

# **Cookbook for Crown Point High School**

**Created by HPS Menu Planner**

# Table of Contents

**Nanaberry Blast Smoothie**

**Chocolate Dipped Strawberry Smoothie**

**Ranch Dressing**

**Pancake on a Stick**

**Ranch Fat Free Packet**

**Hot Ham and Cheese on Croissant**

**Mini Pancakes (Krusteaz)**

**Scrambled Eggs**

**Homemade Breakfast Taco**

**Chicken Bacon Wrap**

**Hot Ham and Cheese on Pretzel Bun**

**Tomato Soup**

**Cold Beef and Chesse on Croissant**

**Italian Sausage Sub**

**Western Nachos**

**Wild Blueberry Smoothie**

**Pineapple Strawberry Smoothie**

**Chicken Pot Pie**

**Sausage Biscuit**

# Nanaberry Blast Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3928
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Pound	Keep refrigerated. In clear measured container add yogurt and fruit and fold together evenly. Pour smoothie into cup and cover with lid and place in cooler. Maintain temperature of 40 degrees or colder.	811500
BLUEBERRY IQF	1 Quart 1 Pint (6 Cup)	Keep frozen. Add blueberries to blender. Blend until fruit is at a smooth consistency. This will have to be done in batches.	166720
BANANA TURNING SNGL 150CT	6 Each	Peel banana and slice. Add bananas to blender. Blend until fruit is at a smooth consistency. This will have to be done in batches.	197769

## Preparation Instructions

### HACCP FLOW PROCESS

- When product comes in check for damage and use by date. When gathering foods that have been stored, always check the use by date and temperature. If the product does not meet standards, report to manager right away and do not use.
- Hold left over foods until expiration date on package.
- Maintain internal temp no higher 70 or colder at all times.
- Yogurt and fruit should be held at temp of 40 or colder. If held at incorrect temp for more than four hours, food is discarded. Use a calibrated thermometer, sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- Hold leftover over smoothie at temp of 40 or colder for no more than 1 day then discard.

### SAME DAY SERVICE NO COOK

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear gloves when handling food.
- Gather ingredients.
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Wash fruit under cold running water when it comes in fresh.
- Do not mix old product with new.
- Put fruit in blender with a bit of apple juice to get it going. Blend until fruit is at a smooth consistency. This will have

to be done in batches. In clear measured container add yogurt and fruit and fold together evenly. Pour smoothie into cup and cover with lid and place in cooler maintained at temp of 40 or colder.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 16.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	181.32
<b>Fat</b>	0.90g
<b>SaturatedFat</b>	0.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	60.15mg
<b>Carbohydrates</b>	40.76g
<b>Fiber</b>	2.29g
<b>Sugar</b>	26.92g
<b>Protein</b>	4.59g
<b>Vitamin A</b> 28.32IU	<b>Vitamin C</b> 3.85mg
<b>Calcium</b> 136.54mg	<b>Iron</b> 0.12mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chocolate Dipped Strawberry Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3930
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR	4 Pound	Keep refrigerated. In clear measured container add yogurt and fruit and fold together evenly. Pour smoothie into cup and cover with lid and place in cooler. Maintain temperature of 40 degrees or colder.	811490
JUICE APPLE 100	1 Quart	Add juice to yogurt.	100374
COCOA PWD BAKING	1/3 Cup	Add to yogurt and fruit.	269654
APPLESAUCE UNSWT	1 Quart	Blend with apple juice.	271497

## Preparation Instructions

### HACCP FLOW PROCESS

-When product comes in check for damage and use by date. When gathering foods that have been stored, always check the use by date and temperature. If the product does not meet standards, report to manager right away and do not use.

-Hold left over foods until expiration date on package.

-Maintain internal temp no higher 70 or colder at all times.

-Yogurt and fruit should be held at temp of 40 or colder. If held at incorrect temp for more than four hours, food is discarded. Use a calibrated thermometer, sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.

-Hold leftover over smoothie at temp of 40 or colder for no more than 1 day then discard.

### SAME DAY SERVICE NO COOK

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

-Wear gloves when handling food.

-Gather ingredients.

-Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.

-Wash fruit under cold running water when it comes in fresh.

-Do not mix old product with new.

