

Cookbook for Middle /High School

Created by HPS Menu Planner

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Pulled Pork Sandwich



| | | | |
|---------------|----------------|----------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30217 |
| School: | Garden Prairie | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| PORK PULLED BBQ LO SOD 4-5 BROOKWD | 400 Ounce | Pull Day before service. | 498702 |
| BUN SUB SLCD WGRAIN 5IN | 100 Each | Order Item Number 51535 from ALPHA Baking. | 276142 |

Preparation Instructions

CCP: Heat to 155 oF or higher for at least 15 seconds.
Portion the meat mixture onto bottom half of each roll. Top with other half of roll.Recipe Notes
Crediting: One portion provides 4 oz. eq. m/ma, 2 oz. eq grain

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | | 390.00 | |
| Fat | | 10.50g | |
| SaturatedFat | | 3.00g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 65.00mg | |
| Sodium | | 440.00mg | |
| Carbohydrates | | 45.00g | |
| Fiber | | 2.00g | |
| Sugar | | 4.00g | |
| Protein | | 26.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 56.00mg | Iron | 2.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

All American Sub Sandwich



| | | | |
|---------------|-----------|----------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-52468 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|--|------------|
| TURKEY HAM SLCD .5Z | 300 Ounce | 18.75# | 839760 |
| TOMATO SLCD 1/4IN | 100 Serving | 1 serving = 2 (1/8 in) sliced tomatoes | 786535 |
| LETTUCE ROMAINE | 32 Ounce | 1/4 cup per sandwich. | 583371 |
| Land O'Lakes White American Cheese, Sliced | 50 slices | | 499787 |
| Land O Lakes® 50% Reduced Fat American Cheese Slices | 50 slices | | 499789 |
| SPICE GARLIC GRANULATED | 2 Tablespoon | | 513881 |
| DRESSING ITALIAN LO CAL | 10 Ounce | READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes). | 783150 |

Preparation Instructions

Instructions

Chill all mise en place until assembly.

Prepare the seasoned tomatoes and seasoned shredded lettuce per the prep recipes.

Seasoned Tomatoes

Slice tomatoes 1/8" thick.

Evenly sprinkle the granulated garlic over the sliced tomatoes.

CCP: Hold at 40° F or below until assembly.

Seasoned Shredded Lettuce

Combine the shredded lettuce and dressing in a mixing bowl. Gently toss together until the ingredients are evenly dispersed.

CCP: Hold at 40° F or below until assembly.

To Assemble Sandwich

Cut yellow and white cheese in half diagonally.

To build the subs, arrange ½ a slice each of the yellow and white American cheese.

NOTE: Add the cheese so the point of the diagonal is pointing out of the bread.

Add six slices of Turkey.

Add two seasoned tomatoes and finish with ¼ cup seasoned shredded lettuce.

CCP: Hold at 40° F or below until assembly.

Recipe Notes

Crediting: 2 oz. m/ma, 2 oz. grain

Serving size is 1 sub sandwich.

For Seasoned Tomatoes: Serving size is 2 tomato slices.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|----------------------|-----------|
| Calories | 153.81 |
| Fat | 6.48g |
| SaturatedFat | 1.60g |
| Trans Fat* | 0.00g |
| Cholesterol | 55.00mg |
| Sodium | 389.50mg |
| Carbohydrates | 10.43g |
| Fiber | 2.22g |
| Sugar | 7.12g |
| Protein | 14.62g |
| Vitamin A | 1499.40IU |
| Vitamin C | 24.66mg |
| Calcium | 18.31mg |
| Iron | 1.22mg |

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bento Box



| | | | |
|----------------------|-----------|-----------------------|-------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-51079 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| BLUEBERRY IQF | 64 Ounce | | 166720 |
| PEANUT BUTTER CRMY | 64 Ounce | | 241851 |
| APPLE SLCD FRSH | 200 Ounce | Portion into 2 oz. of apples for each container providing a 1/2 cup each. | 530831 |
| CELERY STIX | 220 Ounce | Potion 2.2oz each container or about 6 sticks= 1/2 cup. | 781592 |
| CHEESE COLBY JK CUBE IW 200-1Z LOL | 100 Package | BAKE | 680130 |
| CRACKER GRHM HNY MAID LIL SQ | 100 Package | | 503370 |
| CRACKER GRHM WGRAIN IW | 100 Package | | 529974 |

Preparation Instructions

Instructions

Wild Blueberry Dip

To make wild blueberry dip: puree wild blueberries with an immersion blender until smooth. Then add Peanut butter and blend until well combined. portion in a 2 oz. souffle cup.

