

# **Cookbook for Prairie Heights High School**

**Created by HPS Menu Planner**

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# Yogurt Parfait

<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>	Breakfast	<b>Recipe ID:</b>	R-47961
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860
granola	2 Serving	R-49183

## Preparation Instructions

No Preparation Instructions available.

# Salad - Caesar (L)

<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-47988
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
CHIX STRP FAJT DK MT FC	3 1/2 Ounce	860390
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
DRESSING ITAL LT	1 Each	195685

## Preparation Instructions

No Preparation Instructions available.

# Wrap - Chicken BBQ

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47989
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9"	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
SAUCE BBQ SWEET	1 Tablespoon	435170
CHIX STRP FAJT DK MT FC	3 Ounce	860390

## Preparation Instructions

Mix chicken with bbq sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

# Yogurt Combo

<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>	Lunch	<b>Recipe ID:</b>	R-47966
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6" 2.2Z	1 Each	644182
PAN COAT SPRAY	1 Each	112828
SPICE CINN-MAPL SPRINKLE	1 Tablespoon	565911
YOGURT VAN L/F PARFPR	8 Ounce	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860

## Preparation Instructions

Spray flatbread with butter spray and sprinkle cinnamon sugar over bread. Bake for 5 minutes. Cut into 4 triangles. Package flatbread triangles, yogurt, and fruit together in container.

# BBQ Rib Sandwich

<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-47991
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	276142
BEEF RIB BBQ HNY	1 Each	451410

## Preparation Instructions

BAKE

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Place rib patty on hamburger bun.

# PB & J w/Cheese Stick

<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-48288
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ LT IW	1 Each	786801
SAND UNCRUST PB&J GRP WGRAIN	1 Each	527462
CRACKER GLDFSH GRHM VAN	1 Each	198472

## Preparation Instructions

No Preparation Instructions available.



# Buffalo Chicken Dip w house ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49174
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
Ranch dressing	1/2 Serving	R-49134
CHEESE NEUFCHATEL BULK	1/14 Pound	585432
SAUCE HOT	1/14 Cup	263030
CHEESE MOZZ SHRD	1/7 Cup	645170
CHEESE CHED MLD SHRD 4-5 LOL	1/7 Cup	150250
CHIP TORTL RND YEL	2 Ounce	163020
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	570533

## Preparation Instructions

No Preparation Instructions available.

# Ranch Dressing

<b>Servings:</b>	12.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49134
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
YOGURT PLN FF NAT	1 Cup	551813
MAYONNAISE LT	1/2 Cup	429406
SPICE ONION GRANULATED	1/2 Tablespoon	138300
SPICE GARLIC GRANULATED	1/2 Tablespoon	514047
SPICE DILL WEED	1/2 Teaspoon	513938
SAUCE WORCESTERSHIRE	1/2 Teaspoon	109843
SALT KOSHER COARSE	3/8 Teaspoon	153550
SUGAR CANE GRANUL	3/8 Teaspoon	108642

## Preparation Instructions

No Preparation Instructions available.

# Salad - 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-47978
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250

## Preparation Instructions

Dice chicken patty, Place on bed of lettuce. Add other veg and cheese.

# Wrap - Club

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47979
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD	1 1/2 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce	244190
BACON CKD THN SLCD	1 Slice	874124
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1/2 Cup	15D44
TORTILLA FLOUR ULTRGR 9"	1 Each	523610

## Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (turkey, ham, bacon slices, and then cheese). Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

# Orange Chicken Bowl

<b>Servings:</b>	1.00	<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-47990
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	501851
SAUCE ORNG GINGR	1 Tablespoon	802860
RICE FRIED VEG WGRAIN	4 Ounce	676463

## Preparation Instructions

Rice:

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Chicken nuggets:

BAKE FROM FROZEN: CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Cover with sauce.

Serve: 1/2 cup rice and 5 nuggets in sauce.

# Salad, Chef (L)

<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-47967
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
TOMATO GRAPE SWT	1/4 Cup	129631
EGG HRD CKD DCD IQF	1/2 Ounce	192198
TURKEY BRST DCD	1 Ounce	451300
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

## Preparation Instructions

No Preparation Instructions available.

# Wrap - Chicken Buffalo

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47972
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9"	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
SAUCE HOT	2 Teaspoon	263030
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
DRESSING RNCH LT 4-1GAL LTHSE	1/2 Tablespoon	861850

## Preparation Instructions

Mix chicken with sauces, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

# Brunch for Lunch B&G

<b>Servings:</b>	1.00	<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-47962
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
BISCUIT WGRAIN MINI FB 1Z	1 Each	521782
GRAVY SAUS PORK	2 Ounce	751322
SAUSAGE TKY LNK BKFST CKD	2 Each	352740

## Preparation Instructions

No Preparation Instructions available.



# Muffin, Chocolate

<b>Servings:</b>	15.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44666

## Ingredients

Description	Measurement	DistPart #
COCOA PWD BAKING	57 Gram	269654
WHOLE WHEAT FLOUR STONE GROUND	120 Gram	330094
FLOUR H&R A/P	120 Gram	227528
SUGAR BROWN MED	213 Gram	108626
BAKING POWDER	1 Teaspoon	361032
SALT IODIZED	3/4 Teaspoon	125557
CHOC CHIPS SMISWT 1000/	128 Gram	874523
EGG SHL LRG A GRD	2 Each	209002
MILK WHT 1%	170 Gram	224881
FLAVORING VANILLA IMIT	2 Teaspoon	110736
VINEGAR APPLE CIDER 5%	2 Teaspoon	430795
BUTTER PRINT UNSLTD GRD AA	66 Gram	299405

## Preparation Instructions

1. Preheat the oven to 400 degrees F. Line muffin pan with paper liners.
  2. In a large mixing bowl, whisk together cocoa, flour, sugar, baking powder, baking soda, salt and chocolate chips
  3. In a separate mixing bowl, whisk together the eggs, milk, vanilla and vinegar
  4. Add the wet ingredients along with melted butter to the dry ingredients, stirring just to blend.
  5. Using a #16 ( 2 oz scoop), scoop batter into prepared muffin pan. Batter will be thick.
  6. Bake for 5 minutes at 400 then turn the heat down to 350 degrees for 20 minutes.
  7. Allow muffins to cool on a rack before serving.
- 1 muffin= 1 oz. eq. whole grain rich