg		
Sodium	187.24mg		
Carbohydrates	2.09g		
Fiber	0.25g		
Sugar	0.68g		
Protein	15.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.76mg	Iron	0.10mg

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Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Cookie

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-47820
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	13 Ounce		425311
SUGAR BROWN LT	13 Ounce		860311
MILK WHT 1	1/3 Cup		817801
WHOLE WHEAT FLOUR STONE GROUND	1 Pound		330094
FLOUR A/P	14 Ounce		585203
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Tablespoon		683700
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	108286
BAKING SODA	1 1/2 Teaspoon		513849
BUTTER BLND SLD EURO ZT	1 Cup 1 Tablespoon (17 Tablespoon)	READY_TO_EAT Ready to use.	648560

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	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	145.36		
Fat	4.34g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	184.40mg		
Carbohydrates	25.82g		
Fiber	1.23g		
Sugar	13.58g		
Protein	2.17g		
Vitamin A	3.22IU	Vitamin C	0.00mg
Calcium	6.51mg	Iron	0.71mg

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Nutrition - Per 100g

No 100g Conversion Available