

# **Cookbook for Prairie Heights Elementary**

**Created by HPS Menu Planner**

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# Chicken & Biscuit

<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-48306
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	603391
DOUGH BISCUIT WGRAIN	1 Each	237390

## Preparation Instructions

Drumstick:

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly.

Biscuit:

PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. CONVECTION OVEN: 325 F - 10 TO 15 MINUTES. , BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Serve: 1 drumstick and 1 biscuit

# 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.

# Chicken Taco

<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-48284
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
TORTILLA FLOUR 6IN	1 Each	713320

## Preparation Instructions

Assembly: place 6" tortilla on deli paper. Add 2.7 oz chicken, .5oz cheese. Fold tortilla. Wrap in deli paper for grab and go

Can be assembled bulk on service line.

# Cheese Taco

<b>Servings:</b>	100.00	<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-48302
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	12 Pound	150250
TORTILLA FLOUR ULTRGR 6IN	100 Each	882690

## Preparation Instructions

Assembly: Place 6" tortilla on deli paper. Add 2oz shredded CHEESE to tortilla. Fold tortilla and wrap in paper.

# 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.



# Flatbread Holiday

<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-48310
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	644182
CRANBERRY SAUCE JELLIED	1/4 Cup	164740
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190

## Preparation Instructions

Lay out flat bread on a clean work surface. Spread with cranberry jelly and lay turkey on half of bread and roll.

# Chicken Alfredo

<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-48311
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	100117
ENTREE PENNE W/ALFREDO SCE	6 Ounce	491074
BREADSTICK WGRAIN 1Z	1 Each	406321

## 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

Pasta:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Bread stick:

Thaw at room temperature, ideally for 24 hours. Ready to serve once thawed. Can be heated in a warm oven.

# 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

2 C lettuce; 2oz tomato; .5oz egg, 1oz ham, 1oz turkey, .5oz cheese, 2 pkg crouton, 1 dinner roll

# 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 PBJ GRP WGRAIN	1 Each	527462
CRACKER GLDFSH GRHM VAN	1 Each	198472

## 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 8IN	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:

Heat in steamer 30 minutes or until internal temp of 135F.

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.

# Chicken bowl w/ mashed potato

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48307
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD	5 Each	536620
POTATO PRLS XTRA RICH LO SOD	1/2 Cup	222585
Shredded Cheddar Cheese	1 Ounce	100003
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

## Preparation Instructions

No Preparation Instructions available.

# 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.



# Bologna & Cheese 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-48286
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
BOLOGNA STICK	1 1/2 Ounce	330493
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545
CHEESE AMER 160CT SLCD	1 Slice	150260

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

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

# Pork Fritter 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-48297
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	661950
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

Pork patty:

Place Pork Patties on lined sheet tray.

Place in 350 degree oven.

Heat Pork Patty in oven until proper temperature.

Approximately 10-12 minutes.

Serve: on bun if requested.

# 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 #
TURKEY HAM SLCD	2 1/2 Ounce	556121
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545
CHEESE AMER 160CT SLCD	1 Slice	150260

## Preparation Instructions

Place 2.5 oz ham and 1 slice cheese on bun. Keep refrigerated.

# Sloppy Joe JTM

<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-48305
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce	564790
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## 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-48282
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
SAUCE BBQ SWEET	1 Tablespoon	435170
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 7/10 Ounce	100117
TORTILLA FLOUR 8IN	1 Each	713330

## Preparation Instructions

Coat fajita strips with BBQ sauce. Lay out tortilla, top with lettuce, 2.7oz fajita meat, .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.

# Cheesy Chicken & Tot casserole

<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-48308
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	570533
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	150250
CHEESE MOZZ SHRD	1/4 Ounce	645170
DRESSING RNCH LT	1 Tablespoon	472999
POTATO TATER TOTS	1 8 Tater Tots	141510
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

## Preparation Instructions

Thaw chicken and tots ahead.

Combine chicken, cheese, and ranch. Put in 2" pan, top with tater tots. Cover with foil. Bake 1 hour @ 350. Uncover and bake 20 minutes or until tots are browned.

# 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.

# 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.



# Pulled Pork Sliders

<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-48309
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each	266548
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	498702

## Preparation Instructions

Cut dinner rolls in half, add 4oz pulled pork. Place top of roll on to sandwich.

# Spaghetti

<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-48291
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	6 Ounce	573201
PASTA SPAGHETTI CKD	1/2 Cup	835910
Mini Garlic Toast	1 Slice	462346

## Preparation Instructions

Sauce:

PLACE SALED BAG IN A STAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED

Pasta:

KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS. READY TO ADD YOUR SPECIAL SAUCE AND SERVE.

Assembly: Combine pasta and sauce in steam table pan.

Serve: 6oz combined spaghetti and sauce with garlic bread.

# Brunch for Lunch Hashbrown

<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-48287
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY TKY CKD	1 Each	184970
HASHBRN STFD EARLY RISER 4-6 MCC	1 Each	402126

## Preparation Instructions

No Preparation Instructions available.

# 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 6IN 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 .5oz teriyaki sauce. Lay 2.5oz ham and 2oz pineapple on half of bread and roll. Cut in 1" wheels.