## Cookbook for Nippersink Middle School

**Created by HPS Menu Planner** 

## **Table of Contents**

**BOSCO STICKS** 

**HOT DOG** 

## **BOSCO STICKS**

# **NO IMAGE**

Servings:	36.00	Category:	Entree
Serving Size:	2.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40263
School:	Nippersink Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD	72 Each	CONVECTION Convection Oven  1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED ONLY: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.	432180

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P	2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714

### **Preparation Instructions**

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.010
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 36.00 Serving Size: 2.00 Serving

		3		
Amount Per Serving				
Calories		440.64		
Fat		14.02g		
SaturatedF	at	6.00g		
Trans Fat		0.00g		
Cholestero	I	30.00mg		
Sodium		624.98mg		
Carbohydrates		54.10g		
Fiber		2.03g		
Sugar		2.06g		
Protein		24.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	428.27mg	Iron	4.01mg	

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

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

No 100g Conversion Available

### **HOT DOG**

# NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40264
School:	Nippersink Middle School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each	READY_TO_EAT No baking necessary.	4040

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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: 1.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		310.00		
Fat		18.00g		
SaturatedF	at	5.00g		
Trans Fat		0.00g		
Cholestero	l	45.00mg		
Sodium		582.60mg		
Carbohydrates		29.00g		
Fiber		3.00g		
Sugar		5.00g		
Protein		12.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg	
Calcium	46.11mg	Iron	10.76mg	

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

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

No 100g Conversion Available