

# **Cookbook for K-5**

**Created by HPS Menu Planner**

# Table of Contents

**Hamburger wg**

**Smucker Grab 'N' Go Bag**

**Tossed Salad**

**Lettuce, Tomato & Onion**

**Lettuce & Sliced Tomatoes**

**Italian Cheese Pocket M/MA 2oz Grain 2oz**

**Cheeseburger Sliders**

**Corn Nuggets**

**Mariana Cup**

**Fruit Cups Variety 1/2cup Fruit**

# Hamburger wg

NO IMAGE

<b>Servings:</b>	30.000	<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-44431

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	30 Each	<b>BAKE</b> FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	661851
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	30 Each	whole grain	266546

## Preparation Instructions

No Preparation Instructions available.

## 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: 30.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	315.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.30g
<b>Trans Fat</b>	0.80g
<b>Cholesterol</b>	49.00mg
<b>Sodium</b>	426.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 51.00mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Smucker Grab 'N' Go Bag



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bag	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42423

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	50 Each	1 5.3 oz smucker	516761
CARROT BABY WHL	50 Each		786321

## Preparation Instructions

No Preparation Instructions available.

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Bag

### Amount Per Serving

<b>Calories</b>	615.00
<b>Fat</b>	33.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	565.00mg
<b>Carbohydrates</b>	68.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	32.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 102.40mg	<b>Iron</b> 2.40mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Tossed Salad

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<b>Servings:</b>	75.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33815
<b>School:</b>	LYON COUNTY ELE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	300 Each		129631
CARROT MATCHSTICK SHRED	4 Pound 11 Ounce (75 Ounce)		198161
LETTUCE ROMAINE RIBBONS	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)		451730

## Preparation Instructions

Wash and Rinse all ingredients. In 8 oz bowl clear square hinged container , layer lettuce, tomatoes, carrots. Hold in cooler.

Hold at Cold Service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 75.000

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	26.51		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.50mg		
<b>Carbohydrates</b>	5.83g		
<b>Fiber</b>	2.26g		
<b>Sugar</b>	3.17g		
<b>Protein</b>	1.49g		
<b>Vitamin A</b>	5005.46IU	<b>Vitamin C</b>	5.84mg
<b>Calcium</b>	28.33mg	<b>Iron</b>	0.16mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Lettuce, Tomato & Onion

NO IMAGE

<b>Servings:</b>	6.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint 1 Cup (3 Cup)		451730
TOMATO RANDOM 2	12 Slice		508616
ONION VIDALIA SWT	6 Slice		558133

## Preparation Instructions

Place veggies in a clear bag and seal.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.050
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	18.04		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.62mg		
<b>Carbohydrates</b>	3.82g		
<b>Fiber</b>	1.38g		
<b>Sugar</b>	2.51g		
<b>Protein</b>	1.14g		
<b>Vitamin A</b>	599.76IU	<b>Vitamin C</b>	9.88mg
<b>Calcium</b>	15.25mg	<b>Iron</b>	0.20mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Lettuce & Sliced Tomatoes



<b>Servings:</b>	6.000	<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-42427

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint 1 Cup (3 Cup)		451730
TOMATO RANDOM 2	12 Slice	2 slices tomatoes = 0.25 veggie	508616

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	17.96		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.60mg		
<b>Carbohydrates</b>	3.80g		
<b>Fiber</b>	1.38g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	1.14g		
<b>Vitamin A</b>	599.76IU	<b>Vitamin C</b>	9.86mg
<b>Calcium</b>	15.20mg	<b>Iron</b>	0.20mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Italian Cheese Pocket M/MA 2oz Grain 2oz



<b>Servings:</b>	250.000	<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-46944
<b>School:</b>	K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL CHS PULL APART IW	250 Each	<b>HEAT_AND_SERVE</b> <b>HEAT &amp; SERVE:</b> Heat frozen Pillsbury® Cheesy Pull-Apart in ovenable pouch. For best quality, follow heating and hold time directions. Preheat Oven. Place 15 (3x5) frozen Pillsbury® Cheesy Pull-Aparts on baking sheet. <b>DO NOT</b> place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Product can be held in refrigerator for up to 24 hours before preparing. <b>HOLD</b> <b>TIME:</b> Pillsbury® Cheesy Pull-Aparts may be held in warming cabinet for a maximum of 3 hours at 150°F. Do not refreeze. Discard any unused portion of Pillsbury® Cheesy Pull-Aparts. <b>MICROWAVE:</b> Place one pouch in microwave and heat 50-60 seconds. <b>LET STAND</b> one minute before removing from microwave.	809062

## Preparation Instructions

No Preparation Instructions available.

## 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: 250.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	520.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 340.00mg	<b>Iron</b> 1.80mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger Sliders



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42404

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESEBURGER SLIDER	50 Package		422742

## Preparation Instructions

No Preparation Instructions available.

### 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: 50.000

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	272.00		
<b>Fat</b>	9.20g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	31.00mg		
<b>Sodium</b>	475.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.40g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	114.22mg	<b>Iron</b>	3.09mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Corn Nuggets



<b>Servings:</b>	150.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	7.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42892

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR CORN NUGGETS BATRD	1066 2/3 Piece	BAKE PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1 2 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 3 MINUTES.	466948

## Preparation Instructions

No Preparation Instructions available.

## 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>	0.500

## Nutrition Facts

Servings Per Recipe: 150.000

Serving Size: 7.00 Each

### Amount Per Serving

<b>Calories</b>	201.48		
<b>Fat</b>	7.11g		
<b>SaturatedFat</b>	1.19g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	497.78mg		
<b>Carbohydrates</b>	24.89g		
<b>Fiber</b>	1.19g		
<b>Sugar</b>	5.93g		
<b>Protein</b>	3.56g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	47.41mg	<b>Iron</b>	1.30mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Mariana Cup



<b>Servings:</b>	200.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49429
<b>School:</b>	K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	200 Each		677721

## Preparation Instructions

Ready to eat.

Warm in warming oven if desired.

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	240.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fruit Cups Variety 1/2cup Fruit

NO IMAGE

<b>Servings:</b>	300.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-46569

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD CUP IN JCE	60 Each	READY_TO_EAT READY TO EAT	758180
ORANGES MAND IN JCE	60 Each		560912
PINEAPPLE TIDBITS CUP	3 Gallon 3 Quart (60 Cup)	READY_TO_EAT Ready to Eat	216300
APPLESAUCE WTRMLN CUP	60 Each		276161
FRUIT MIXED CUP JCE	60 Each	READY_TO_EAT Ready to Eat	131980

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 300.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	74.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.80mg		
<b>Carbohydrates</b>	18.60g		
<b>Fiber</b>	1.40g		
<b>Sugar</b>	15.60g		
<b>Protein</b>	0.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.20mg	<b>Iron</b>	0.24mg

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## Nutrition - Per 100g

No 100g Conversion Available