

Cookbook for Hoosier Road Elementary

Created by HPS Menu Planner

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Mediterranean Quinoa Salad

Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45361

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUINOA CKD	4 Pound		602242
JUICE LEMON	1/2 Cup		864061
VINEGAR WINE RED 5	1/2 Cup		644481
OIL BLND CANOLA/XVGRN 80/20	1/2 Cup		645182
SALT SEA	1 3/10 Tablespoon		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SPICE GARLIC GRANULATED	1 Fluid Ounce		513881
PEPPERS RED	1 Pint	Diced	597082
ONION GREEN	8 Ounce	sliced	596981
ONION RED JUMBO	8 Ounce	diced finely	198722
TOMATO GRAPE SWT	1 Quart	cut in half	129631
OLIVE RIPE SLCD	1 Cup	READY_TO_EAT Roland Sliced Ripe Olives are ready to use. They can be baked or sautéed. Very popular as salad bar, sandwich and pizza topping ingredient. Versatile topping in Mexican cuisine.	716403
CHEESE FETA DRY PKG	8 Ounce	crumbled	171832
CILANTRO CLEANED	1 Pint	Cut into shreds	219550
CUCUMBER SELECT	1 Pint	Diced small	592323
EDAMAME SHELLLED	1 Gallon 2 Quart 1 Cup (25 Cup)		312928

Preparation Instructions

Dressing: Combine lemon juice, vinegar, garlic, oil, salt and ground pepper, mix well. Set aside.

Combine red peppers, green onions, red onions, tomatoes, cucumbers and black olives in a large bowl. Add dressing.

Mix in quinoa and edamame. Fold in feta cheese and cilantro.

Portion with 8 oz Spoodle.

Serve with one 4" flatbread. #863913

Meal Components (SLE)

Amount Per Serving

Meat	2.026
Grain	0.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.120
OtherVeg	0.217
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	127.31		
Fat	6.72g		
SaturatedFat	0.65g		
Trans Fat	0.00g		
Cholesterol	2.40mg		
Sodium	272.51mg		
Carbohydrates	10.80g		
Fiber	4.30g		
Sugar	2.57g		
Protein	9.14g		
Vitamin A	314.23IU	Vitamin C	11.68mg
Calcium	64.81mg	Iron	2.03mg

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

Nutrition - Per 100g

Calories	56.13		
Fat	2.96g		
SaturatedFat	0.29g		
Trans Fat	0.00g		
Cholesterol	1.06mg		
Sodium	120.16mg		
Carbohydrates	4.76g		
Fiber	1.90g		
Sugar	1.13g		
Protein	4.03g		
Vitamin A	138.55IU	Vitamin C	5.15mg
Calcium	28.58mg	Iron	0.90mg

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Breaded Fish Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45758
School:	Hoosier Road Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	547102

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45935
School:	Hoosier Road Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	547102

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available