

# **Cookbook for Argos K-8 School**

**Created by HPS Menu Planner**

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# NO BREAKFAST SERVICE

<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>	Breakfast	<b>Recipe ID:</b>	R-40121
<b>School:</b>	Argos High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### 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>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### 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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fresh Baked Cookie

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 cookie	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27997
<b>School:</b>	Argos High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY SGR WGRAIN R/F	1 Each		170041
DOUGH CKY CHOC CHP WGRAIN	1 Each		169992
DOUGH CKY CNDY WGRAIN R/F	1 Each		170031
DOUGH CKY DBL CHOC WGRAIN	1 Each		170071

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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: 4.00

Serving Size: 1.00 cookie

Amount Per Serving	
<b>Calories</b>	192.15
<b>Fat</b>	5.95g
<b>SaturatedFat</b>	2.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	182.13mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	17.00g
<b>Protein</b>	3.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.35mg	<b>Iron</b> 1.25mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cook's Choice Fries

<b>Servings:</b>	6.00	<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-29702
<b>School:</b>	Argos High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD	2 7/8 Ounce	Weight	174251
HASHBROWN FAST 2.5Z	2 Each	2 Each= 1/2 cup of starchy vegetables	242241
FRIES SPIRAL SEAS CRSPY OVEN	2 1/7 Ounce	Weight	717490
POTATO SPUDSTER	7 Each		526401
FRIES SWT POT 5/16IN THIN S/O	3 1/8 Ounce	Weight---Counts as Red/Orange Vegetable	787100
POTATO SMILES 26/	4 Each		228818

## Preparation Instructions

See case of product for preparation instructions.

## 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>	0.087
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.506

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	162.08
<b>Fat</b>	6.90g
<b>SaturatedFat</b>	1.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	288.61mg
<b>Carbohydrates</b>	22.89g
<b>Fiber</b>	1.77g
<b>Sugar</b>	1.55g
<b>Protein</b>	1.72g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 15.34mg	<b>Iron</b> 0.45mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Peas

<b>Servings:</b>	96.00	<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-13874
<b>School:</b>	Argos High School- Pre Covid		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	20 Pound	BAKE	100350
BUTTER SUB	1 Ounce		209810
SEASONING GARDEN NO SALT	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		565148

## Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	62.09		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.71mg		
<b>Carbohydrates</b>	11.43g		
<b>Fiber</b>	3.98g		
<b>Sugar</b>	3.98g		
<b>Protein</b>	3.98g		
<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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# Cook's Choice Pizza

<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-29653
<b>School:</b>	Argos High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### 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>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### 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

# Green Beans

<b>Servings:</b>	96.00	<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-13868
<b>School:</b>	Argos High School- Pre Covid		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	4 #10 CAN		100307
BUTTER SUB	1 Ounce		209810
SEASONING GARDEN NO SALT	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		565148

## Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 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>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	17.59		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	153.84mg		
<b>Carbohydrates</b>	3.71g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.08g		
<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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# Cook's Choice Chicken

<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-29655
<b>School:</b>	Argos High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### 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>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### 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

# Corn

<b>Servings:</b>	96.00	<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-13613
<b>School:</b>	Argos High School- Pre Covid		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	4 #10 CAN		100313
BUTTER SUB	1 Ounce		209810
SEASONING GARDEN NO SALT	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		565148

## Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	70.40		
<b>Fat</b>	1.08g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	19.12mg		
<b>Carbohydrates</b>	16.64g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	3.23g		
<b>Protein</b>	2.16g		
<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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# Baked Beans

<b>Servings:</b>	100.00	<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-13623
<b>School:</b>	Argos High School- Pre Covid		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED ORIG	2 #10 CAN		520098
Beans, Vegetarian, Low Sodium, Canned	2 #10 CAN		100364
SPICE ONION MINCED	1 Cup		513997
MUSTARD DISPNSR PK	1 1/2 Teaspoon	1/2 pump of mustard dispenser	819506
SUGAR BROWN LT	1 Pint		860311
KETCHUP LO SOD	1 Cup 2 Fluid Ounce (20 Tablespoon)	20 pumps of ketchup from dispenser	645922

## Preparation Instructions

Drain beans.

Pour into 4" steam table pan.

Add the remaining ingredients.

Stir.

Bake in oven on 350 degrees-400 degrees for 2-2.5 hours.

Check that temperature is at least 135 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>	0.067
<b>Legumes</b>	0.499
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	148.80
<b>Fat</b>	0.74g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	362.63mg
<b>Carbohydrates</b>	31.68g
<b>Fiber</b>	4.99g
<b>Sugar</b>	13.25g
<b>Protein</b>	6.98g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.87mg	<b>Iron</b> 0.98mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Doritos or Sunchips

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29709
<b>School:</b>	Argos High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT	1 Each	1.50 Grain Equivalents	456090
CHIP HARV CHED	1 Package	1.25 Grain Equivalents	105260
CHIP COOL RNCH REDC FAT	1 Package	1.50 Grain Equivalents	541502

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	133.33		
<b>Fat</b>	5.33g		
<b>SaturatedFat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	183.33mg		
<b>Carbohydrates</b>	19.67g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.67mg	<b>Iron</b>	0.40mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Steamed Broccoli

<b>Servings:</b>	60.00	<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-13612
<b>School:</b>	Argos High School- Pre Covid		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	11 1/4 Pound	<b>STEAM</b> Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB	1 Ounce	1/4 package butterbuds	209810
SEASONING GARDEN NO SALT	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		565148

## Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 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>	0.500
<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: 60.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	27.17		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	27.25mg		
<b>Carbohydrates</b>	5.88g		
<b>Fiber</b>	3.07g		
<b>Sugar</b>	1.02g		
<b>Protein</b>	3.07g		
<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