

# **Cookbook for Columbia Local k-8**

**Created by HPS Menu Planner**

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# sausage pork cheese 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>	Breakfast	<b>Recipe ID:</b>	R-41667
<b>School:</b>	Columbia Local k-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE SLCD YEL	1 Slice		334450
SAUSAGE PTY WHL HOG 1.5Z	1 Each	Cook Sausage at 350 for 12-15 min. keep in hot holding 145 or above till ready to use.	568732

## Preparation Instructions

Keep cheese in cooler 41 degree or lower till ready to assemble.

Keep sausage and biscuit in holding cabinet till ready to assemble at 141 or higher.

assembly: cut biscuit in half put sausage then cheese and top of biscuit together.

CCP: keep in hot holding at 141 degrees or higher till ready to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	427.70
<b>Fat</b>	28.90g
<b>SaturatedFat</b>	13.00g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	44.50mg
<b>Sodium</b>	826.20mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	2.50g
<b>Protein</b>	19.40g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 27.58mg	<b>Iron</b> 2.62mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken and Cheese Packaged Salad W/roll



<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-21060
<b>School:</b>	Columbia Local k-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
CARROT BABY WHL PETITE	1 Ounce		768146
TOMATO GRAPE SWT	1/4 Cup		129631
Broccoli Crowns	1/8 Cup		199043
CHEESE CHED SHRD	1 Ounce		199720
CHIX STRP FAJT DK MT FC	2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen. Place in cup inside salad	860390
DOUGH ROLL SUB MINI WGRAIN	1 Each		262670

## Preparation Instructions

Thaw chicken then heat to 135F. or higher set in cooler to cool.  
 Wash cucumbers slice approximately 1 1/4 inch thick set aside.

Trim broccoli florets, removing any discoloration stems and ends. Cut into bite size pieces. Set aside.

Wash cherry tomatoes set aside.

Rinse baby carrots. Set aside.

Place 2 cups of salad mixed in a hinged container. To each container of lettuce add 2-3 slices of cucumber, 2-3 pieces broccoli, 2 baby carrots, 3 grape tomatoes. Add the chilled chicken 3 oz. top with 1/2 oz of shredded cheese.

CCP: Cool to 41 F or lower within 4 hours.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.333
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.130
<b>RedVeg</b>	0.406
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	412.27
<b>Fat</b>	16.57g
<b>SaturatedFat</b>	7.86g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	83.33mg
<b>Sodium</b>	666.61mg
<b>Carbohydrates</b>	39.88g
<b>Fiber</b>	7.26g
<b>Sugar</b>	8.76g
<b>Protein</b>	26.71g
<b>Vitamin A</b> 374.85IU	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 67.73mg	<b>Iron</b> 3.33mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Meatball Sub Elementary/Middle



<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-21773
<b>School:</b>	Columbia Local k-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD BF 1Z	3 Each	<b>BAKE</b> Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly to insure internal temperature reaches 165°F.	465761
SAUCE PIZZA	1 Fluid Ounce	warm sauce to 145 degrees	444545
Cheese, Mozzarella light, Shred FRZ	1/4 Ounce	Serving size : 3 meatballs with sauce and sprinkle mozzarella cheese on hot dog bun.	100034
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	412.50
<b>Fat</b>	22.25g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	1067.50mg
<b>Carbohydrates</b>	30.75g
<b>Fiber</b>	5.50g
<b>Sugar</b>	6.00g
<b>Protein</b>	20.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 2.74mg

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## Nutrition - Per 100g

No 100g Conversion Available



# 5 Chicken nugget W/ 1 .oz whole grain roll



<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-35367
<b>School:</b>	Columbia Local k-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL WGRAIN	1 Each		237702
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

## 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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 27.06mg	<b>Iron</b> 2.52mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Walking taco

NO IMAGE

<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-35560
<b>School:</b>	Columbia Local High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	<b>BOIL</b> KEEP FROZENPlace 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.	722330
CHIP NACHO CHS R/F TOP N GO	1 Package	<b>READY_TO_EAT</b> Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250