To Prepare Bento Box:

Portion wild blueberry dip with a #10 scoop (about 1/2 cup) into a 2 -ounce cup.

Arrange apple wedges, celery sticks, cheese cubes or stick, and graham crackers in the bento box.

Recipe Notes

Crediting:

ONE # 10 SCOOP OF WILD BLUEBERRY DIP PROVIDES:

3/8 cup fruit, 1 oz. eq. m/ma

ONE BENTO BOX PROVIDES:

5/8 cup fruit, 2 oz. eq. m/ma, 1 oz. eq. grain, ½ cup vegetables

1 Bento box contains:

1 #10 scoop dip.

1/2 cup apple (2oz.wedges)

1/2 cup celery sticks (about 6 sticks)

1 ounce cheese

Whole Grain crackers (1 ounce)

* Don't forget to order Bento Containers #384506

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.320 |
| Grain | 2.000 |
| Fruit | 0.630 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.500 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | | 426.67 | |
| Fat | | 17.12g | |
| SaturatedFat | | 5.12g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 20.00mg | |
| Sodium | | 577.80mg | |
| Carbohydrates | | 57.45g | |
| Fiber | | 8.23g | |
| Sugar | | 23.97g | |
| Protein | | 13.47g | |
| Vitamin A | 31.00IU | Vitamin C | 2.60mg |
| Calcium | 266.44mg | Iron | 1.73mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pizza



| | | | |
|----------------------|-----------|-----------------------|-------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-51072 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|----------------------------------|--|------------|
| DOUGH PIZZA SHTD WGRAIN | 100 Each | | 863913 |
| PEPPERONI TKY SLCD 15/Z | 49 Ounce | 7 slices of pepperoni = .5 oz meat/meat alt. | 276662 |
| SAUSAGE ITAL PIZZA TPNG | 49 Ounce | .2 oz of sausage = .5 oz meat/ meat alt. | 708763 |
| CHEESE BLND CHED/MONTRY JK SHRD | 25 Cup | 1/4 cup = 1 oz meat/ meat alt. | 712131 |
| SAUCE PIZZA W/BASL | 12 Cup 8 Tablespoon (12 1/2 Cup) | Place 1/8 cup per pizza crust. | 256013 |

Preparation Instructions

- 1 For dough Simply thaw overnight covered and under refrigeration, proof covered at room temperature and top any way you like. Ideal for consistently great pizza.
2. Set thawed dough at room temperature for 45 minutes to warm. Use a rolling pin to roll and flatten the dough into a circle about 5 inches across. Add your choice of toppings. Brush the edges of the dough with water. Place on lined sheet pan or oiled pizza screen. Bake in preheated 325 degrees F convection oven. Bake for 12-15 minutes or until crust is light golden brown and filling reaches 165 degrees F. Hold at 145 degrees F until ready to serve.
3. For toppings You can either make sausage and cheese = 4 oz. of sausage and 1/4 cup of cheese = 2 oz. meat , or Pepperoni and cheese, 1/2 cup of cheese , 7 slices of pepperoni= 2 oz meat. or cheese= 1/2 cup of cheese= 2 oz. meat alt, or sausage and pepperoni and cheese, 2 oz of sausage+ 7 slices of pepperoni + 1/4 cup of cheese= 2 oz. meat.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | | 358.87 | |
| Fat | | 15.80g | |
| SaturatedFat | | 8.12g | |
| Trans Fat* | | 0.01g | |
| Cholesterol | | 47.62mg | |
| Sodium | | 683.13mg | |
| Carbohydrates | | 35.26g | |
| Fiber | | 4.20g | |
| Sugar | | 6.13g | |
| Protein | | 19.65g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 232.10mg | Iron | 2.61mg |

