

# **Cookbook for Prairie Heights Middle School**

**Created by HPS Menu Planner**

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# 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.

# Club Fold Up

<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-48290
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8"	1 Each	882700
DRESSING RNCH HMSTYL	1 Fluid Ounce	223158
TURKEY HAM SLCD	1 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce	244190
CHEESE AMER 160CT SLCD	1 Slice	150260

## Preparation Instructions

Lay out flour tortillas on a clean work surface. Cut from middle of tortilla to edge. Squirt ranch in circles on tortilla. Lay ingredients as listed (turkey, ham, cheese) each in 1/4 of tortilla. Fold over quarters stacking as you go.

# 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.

# Ham & Cheese Sandwich

<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-48292
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
American Cheese Sliced RF	1 Slice	666204
TURKEY HAM SLCD	2 1/2 Ounce	556121
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

No Preparation Instructions available.

# 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-47970
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY	1 Each	451660
BUN SUB SLCD WGRAIN 5"	1 Each	276142

## Preparation Instructions

BAKE

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

Place rib patty on hamburger bun.

# Cheeseburger

<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-48293
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	661851
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545
CHEESE AMER 160CT SLCD	1 Slice	150260

## Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty and 1 slice American cheese on hamburger bun.



# Broccoli & Cauliflower

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48296
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	16W37

## Preparation Instructions

No Preparation Instructions available.

# Turkey Sandwich

<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-48295
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

# Wrap - Chicken Ranch

<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-48304
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
DRESSING RNCH HMSTYL	1 Tablespoon	223158
TORTILLA FLOUR 8IN	1 Each	713330

## Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of ranch sauce down center, top with lettuce, 2.7oz strips chicken fajita meat, top with .5 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.

# Chicken 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-48300
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	501861
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

# Yogurt Pack

<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-48285
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW	1 Each	786580
YOGURT DANIMAL STRAWB N/F	4 Ounce	885750
CRACKER ANIMAL WGRAIN	1 Package	682840

## Preparation Instructions

Place all 3 items in a bag. Seal. Place in refrigerator until serving time.

# Bosco and marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47971
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	677721
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	235411

## Preparation Instructions

### 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.

### 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.

Serve 2 sticks with 1 marinara cup.

# Flatbread Hawaiian

<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-48283
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6" 2.2Z	1 Each	644182
SAUCE TERYK	1 Tablespoon	895868
TURKEY HAM SLCD	2 1/2 Ounce	556121
PINEAPPLE TIDBITS IN WTR	1/4 Cup	612464

## Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

# Mac N Cheese w/ Popcorn chicken

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48299
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD	960 Each	536620
ENTREE MACAR CHS WGRAIN ELB	30 Pound	609131

## Preparation Instructions

Mac n cheese:

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Popcorn chicken:

BAKE

FROM FROZEN: CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Serve: 4oz Macaroni and 6 popcorn chicken



# Hot dog

<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-48294
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z	1 Each	656882
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each	266536

## Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun.

# Baked Beans

<b>Servings:</b>	72.00	<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-48303
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN	100364
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 Cup	100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup	860221
ONION DCD 1/4IN	1/4 Cup	198307
SUGAR BROWN MED	1 1/2 Cup	108626
Black Pepper	1 Tablespoon	24108

## Preparation Instructions

Mix all ingredients. Heat in convection oven 350 for 30 minutes.

# 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.

# Brunch for Lunch Fr Toast

<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-48289
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN	3 Each	548732
SYRUP PANCK CUP	1 Each	160090
SAUSAGE TKY LNK BKFST CKD	2 Each	352740

## Preparation Instructions

No Preparation Instructions available.

# Chicken Philly

<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-48298
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 1/2 Ounce	100117
PEPPERS STRIPS BLND	2 Ounce	261548
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce	100021
BUN SUB SLCD WGRAIN 5"	1 Each	276142

## Preparation Instructions

Fajita Chicken:

BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET

CONVECTION OVEN 400 DEGREES F

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Peppers:

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER.

Assembly: Place sub bun on deli paper. Add 2.5oz fajita chicken and 1oz mozzarella cheese. Add peppers on request. Wrap in paper.

Can be assembled bulk on service line.