## Preparation Instructions

Cook taco meat in bag boil or it can be steamed CCP to 165 degrees or higher for 15 seconds. Chips are ready to eat in bag sprinkle with .05 oz cheese keep cold cheese at CCP: at 41 degrees or less at point of service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.024
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.164
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	387.71
<b>Fat</b>	17.56g
<b>SaturatedFat</b>	6.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.90mg
<b>Sodium</b>	748.12mg
<b>Carbohydrates</b>	34.81g
<b>Fiber</b>	4.52g
<b>Sugar</b>	3.52g
<b>Protein</b>	22.15g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 212.59mg	<b>Iron</b> 2.90mg

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## Nutrition - Per 100g

No 100g Conversion Available

# GARDEN SALAD IND

NO IMAGE

<b>Servings:</b>	64.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20540

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	10 Pound		735787
BROCCOLI FLORET REG CUT	1 Pound 8 Ounce (24 Ounce)	WASH AND TRIM BROCCOLI, CUT INTO BITE SIZE PIECES.	732478
CARROT BABY WHL PETITE	2 Pound	RINSE CARROTS. SET ASIDE.	768146
TOMATO GRAPE SWT	2 Pound	WASH GRAPE TOMATOES.	129631

## Preparation Instructions

PLACE 1 cup Romaine SALAD IN 12 OZ SQUAT, PLACE 2 PIECES BROCCOLI, 3 BABY CARROTS, AND 3 GRAPE TOMATOES.

CCP: COOL TO 41 f OR LOWER WITHIN 4 HOURS.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.547
<b>RedVeg</b>	0.172
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	20.70
<b>Fat</b>	0.07g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	16.21mg
<b>Carbohydrates</b>	4.57g
<b>Fiber</b>	1.82g
<b>Sugar</b>	2.19g
<b>Protein</b>	1.38g
<b>Vitamin A</b> 140.57IU	<b>Vitamin C</b> 2.31mg
<b>Calcium</b> 25.75mg	<b>Iron</b> 0.59mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Patty Sandwich



<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-21038
<b>School:</b>	Columbia Local k-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	READY_TO_EAT No baking necessary.	266545

## Preparation Instructions

1. Cook chicken patties until internal temperature reaches 165 F.

2. Place chicken patties on buns just before serving.

CCP: Heat chicken patties to 165F. for at least 15 seconds.

CCP: Hold for hot service at 135 F. or higher.

Serving size : 1 chicken patty on 1 whole grain bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 2.80mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Egg, cheese biscuit

NO IMAGE

<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-21974

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
EGG SCRMBD PTY RND GRLLD	1 Each	Bake 350 degrees for 15-20- minutes till internal temperature reaches 155 degrees for 15 seconds CCP: 155 for 15 seconds	208990

## Preparation Instructions

Put 1 egg, 1 slice cheese on Biscuit.

Serving size : one egg cheese Biscuit.

CCP: Hold for hot service at 135 F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	252.70
<b>Fat</b>	12.90g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	84.50mg
<b>Sodium</b>	681.20mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	2.50g
<b>Protein</b>	10.40g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 138.58mg	<b>Iron</b> 1.18mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Veggie Combo-Carrots and Celery

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33415
<b>School:</b>	Columbia Local k-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK 24 SZ	1/4 Cup	Washed and cleaned keep at 41 degrees or below in cooler till served. CCP: keep at 41 degrees or below.	170895
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT Washed and cleaned keep at 41 degrees or below in cooler till served. CCP: keep at 41 degree or below	15014

## Preparation Instructions

Place a 1/2 cup baby carrots and 1/2 cup celery stick and ranch dressing in a cup.

CCP: Keep refrigerated 41 degrees or below till served.

## 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>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	19.35
<b>Fat</b>	0.11g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	57.80mg
<b>Carbohydrates</b>	4.50g
<b>Fiber</b>	1.75g
<b>Sugar</b>	2.53g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 6000.19IU	<b>Vitamin C</b> 2.06mg
<b>Calcium</b> 25.90mg	<b>Iron</b> 0.44mg

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## Nutrition - Per 100g

No 100g Conversion Available