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Nutrition - Per 100g

No 100g Conversion Available

Kale and Apple Salad



| | | | |
|---------------|----------------|----------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-51187 |
| School: | Garden Prairie | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|--------------|-------------------|------------|
| KALE CHPD | 192 Ounce | | 897111 |
| CRANBERRY DRIED 300-1.16Z COMM | 32 Ounce | | 765981 |
| APPLE SLCD FRSH | 64 Ounce | Diced | 530831 |
| OIL BLND CANOLA/XVRGN 75/25 | 1 Cup | | 743879 |
| VINEGAR APPLE CIDER 5 | 1 Cup | | 430795 |
| MUSTARD DIJON JAR | 4 Tablespoon | | 131121 |
| HONEY | 1 Cup | | 225614 |
| SALT IODIZED | 1 Teaspoon | | 125557 |
| GARLIC PLD FRESH | 2 Teaspoon | | 428353 |
| VINEGAR BLSM | 6 Ounce | | 383910 |

Preparation Instructions

Instructions
Combine kale, dried cranberries, and diced apples in a large bowl.

Dressing

Combine all dressing ingredients in a food processor. Process until emulsified.

Toss salad with one cup of dressing at a time, until salad is lightly dressed.

Recipe Notes

Yield 100 servings

Serving Size: 1 cup cup

HACCP Process: #1 No Cook

Crediting: 1/2 cup dark leafy green, 1/4 cup fruit

Nutrition Facts per Serving (0.75cup)

Calories: 81 kcal | Fat: 3.2 g | Saturated fat: 0.4 g | Sodium: 67 mg | Carbohydrates: 12.9 g | Fiber: 2.1 g | Protein: 0.5 g

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.250 |
| GreenVeg | 0.500 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

| Servings Per Recipe: 100.00 | | | |
|-----------------------------|----------|-----------|--------|
| Serving Size: 1.00 Cup | | | |
| Amount Per Serving | | | |
| Calories | | 47.50 | |
| Fat | | 2.43g | |
| SaturatedFat | | 0.34g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 16.43mg | |
| Carbohydrates | | 6.69g | |
| Fiber | | 1.32g | |
| Sugar | | 5.48g | |
| Protein | | 0.46g | |
| Vitamin A | 464.67IU | Vitamin C | 3.62mg |
| Calcium | 24.48mg | Iron | 0.17mg |

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Nutrition - Per 100g

| | |
|------------------------------|--|
| No 100g Conversion Available | |
|------------------------------|--|

Wild Pink Smoothie



| | | | |
|---------------|-----------|----------------|-------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-51086 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|---------------------------------|-------------------|------------|
| BEET DCD | 100 Ounce | Drained | 118869 |
| RASPBERRY WHL IQF | 300 Ounce | | 244670 |
| YOGURT VAN L/F | 400 Ounce | | 881161 |
| MILK WHT FF | 6 Cup 4 Tablespoon (3 1/8 Pint) | | 557862 |

Preparation Instructions

nstructions

Chill the drained beets for several overs or overnight under refrigeration.

Place the beets, raspberries, yogurt and milk in a large-capacity blender container (or prepare in batches).

Blend on high speed for 1 minute. Stop the blender and stir the ingredients with a spatula.

Continue to blend until smooth.

Portion into serving cups and cover (1 CUP each) . Served chilled.

Recipe Notes

Crediting: 1/2 Fruit, 1 Meat/MA

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | | 157.82 | |
| Fat | | 2.13g | |
| SaturatedFat | | 0.75g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 7.78mg | |
| Sodium | | 94.84mg | |
| Carbohydrates | | 31.03g | |
| Fiber | | 5.75g | |
| Sugar | | 18.68g | |
| Protein | | 6.37g | |
| Vitamin A | 31.29IU | Vitamin C | 0.00mg |
| Calcium | 195.06mg | Iron | 0.68mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hot Chocolate Muffin



| | | | |
|---------------|-----------|----------------|-------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-51082 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