-Put fruit in blender with apple juice to get it going. Blend until fruit is at a smooth consistency. This will have to be done in batches. In clear measured container add yogurt, fruit and cocoa powder and fold together evenly. Pour

smoothie into cup and cover with lid and place in cooler maintained at temp of 40 or colder.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.001
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 16.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	160.14		
<b>Fat</b>	0.87g		
<b>SaturatedFat</b>	0.43g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.34mg		
<b>Sodium</b>	65.60mg		
<b>Carbohydrates</b>	34.68g		
<b>Fiber</b>	1.07g		
<b>Sugar</b>	25.68g		
<b>Protein</b>	3.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	125.38mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Ranch Dressing

<b>Servings:</b>	10.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12163
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF	5 Fluid Ounce	Keep refrigerated. Place in container for serving. 1 Tablespoon	583189

## Preparation Instructions

### HACCP FLOW PROCESS

-When product comes in check for damage and use by date. When gathering foods that have been stored, always check the use by date and temperature. If the product does not meet standards, report to manager right away and do not use.

-Maintain internal temp of 70 or colder when in storage.

-Gallons should be placed in cooler overnight.

-Refrigerate after opening, maintain temp of 40 degrees or colder.

-Hold left over foods until expiration date on package.

### SAME DAY SERVICE NO COOK

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

-Wear clean gloves when handling food.

-Gather ingredients

-Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.

-Place packages into a clean and sanitized container. Place on serving line and keep away from heat.

-Do not mix old product with new.

## 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: 10.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	15.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	3.50g		
<b>Fiber</b>	0.25g		
<b>Sugar</b>	1.00g		
<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



# Pancake on a Stick

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12237
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	100 Each	Cook from thawed or frozen state. Product is precooked. Bake on 350 for 13-20 minutes until temperature reaches 160 degrees. 1 Stick	497202

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.

- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.90mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Ranch Fat Free Packet

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12256
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF PKT 60-1.5Z LTHSE	100 Each	Keep in cool dry storage. Place packets in cooler overnight before service. Place in container for serving. 1 Packet	135641

## Preparation Instructions

### HACCP FLOW PROCESS

-When product comes in check for damage and use by date. When gathering foods that have been stored, always check the use by date and temperature. If the product does not meet standards, report to manager right away and do not use.

-Maintain internal temp of 70 or colder at all times.

-Packets should be placed in cooler overnight.

-Hold left over foods until expiration date on package.

### SAME DAY SERVICE NO COOK

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

-Wear clean gloves when handling food.

-Gather ingredients

-Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.

-Place packages into a clean and sanitized container. Place on serving line and keep away from heat.

-Do not mix old product with new.

## 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: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Hot Ham and Cheese on Croissant

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15603
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	3 Pound	Slice meat on a clean and sanitized slicer. Slice into 1 oz slices. Place in container, cover and date. To heat, place ham in 4 inch half pan with 1/2 cup of water in each pan. Steam for 12-15 minutes till temp reaches 145 for 15 seconds. Cover and place in warmer or on serving line. Place 3 ounce meat and 1 oz cheese on croissant. Prepare as ordered. 1 Sandwich	179906
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	16 Each	Thaw croissants at room temperature for at least 3 hours or overnight.	172172
SAUCE CHS CHED POUCH 6-106Z LOL	1 Pound	Steam bag of cheese in steamer for 15-18 minutes or till temperature reaches 140 for 15 secs. Pour into 4 inch half pans cover and place in warmer or on serving line. Ladle 1 ounce of cheese sauce over ham.	135261

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.

-Hold frozen product at temperature of 32 degrees or colder for 3 months.

#### SAME DAY SERVICE

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

-Wear clean gloves when handling food.

-Gather ingredients

-Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.

-Do not mix old product with new.

-Make sure serving area is clean and sanitized.

-Record time and temperature at the beginning of each lunch.

-When storing foods - label with date and time they were prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.288
<b>Grain</b>	2.000
<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: 16.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	345.77
<b>Fat</b>	16.20g
<b>SaturatedFat</b>	6.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.15mg
<b>Sodium</b>	1443.07mg
<b>Carbohydrates</b>	29.37g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	22.29g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 115.65mg	<b>Iron</b> 2.22mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Mini Pancakes (Krusteaz)

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	9.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16360
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI WGRAIN .32Z 24-45CT	900 Each	On a sheet pan, place frozen mini pancakes in a slightly overlapping single layer. Cover tightly with foil. Bake at 350 degrees 8-10 minutes. 9 Pancakes	669440

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.

- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<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: 100.00

Serving Size: 9.00 Each

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Scrambled Eggs

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17916
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND	3 Gallon 1 Pint (50 Cup)	Thaw under refrigeration. Pour one bag of eggs into clean container. Whisk for 45 seconds before cooking. Pour eggs into 2 inch full pan and bake on egg setting in rational. Stir eggs during cooking to make them scrambled. Cook until firm and temperature reaches 165 degrees for 15 seconds. 4 Ounces	465798

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.

- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	190.00mg		
<b>Sodium</b>	450.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	54.00mg	<b>Iron</b>	1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Homemade Breakfast Taco

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17922
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND	3 Quart 1 Pint 1 Cup (15 Cup)	Thaw under refrigeration. Pour one bag of eggs into clean container. Whisk for 45 seconds before cooking. Pour eggs into 2 inch full pan and bake on egg setting in rational. Stir eggs during cooking to make them scrambled. Cook until firm and temperature reaches 165 degrees for 15 seconds. Spoon 2 ounces of eggs on tortilla and top with 1 ounce cheese. Roll tortilla and warm in oven for 3 minutes until cheese is melted and tortilla is warm. 1 Taco	465798
CHEESE CHED MLD SHRD 4-5 LOL	1 Pint 1 3/4 Cup (3 3/4 Cup)	Sprinkle 1 ounce cheese on top of eggs.	150250
TORTILLA FLOUR 8 PRSD 20-12CT	60 Each	Thaw before use.	505722

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.940
<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: 60.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	212.50
<b>Fat</b>	9.25g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	102.50mg
<b>Sodium</b>	602.50mg
<b>Carbohydrates</b>	22.75g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	10.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 109.75mg	<b>Iron</b> 1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Bacon Wrap

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40232
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHLWHE 10IN	10 Each	1 wrap	456330
DRESSING RNCH FF	5 Fluid Ounce	Spread 1 tablespoon ranch dressing on wrap.	583189
CHEESE CHED MLD SHRD 4-5 LOL	10 Ounce	Sprinkle 1 ounce cheese evenly on wrap.	150250
LETTUCE ROMAINE RIBBONS	1 Pint 1/2 Cup (2 1/2 Cup)	Sprinkle lettuce evenly on wrap.	451730
TOMATO 6X6 LRG	5 Fluid Ounce	Sprinkle 1 tablespoon tomatoes evenly on wrap.	199001
CHIX TNRD WGRAIN FC	30 Piece	Place 3 chicken tenders on wrap. Bake in Convection oven at 350 for 8-10 minutes on breaded fried & light coloring setting for rational. Remove from oven and place in 4 inch half pan to cool.	283951
BACON TKY CKD	10 Slice	Thaw bacon overnight in cooler. Place bacon flat on lined sheet pan. Bake at 350 for 1-2 minutes until heated through and crispy. Place 1 slice of bacon on each wrap.	834770

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.

- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

**SAME DAY SERVICE**

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

**Meal Components (SLE)**

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	3.500
<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: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	618.68
<b>Fat</b>	31.46g
<b>SaturatedFat</b>	10.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.30mg
<b>Sodium</b>	1242.16mg
<b>Carbohydrates</b>	54.95g
<b>Fiber</b>	7.39g
<b>Sugar</b>	3.32g
<b>Protein</b>	28.91g
<b>Vitamin A</b> 93.71IU	<b>Vitamin C</b> 1.54mg
<b>Calcium</b> 237.21mg	<b>Iron</b> 52.10mg

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**Nutrition - Per 100g**

No 100g Conversion Available

# Hot Ham and Cheese on Pretzel Bun

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40233
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	4 Pound 11 Ounce (75 Ounce)	Slice meat on a clean and sanitized slicer. Slice into 1 oz slices. Place in container, cover and date. Place ham in 2 inch full pan with 2 cups of water in each pan. 5 pounds per pan. Steam for 12-15 minutes till temp reaches 140 for 15 seconds. Cover and place in warmer. 3 oz meat on each sandwich 1 Sandwich	179906
CHEESE AMER 160CT SLCD R/F	25 Slice	Place 1 slice cheese on top of ham.	722360
BUN HAMB PRTZL SLCD 3.2Z	25 Each	Place in covered container for serving.	141670

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.

- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<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: 25.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	385.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	1480.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	24.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 107.00mg	<b>Iron</b> 2.72mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Tomato Soup

<b>Servings:</b>	16.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 6 ounces	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40238
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	3 Pound 2 Ounce (50 Ounce)	In a 6 inch half pan slowly add soup with 1/2 can water and 1/2 can milk. Stir until combined. Cover with parchment paper and then foil and seal tightly. Place in rational on steam and heat until temp reaches 145 degrees stirring often. 6 oz serving	101427
TruMoo 1% White Milk CP	1 Pound 9 Ounce (25 Ounce)	Add 1/2 can milk to soup	
Tap Water	1 Pound 9 Ounce (25 Ounce)	Add 1/2 can of water to soup	

## Preparation Instructions

### HACCP FLOW PROCESS

- When food first comes in check boxes for damage, take temp and record. Frozen food should be 32 or below. When gathering foods that have been stored, always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. Including: before prep, during prep, during service and leftover storage. If held at incorrect temperature for more than 4 hours, food should be discarded. Use a calibrated thermometer and sanitize before using. Probe food for 15 seconds making sure the tip is in the center of the food. Wash and sanitize thermometer before returning to the case.
- Hold leftover product at a temperature of 40 degrees or colder for no more than 3 days in a clean container, labeled with the date.
- Hold frozen product at temp of 32 or colder for 3 months.
- Hold fresh vegetables for 1 week unless package says otherwise.
- Hold leftover bread in freezer for 3 months, cooler 5 days and kitchen 3 days. Temperature should be no higher than 70 degrees.

### SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients

- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

### 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: 16.00

Serving Size: 1.00 6 ounces

#### Amount Per Serving

<b>Calories</b>	91.80
<b>Fat</b>	0.49g
<b>SaturatedFat</b>	0.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.95mg
<b>Sodium</b>	400.39mg
<b>Carbohydrates</b>	18.16g
<b>Fiber</b>	0.78g
<b>Sugar</b>	11.72g
<b>Protein</b>	3.13g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 15.63mg	<b>Iron</b> 0.47mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cold Beef and Chesse on Croissant

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40265
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RND INSIDE TOP CHC	29 6/7 Pound	Wash beef and drain. Do not cross contaminate. Spray 6 inch full pans with pan spray and place beef in pans. Add seasoning to beef and rub it all in. Add salsa and water in pan. Cover and place in a oven 350 degrees. Cook until temperature reaches 145 degrees for 4 minutes. Let beef stand for 30 minutes before putting in cooler. Cover and place in cooler over night for the first hour do not cover. Next day slice meat on a clean and sanitized slicer. Slice against the grain. Slice into approximately 1 ounce slices. Maintain temperature of 40 or colder at all times when slicing. Place meat in 4 inch half pans. Place in cooler. 3 Ounce Beef	167118
SEASONING ITAL HRB	1/2 Cup		428574
SPICE GARLIC POWDER	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		224839
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037
BASE BEEF LO SOD	4 Ounce		130885
SALSA 103Z	1 #10 CAN		452841
Tap Water for Recipes	1 Quart		000001WTR
CHEESE AMER WHT 160CT SLCD	100 Slice	Place in clean container for serving. 1 slice per sandwich.	861940
CROISSANT MARG SLCD WGRAIN	100 Each	Thaw at room temperature. Place in container for serving.	169268

## Preparation Instructions

### HACCP FLOW PROCESS

-When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32

degrees or below.

-When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.

-Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).

-HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.

-CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.

-COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.

-Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.

-Hold frozen product at temperature of 32 degrees or colder for 3 months.

#### SAME DAY SERVICE

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

-Wear clean gloves when handling food.

-Gather ingredients

-Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.

-Do not mix old product with new.

-Make sure serving area is clean and sanitized.

-Record time and temperature at the beginning of each lunch.

-When storing foods - label with date and time they were prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<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: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		335.72	
<b>Fat</b>		22.45g	
<b>SaturatedFat</b>		10.88g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		96.08mg	
<b>Sodium</b>		362.47mg	
<b>Carbohydrates</b>		3.14g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		1.23g	
<b>Protein</b>		29.96g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	78.50mg	<b>Iron</b>	2.84mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Italian Sausage Sub

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40266
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE CHIX MLD ITAL NAT 2.5Z	100 Each	Place sausage on full size baking sheet. Place in oven and heat until temp reaches 135 degrees. Sausages are already cooked, they just need to be warmed. Place in 4 inch half pan for serving. 1 sausage	223240
BUN SUB SLCD WGRAIN 5IN	100 Each	Thaw bun at room temperature. Place in covered container for serving.	276142
SAUCE MARINARA A/P	3 Quart 1/2 Cup (12 1/2 Cup)	Place marinara in 4 inch half pan. Cover and heat in Rational till temp reaches 135 degrees. Serve 1 ounce of sauce on sausage sandwich if student wants it.	592714

## Preparation Instructions

### HACCP FLOW PROCESS

-When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.

