

Cookbook for

Created by HPS Menu Planner

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1/2 Turkey and Cheese Wrap (Snack)

NO IMAGE

Servings:	132.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29657
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	12 Pound		689541
TORTILLA FLOUR ULTRGR 9"	66 Each		523610
CHEESE AMER 160CT SLCD	132 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

Preparation Instructions

1. Lay tortillas out on a lined sheet pan.
 2. Place 4 slices turkey on each tortilla.
 3. Add 2 slices cheese.
 4. Roll tightly.
 5. Slice each wrap in half.
 6. Wrap each half sandwich/roll-up.
- CCP: Hold for cold service at 41° or lower.
Half a wrap = 1 serving for snack.

Meal Components (SLE)

Amount Per Serving

Meat	1.503
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.13
Fat	7.25g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	32.56mg
Sodium	524.21mg
Carbohydrates	16.00g
Fiber	2.00g
Sugar	1.50g
Protein	14.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Grapes



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 .50 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS	9 Pound	Wash thoroughly and dry.	197831
GRAPES GREEN SEEDLESS	9 Pound	Wash thoroughly and dry.	197858

Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers to meet 3/4 cup serving.
3. Chill for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.810
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

Amount Per Serving

Calories	91.15		
Fat	0.43g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.70mg		
Carbohydrates	23.76g		
Fiber	1.19g		
Sugar	21.60g		
Protein	0.86g		
Vitamin A	136.08IU	Vitamin C	5.44mg
Calcium	19.05mg	Iron	0.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Orange Wedges - Snack



Servings:	2.00	Category:	Fruit
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48741

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Choice 138ct	3 Each	Per USDA Buying Guide 138 Count Fresh Orange : 1 orange = about 1/2 cup	08139

Preparation Instructions

1. Wash oranges.
2. Use sectionizer to cut oranges. 1 orange = 6 wedges. We will end up with 18 wedges per this recipe.
3. Portion 9 wedgesm which is 3/4 cup, into a side dish container.

CCP: Hold for cold service at 41° or less.

Per USDA Buying Guide for 138 Count Fresh Oranges: 1 orange = about 1/2 cup fruit. So, 3 oranges will yield two 3/4 cup servings.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.50g		
Fiber	4.50g		
Sugar	18.00g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

1/2 Peanut Butter & Jelly Sandwich- Snack

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	0.50 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35471

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice		1292
PEANUT BUTTER SMOOTH	2 Fluid Ounce		279013
JELLY GRP	1 Fluid Ounce		531811

Preparation Instructions

1. Lay bread slices out on a parchment lined counter.
2. Using a #24 scoop, place peanut butter on one slice of bread. Spread to cover slice.
3. Top with 2 tbsp. jelly, use a #30 scoop. Spread over peanut butter.
4. Top with second slice of bread.
5. Cut in half. Wrap each half sandwich and hold for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Sandwich

Amount Per Serving

Calories	300.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.22mg

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken - snack

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38964
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	120 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6- 8 minutes at 375°F from frozen.	327120

Preparation Instructions

1. Heat oven to 350F and pull a case of chicken #327120 out of the freezer.
 2. Wash hands and put on a fresh pair of gloves.
 3. Place frozen chicken pieces in a single layer on a sheet pan.
 4. Bake uncovered for 30 minutes in conventional oven, or for 14 minutes in a convection oven.
- Heat longer as needed until internal temperature reaches 165F.
CCP: Hold for service at 140F or above.
Place 10 pieces in a paper french fry sleeve, #123510.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 12.00 Each

Amount Per Serving

Calories	250.91		
Fat	14.18g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	21.82mg		
Sodium	381.82mg		
Carbohydrates	15.27g		
Fiber	3.27g		
Sugar	1.09g		
Protein	15.27g		
Vitamin A	118.91IU	Vitamin C	0.00mg
Calcium	39.27mg	Iron	2.38mg

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Nutrition - Per 100g

No 100g Conversion Available

Mandarin Cup - Snack



Servings:	1.00	Category:	Fruit
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48736
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	3/4 Cup		612448

Preparation Instructions

PLEASE USE COMMODITY FRUIT WHENEVER POSSIBLE
Portion 3/4 cup mandarin oranges in each cup. Chill and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	21.00g		
Fiber	0.00g		
Sugar	16.50g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available