| | | | | |
|----------------------------|----------|---|--------|--------|
| MIX MUFF BASIC | 80 Ounce | BAKE FULL BATCH HALF BATCH 2 lb 8 oz (5 cups) 1 lb 4 oz (2 1 2 cups) Water (70-75F) Water (70-75F) 5lb (Full Box) Mix 2lb 8 oz (9 cups) DIRECTIONS Machine Mixing: 1. PLACE water in mixing bowl and add muffin mix. 2. BLEND on low speed for 30 seconds using a paddle. SCRAPE bowl and paddle. Continue mixing on low speed for 1 minute. DO NOT OVERMIX. 3. FOLD IN desired ingredients such as fruit, nuts or candy. 4. PLACE batter into well-greased or paper-lined pans. Hand Mixing: 1. PLACE water in mixing bowl and add muffin mix. 2. MIX until well-blended. DO NOT OVERMIX. 3. FOLD IN desired ingredients such as fruit, nuts or candy. 4. PLACE batter into well-greased or paper-lined pans. BAKING DIRECTIONS Standard Muffin Pan: Convection Oven: 375F for 10-14 minutes; Standard Oven: 400F for 14-18 minutes. Jumbo Muffin Pan: Convection Oven: 375F 15-20 minutes; Standard Oven: 400F 18-22 minutes Loaf Pan: Convection Oven: 300F 30-35 minutes; Standard Oven: 35-40 minutes. TIPS For full batch, add 2 to 3 cups of desired ingredients. If folding in canned fruit, drain well before adding. Let muffins and loaves cool in pan briefly; remove while still warm. UNPREPARED See Package Instructions | | 260843 |
| | | BAKE Standard Prep: Just add water. One stage mix with 40 seconds of mixing time. Scoop batter into paper lined or greased muffin pans. Bake time 18-20 minutes in 350 degrees F convection oven. See package for complete mixing and baking instructions. | | |
| Cocoa | 33 Ounce | 3.72 cups | 269654 | |
| CHOC CHIPS SMISWT 1000/ | 33 Ounce | 3.72 cups | 874523 | |
| Water | 8 Cup | 2 quarts, and 2 cups | Water | |
| MARSHMALLOW MINI | 4 Ounce | 2 each | 191736 | |

Preparation Instructions

Instructions

Combine both muffin mixes with baking cocoa. Mix well.

Stir cold water into muffin/cocoa mix. Mix just until fully incorporated.

Stir in chocolate chips if using.

Scoop batter using #16 scoop for muffins that are 1-ounce grain equivalent into lined muffin tins.

Bake according to instructions on box, but for special Hot Cocoa muffins, just before removing from the oven, top with 2 mini marshmallows and return to the oven for the marshmallows to brown. Recipe Notes

**** For a 2 ounce equivalent muffin, use a slightly rounded # 12 scoop and this recipe will make 54 muffins***

Serving Size: 1 muffin

Crediting: 1 muffin is 1 oz grain equivalent

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|-------|
| Meat | 0.000 |
| 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: 100.00 | | | |
|-----------------------------|---------|-----------|--------|
| Serving Size: 1.00 Each | | | |
| Amount Per Serving | | | |
| Calories | | 167.33 | |
| Fat | | 4.26g | |
| SaturatedFat | | 2.09g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 2.87mg | |
| Sodium | | 240.60mg | |
| Carbohydrates | | 28.23g | |
| Fiber | | 1.47g | |
| Sugar | | 12.71g | |
| Protein | | 2.57g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.77mg | Iron | 5.88mg |

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Nutrition - Per 100g

| | |
|------------------------------|--|
| No 100g Conversion Available | |
|------------------------------|--|

Hot Dog on Bun



| | | | |
|---------------|----------------|----------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38647 |
| School: | Garden Prairie | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| FRANKS TKY UNCURED 2Z | 100 Each | | 656882 |
| BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT | 100 Each | | 266536 |