-When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.

-Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).

-HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.

-CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.

-COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.

-Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.

-Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	262.50		
<b>Fat</b>	7.38g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	757.50mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	5.25g		
<b>Protein</b>	17.50g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	61.25mg	<b>Iron</b>	2.25mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Western Nachos

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46285
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY BROOKWD	18 3/4 Pound	Thaw pork in cooler overnight. Heat in oven at 350 degrees for 30 minutes or until temperature reaches 160 degrees for 15 seconds. Add bbq sauce and stir until pork is coated. Place in clean pan and place on serving line. 3 Ounces of pork	801860
SAUCE CHS QUESO BLANCO FZ	1 Gallon 2 Quart 1 Cup (25 Cup)	KEEP FROZEN Place sealed bag in a steamer. Heat Approximately 45 minutes or until product reaches temperature of 145 degrees. 2 ounce serving	722110
CHIP TORTL TOP N GO WGRAIN	100 1 PKG (1.4oz)	Place in clean container for serving. 1 bag	818222

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.



- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.300
<b>Grain</b>	2.000
<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: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	534.46
<b>Fat</b>	33.74g
<b>SaturatedFat</b>	13.46g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	97.57mg
<b>Sodium</b>	699.36mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.10g
<b>Sugar</b>	0.00g
<b>Protein</b>	26.84g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 256.30mg	<b>Iron</b> 1.54mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Wild Blueberry Smoothie

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-46286
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	3 Quart 1 Pint (14 Cup)	Keep refrigerated. In clear measured container add yogurt and fruit and fold together evenly. Pour smoothie into cup and cover with lid and place in cooler. Maintain temperature of 40 degrees or colder. 8 Ounces	811500
BLUEBERRY FREE-FLOW IQF	4 Pound	Add blueberries and juice to a blender. Puree until smooth. Add to yogurt.	119873
JUICE ORNG 100 FRSH	8 Each	Add juice to blueberries.	118930

## Preparation Instructions

### HACCP FLOW PROCESS

-When product comes in check for damage and use by date. When gathering foods that have been stored, always check the use by date and temperature. If the product does not meet standards, report to manager right away and do not use.

-Hold left over foods until expiration date on package.

-Maintain internal temp no higher 70 or colder at all times.

-Yogurt and fruit should be held at temp of 40 or colder. If held at incorrect temp for more than four hours, food is discarded. Use a calibrated thermometer, sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.

-Hold leftover over smoothie at temp of 40 or colder for no more than 1 day then discard.

### SAME DAY SERVICE NO COOK

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

-Wear gloves when handling food.

-Gather ingredients.

-Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.

-Wash fruit under cold running water when it comes in fresh.

-Do not mix old product with new.

-Put fruit in blender with apple juice to get it going. Blend until fruit is at a smooth consistency. This will have to be

done in batches. In clear measured container add yogurt and fruit and fold together evenly. Pour smoothie into cup and cover with lid and place in cooler maintained at temp of 40 or colder.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 28.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	129.08
<b>Fat</b>	23.34g
<b>SaturatedFat</b>	11.97g
<b>Trans Fat</b>	0.17g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	755.81mg
<b>Carbohydrates</b>	76.63g
<b>Fiber</b>	0.00g
<b>Sugar</b>	19.85g
<b>Protein</b>	12.82g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 161.51mg	<b>Iron</b> 2.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pineapple Strawberry Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-46287
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR	4 Pound	Keep refrigerated. In a clear measured container add yogurt and pineapple juice mixture and fold together evenly. Add applesauce and stir until combined. Pour smoothie into cup and cover with lid and place in cooler. Maintain temperature of 40 degrees or colder. 8 ounce serving	811490
JUICE PINEAP 100	2 1/4 Pound	Add pineapple juice to yogurt and stir until combined.	100676
APPLESAUCE UNSWT	2 1/4 Pound	Add 2 cups of applesauce to yogurt mixture at a time and stir until smooth.	271497

## Preparation Instructions

### HACCP FLOW PROCESS

- When product comes in check for damage and use by date. When gathering foods that have been stored, always check the use by date and temperature. If the product does not meet standards, report to manager right away and do not use.
- Hold left over foods until expiration date on package.
- Maintain internal temp no higher 70 or colder at all times.
- Yogurt and fruit should be held at temp of 40 or colder. If held at incorrect temp for more than four hours, food is discarded. Use a calibrated thermometer, sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- Hold leftover over smoothie at temp of 40 or colder for no more than 1 day then discard.