Preparation Instructions

Heat on griddle or in convection or conventional oven for 10-14 minutes or until internal temperature is 155 or above. Hot hot at 135 degrees or above until time of service. Place frank inside of the bun and serve immediately.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | | 240.00 | |
| Fat | | 11.50g | |
| SaturatedFat | | 3.00g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 50.00mg | |
| Sodium | | 430.00mg | |
| Carbohydrates | | 20.00g | |
| Fiber | | 2.00g | |
| Sugar | | 3.00g | |
| Protein | | 11.00g | |
| Vitamin A | 0.00IU | Vitamin C | 9.00mg |
| Calcium | 60.00mg | Iron | 1.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sandwich Chicken Patty



| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22032 |
| School: | Middle /High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC | 100 Each | THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved. | 517810 |
| CHIX PTY BRD WGRAIN 3.26Z | 100 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. | 558061 |
| TOMATO 6X6 LRG | 101 Slice | | 199001 |
| LETTUCE ICEBERG FS | 1 Cup | | 307769 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 3.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.126 |
| OtherVeg | 0.010 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 384.19 | | |
| Fat | 14.55g | | |
| SaturatedFat | 2.51g | | |
| Trans Fat* | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 641.19mg | | |
| Carbohydrates | 40.90g | | |
| Fiber | 6.29g | | |
| Sugar | 5.64g | | |
| Protein | 20.20g | | |
| Vitamin A | 189.30IU | Vitamin C | 3.11mg |
| Calcium | 67.37mg | Iron | 3.06mg |

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich Melt



| | | | |
|----------------------|---------------|-----------------------|-------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-22199 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---------------------------|------------|
| BREAD WGRAIN WHT 16-22Z GCHC | 2 Each | 2 slices= 2 oz grain | 266547 |
| SAUSAGE PTY PORK CKD 2Z EXP | 2 0 | 1 patty= .75 oz Meat | 411041 |
| Land O'Lakes Yellow American Cheese Slice | 2 slices | 2 slices= 1.5 oz Meat Alt | 499786 |
| EGG SCRMBD PTY RND GRLLD | 2 Each | 1 egg patty = 1 oz Meat | 208990 |
| PAN COAT/TPNG SPRY BTR | 1 Each | | 758370 |

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with sausage patty and egg patty. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Spray butter spray on the top slice of bread. Place a sheet pan on top and warm low and slow in the oven until the internal temperature reaches 155 degrees. Cut in half and serve at CCP 135 degrees or higher. For faster heating times slack the sausage and egg patty in the cooler the day before preparation.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.250 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 2.65 | | |
| Fat | 0.10g | | |
| SaturatedFat | 0.03g | | |
| Trans Fat* | 0.00g | | |
| Cholesterol | 1.53mg | | |
| Sodium | 4.95mg | | |
| Carbohydrates | 0.34g | | |
| Fiber | 0.04g | | |
| Sugar | 0.04g | | |
| Protein | 0.13g | | |
| Vitamin A | 0.65IU | Vitamin C | 0.00mg |
| Calcium | 1.01mg | Iron | 0.02mg |

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Nutrition - Per 100g

No 100g Conversion Available

Marinated Black Bean Salad



| | | | |
|---------------|----------------|----------------|-----------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-49597 |
| School: | Garden Prairie | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|---------------|-------------------|------------|
| BEAN BLK TRTL DRY LOW SOD 6-10 COMM | 160 Ounce | 10 pounds | 518551 |
| JUICE LIME | 1 Cup | | 199028 |
| SPICE PARSLEY FLAKES | 1 Cup | | 259195 |
| SPICE CUMIN GRND | 2 Tablespoon | | 777072 |
| GARLIC WHL FRSH | 4 Ounce | | 907673 |
| SEASONING ANCHO CHILI | 4 Tablespoon | | 748570 |
| CILANTRO CLEANED | 6 Ounce | | 219550 |
| OIL BLND SOY/POM OLV 90/10 | 1 Cup | | 524948 |
| HONEY SQZ BTL 16Z | 2 Cup | | 217523 |
| VINEGAR APPLE CIDER 5 | 1 Cup | | 430795 |
| CORN CUT IQF | 112 Ounce | 7 pounds | 285620 |
| PEPPERS GREEN DCD 1/4IN | 24 Ounce | 1.5 pound | 198331 |
| PEPPERS RED DCD 3/8IN | 24 Ounce | 1.5 pound | 581992 |
| Salsa, Low-Sodium, Canned | 10 PICNIC CAN | 1 # 10 can | 100330 |

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| ONION RED DCD 1/4IN | 2 Cup | | 429201 |
| PEPPERS JALAP SLCD 128CT | 4 Ounce | | 466240 |

Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

- 21: Critical Control Point: Hold for hot service at 135 °F or higher.
- 22: OR
- 23: Chill for later use.
- 24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.
- 25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.125 |
| OtherVeg | 0.034 |
| Legumes | 0.500 |
| Starch | 0.043 |

Nutrition Facts

| Servings Per Recipe: 100.00 | | | |
|-----------------------------|----------|-----------|---------|
| Serving Size: 1.00 Serving | | | |
| Amount Per Serving | | | |
| Calories | | 98.45 | |
| Fat | | 2.31g | |
| SaturatedFat | | 0.32g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 140.06mg | |
| Carbohydrates | | 17.05g | |
| Fiber | | 4.17g | |
| Sugar | | 7.33g | |
| Protein | | 2.77g | |
| Vitamin A | 182.43IU | Vitamin C | 10.73mg |
| Calcium | 2.63mg | Iron | 0.19mg |

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Nutrition - Per 100g

| | |
|------------------------------|--|
| No 100g Conversion Available | |
|------------------------------|--|

Turner Blue Loaded Beef or Pulled Pork Nachos



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22340 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|---------------|---|------------|
| BEEF CRMBL CKD W/SPP 4-10# | 117 Ounce | 7.33 pounds | 821271 |
| BEAN PINTO | 20 PICNIC CAN | Drained rinsed. 2 can per 100 servings. | 261475 |
| SPICE CHILI POWDER MILD | 8 Tablespoon | | 331473 |
| SPICE CUMIN GRND | 8 Tablespoon | | 273945 |
| SPICE ONION POWDER | 3 Tablespoon | | 126993 |
| SPICE PAPRIKA | 3 Tablespoon | | 518331 |
| SALT KOSHER PRM | 1 Teaspoon | | 311356 |
| CHIP TORTL RND WGRAIN | 216 Ounce | Please Use Blue Farm Tortilla Chips 13.50 pounds | 739741 |
| CHEESE MOZZ SHRD 30 COMM | 56 Ounce | 3.50 pounds | 150620 |
| SALSA 6-10 COMM | 20 PICNIC CAN | 2 #10 cans | 150570 |
| SOUR CREAM L/F | 100 Ounce | 6.25 pound | 534331 |
| CARNITA PORK CHPD | 2 Ounce | 2.5 oz = 2 oz Meat per serving for 100 servings you will need 16 pounds | 549412 |

Preparation Instructions

Directions:

- 1. Place beef crumbles and spices (Chili powders, cumin,onion powder, paprika, salt) in 6in deep pans, heat in oven at 300 until heated through.
 - 2. Put beans and 1 cup of water into food processor, puree on medium, add additional 1 1/2 cup cup of water. and continue blending until smooth.
 - 3. Pour Purred beans in a steam table pan. (12 X 20 X 2 1/2) and heat to 140 degrees or higher for 15 seconds.
 - 4. To build each nacho:
 - a. Place 2 oz. by weight of chips into a food boat or like container.
 - b. use a #24 scoop, serving 2 oz. of beans on top of chips.
 - c. Place 2 oz by weight of the beef mixture or 2.5 oz of pork Carnitas mixture that has been heated to internal temperature of 140 or higher.
 - d. Sprinkle with 2 TBSP. of shredded cheese on top of meat/ bean mixture.
 - e. Using a #30 School (1/8) cup of sour cream on top of cheese
 - f. Using a #16 cup (1/4 cup) portion salsa on top of sour cream
- Serve Immediately!