### SAME DAY SERVICE NO COOK

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear gloves when handling food.
- Gather ingredients.
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Wash fruit under cold running water when it comes in fresh.
- Do not mix old product with new.
- Put fruit in blender with juice to get it going. Blend until fruit is at a smooth consistency. This will have to be done in batches. In clear measured container add yogurt and fruit/juice mixture and fold together evenly. Pour smoothie into

cup and cover with lid and place in cooler maintained at temp of 40 or colder.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 16.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	128.29		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.73mg		
<b>Sodium</b>	62.60mg		
<b>Carbohydrates</b>	27.34g		
<b>Fiber</b>	0.56g		
<b>Sugar</b>	19.42g		
<b>Protein</b>	3.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.20mg
<b>Calcium</b>	136.54mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Pot Pie

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46291
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	18 3/4 Pound	Combine chicken, potatoes, peas, carrots, soup and milk in large container and mix until incorporated. Put mixture into 4 inch full size pans. Bake on 350 for 20-25 minutes until temp reaches 135 degrees for 15 seconds. Cover pans and place in warmer or on serving line. Batch cook when possible. 3 oz chicken = 2 mt 4 oz serving Place 1 biscuit on top of chicken.	570533
POTATO DCD	6 Pound 4 Ounce (100 Ounce)	Add potatoes to chicken mixture.	118583
PEAS GREEN IQF	6 Pound 4 Ounce (100 Ounce)	Add peas to chicken mixture.	285660
CARROT DCD	6 Pound 4 Ounce (100 Ounce)	Add carrots to chicken mixture.	285640
SOUP CRM OF CHIX	10 Pound 15 Ounce (175 Ounce)	Add soup to chicken mixture.	101125
TruMoo 1% White Milk CP	8 1/3 cup	Add milk to chicken mixture.	
DOUGH BISCUIT WGRAIN	100 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY. 1 Biscuit on top of chicken.	237390

## Preparation Instructions

## HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

## SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	559.32		
<b>Fat</b>	14.11g		
<b>SaturatedFat</b>	6.45g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	59.98mg		
<b>Sodium</b>	946.72mg		
<b>Carbohydrates</b>	80.11g		
<b>Fiber</b>	16.46g		
<b>Sugar</b>	15.15g		
<b>Protein</b>	31.95g		
<b>Vitamin A</b>	42.86IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	146.98mg	<b>Iron</b>	4.71mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage Biscuit

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-46305
<b>School:</b>	Crown Point High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN	100 Each	<p><b>BAKE</b></p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p> <p>Let biscuits cool and slice in half.</p>	237390
SAUSAGE PTY CKD IQF 1.5Z	100 Each	Place on sheet pan. Bake in oven on 350 for 5-7 minutes or until temp reaches 140 degrees. Place 1 patty on biscuit.	112620
CHEESE AMER 160CT SLCD R/F	100 Slice	Add 1 slice of cheese to sausage patty.	722360

## Preparation Instructions

### HACCP FLOW PROCESS

-When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.

-When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.

-Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).

-HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.

-CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.

-COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.

-Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.

-Hold frozen product at temperature of 32 degrees or colder for 3 months.

#### SAME DAY SERVICE

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

-Wear clean gloves when handling food.

-Gather ingredients

-Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.

-Do not mix old product with new.

-Make sure serving area is clean and sanitized.

-Record time and temperature at the beginning of each lunch.

-When storing foods - label with date and time they were prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	1.500
<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: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	387.70		
<b>Fat</b>	26.40g		
<b>SaturatedFat</b>	11.75g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	44.50mg		
<b>Sodium</b>	951.20mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.60g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	14.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	143.58mg	<b>Iron</b>	1.48mg

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### Nutrition - Per 100g

No 100g Conversion Available