Meal Components (SLE)

Amount Per Serving

| | |
|----------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.333 |
| Legumes | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|--------------------|----------|-----------|---------|
| Calories | | 901.39 | |
| Fat | | 17.02g | |
| SaturatedFat | | 5.02g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 14.69mg | |
| Sodium | | 1086.16mg | |
| Carbohydrates | | 140.77g | |
| Fiber | | 26.84g | |
| Sugar | | 8.14g | |
| Protein | | 39.19g | |
| Vitamin A | 6.25IU | Vitamin C | 0.02mg |
| Calcium | 250.97mg | Iron | 10.27mg |

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**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Yogurt Parfait



| | | | |
|----------------------|----------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-33967 |
| School: | Garden Prairie | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|--------------------------------------|--|------------|
| BLUEBERRY FREE-FLOW IQF | 272 Ounce | 50 cup= 1/2 cup portion each. | 119873 |
| YOGURT GRK PLN N/F | 200 Ounce | 2 oz. each | 398331 |
| YOGURT VAN L/F | 200 Ounce | 2 oz. each | 881161 |
| OATS QUICK HOT CEREAL | 64 Ounce | 19 cups total. (4 3/4 cups = 1 pound of oats.) | 467251 |
| APPLESAUCE IN JCE NSA | 3 Cup | BAKE | 610283 |
| OIL SALAD CANOLA NT | 2 Cup | | 393843 |
| EXTRACT VANILLA PURE | 1 Tablespoon 1 Teaspoon (5 Teaspoon) | | 513873 |
| SPICE CINNAMON GRND | 1 Tablespoon 1 Teaspoon (5 Teaspoon) | | 224723 |

Preparation Instructions

nstructions
Yogurt Parfait

Mix the two types of yogurt together.

Portion 4 ounces (1/2 cup) of yogurt mixture into a cup.

Layer with blueberries as desired.

Homemade Granola

Preheat oven to 350 ?.

Spray parchment or foil line sheet pan with cooking spray or brush lightly with canola oil.

Mix all ingredients together in a large bowl.

Spread on to lined baking sheet.

Bake for 20-25 minutes stirring half-way through baking process.

Bake until golden brown.

Let rest and cool completely before sealing in an airtight container.

Recipe Notes

One serving = 1/2 cup of yogurt, 1/2 cup of blueberries, 1/2 cup of granola

Crediting: One serving provides 1/2 cup fruit, 1.00 oz eq meat/meat alternate, 0.50 oz eq grains

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 0.500 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | | 195.55 | |
| Fat | | 33.25g | |
| SaturatedFat | | 14.73g | |
| Trans Fat* | | 0.21g | |
| Cholesterol | | 5.39mg | |
| Sodium | | 881.03mg | |
| Carbohydrates | | 83.91g | |
| Fiber | | 1.87g | |
| Sugar | | 9.75g | |
| Protein | | 20.97g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 179.92mg | Iron | 3.30mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on a Whole Grain bun



| | | | |
|---------------|---------------------|----------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38655 |
| School: | Middle /High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 10 Each | | 266546 |
| Land O Lakes® 50% Reduced Fat American Cheese Slices | 100 slices | | 499789 |
| BEEF PTY CKD DLX 70/30 | 100 Each | BAKE Conventional Oven From frozen state, bake on a pan in a preheated conventional oven at 350 for 12 minutes. CONVECTION Convection Oven From a frozen state, bake on a pan in a preheated convection oven at 350 for 8 minutes MICROWAVE Microwave Microwave on high power setting for about 1-1 2 minutes. Microwave ovens vary. Times given are approximate. | 510556 |

Preparation Instructions

Directions:
WASH HANDS.

- 1. Cook beef patty as directed on package.
 - 2. Layer patty, on top of bottom bun roll. Cheese over bottom of roll. Top with remaining half of roll.
 - 3. Serve. or hot hold at 135 degrees or higher until time of service.
- 1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

| Servings Per Recipe: 100.00 | | | |
|-----------------------------|---------|-----------|--------|
| Serving Size: 1.00 Each | | | |
| Amount Per Serving | | | |
| Calories | | 195.00 | |
| Fat | | 13.20g | |
| SaturatedFat | | 5.05g | |
| Trans Fat* | | 0.50g | |
| Cholesterol | | 35.00mg | |
| Sodium | | 344.00mg | |
| Carbohydrates | | 4.50g | |
| Fiber | | 0.30g | |
| Sugar | | 0.40g | |
| Protein | | 13.50g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 43.00mg | Iron | 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available