

Cookbook for Highland High School

Created by HPS Menu Planner

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Bagel with String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51935
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	N/A	786580
BAGEL WHT WGRAIN IW	1 Each		217911

Preparation Instructions

Package one string cheese with bagel together.

Note: Counts as 2 items as Breakfast.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		220.00	
Fat		7.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		360.00mg	
Carbohydrates		30.00g	
Fiber		4.00g	
Sugar		6.00g	
Added Sugar		0.00g	
Protein		12.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	238.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available	
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Assorted Variety of Cereal (2 Ounce)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51936
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB CUP	1 Each	N/A	806114
CEREAL RICE CHEX CINN CUP	1 Each	N/A	105357
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	N/A	105931
CEREAL FRSTD MINI WHE 60CT KELL	1 Each		394244
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	N/A	261799
CEREAL TRIX R/S CUP 2Z 60CT	1 Each		383189
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	N/A	105850
Lucky Charms Reduced Sugar Cup	1 Each		549484

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		107.19	
Fat		1.82g	
Saturated Fat		0.13g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		141.99mg	
Carbohydrates		21.21g	
Fiber		2.02g	
Sugar		5.80g	
Added Sugar		1.55g	
Protein		1.77g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	82.86mg	Iron	3.34mg

Nutrition - Per 100g

No 100g Conversion Available

Variety of Assorted Pop-Tarts®

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10659
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG	1 Each		452062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		170.00	
Fat		2.83g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		118.33mg	
Carbohydrates		36.33g	
Fiber		3.00g	
Sugar		14.67g	
Added Sugar		14.33g	
Protein		2.00g	
Vitamin A	166.67mcg	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available			
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Cereal Blast Waffle (Choco O'Crisp or Fun N' Fruitti)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51912
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cereal Blast Choco O' Crisp Belgian Waffles, Individually-Wrapped, Frozen	1 Package	N/A	358019
WAFFLE FUN N FRUITTI IW 72-2.4Z	1 Each		353236

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		250.00	
Fat		9.00g	
Saturated Fat		2.50g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		190.00mg	
Carbohydrates		38.00g	
Fiber		0.00g	
Sugar		17.00g	
Added Sugar		8.00g	
Protein		5.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51911
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CINN STRUSL WGRAIN IW	1 Each	N/A	279991
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories		190.00	
Fat		7.25g	
Saturated Fat		1.88g	
Trans Fat		0.03g	
Cholesterol		22.50mg	
Sodium		147.50mg	
Carbohydrates		28.50g	
Fiber		1.25g	
Sugar		14.50g	
Added Sugar		0.00g	
Protein		2.75g	
Vitamin A	3.60mcg	Vitamin C	0.01mg
Calcium	12.94mg	Iron	0.94mg

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad-High School

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51915

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN BLND SEP BAG	2 Cup		414166
TOMATO CHERRY	1/8 Cup	3 each	169275
CARROT BABY WHL PETITE	1/8 Cup	3 each	768146
CUCUMBER ENG	1/8 Cup	3 slices	896547
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CHIX PTY BRD WGRAIN 3.26Z	1 Each	cut into strips	558061
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	1.125
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		481.63	
Fat		25.50g	
Saturated Fat		9.00g	
Trans Fat		0.00g	
Cholesterol		55.00mg	
Sodium		848.33mg	
Carbohydrates		36.91g	
Fiber		5.00g	
Sugar		5.25g	
Added Sugar		0.00g	
Protein		23.46g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	289.03mg	Iron	2.95mg

Nutrition - Per 100g

No 100g Conversion Available

100% All Beef Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15153
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hot Dog bun	1 Each	Thaw if frozen, or serve fresh	53071
FRANKS BEEF 8/	1 Each		417350

Preparation Instructions

WASH HANDS.

Convection oven: 350°F
Conventional oven: 400°F
Steam (preferred method)

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

1. Place 1 hot dog in each bun.
2. Serve within 3 hours.
3. Serve with ketchup, mustard, pickle relish

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		315.21	
Fat		18.09g	
Saturated Fat		6.33g	
Trans Fat		0.53g	
Cholesterol		35.00mg	
Sodium		754.84mg	
Carbohydrates		27.35g	
Fiber		2.28g	
Sugar		3.59g	
Added Sugar		0.00g	
Protein		11.17g	
Vitamin A	0.07mcg	Vitamin C	0.00mg
Calcium	59.38mg	Iron	2.17mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10329
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	N/A	661851
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Add cheese slice and allow to melt. Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		309.40	
Fat		14.57g	
Saturated Fat		5.27g	
Trans Fat		0.80g	
Cholesterol		49.00mg	
Sodium		461.00mg	
Carbohydrates		26.66g	
Fiber		3.27g	
Sugar		3.32g	
Added Sugar		0.00g	
Protein		17.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	21.00mg	Iron	2.34mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51916
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	N/A	661851
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Updated 1.14.25

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		309.40	
Fat		14.57g	
Saturated Fat		5.27g	
Trans Fat		0.80g	
Cholesterol		49.00mg	
Sodium		461.00mg	
Carbohydrates		26.66g	
Fiber		3.27g	
Sugar		3.32g	
Added Sugar		0.00g	
Protein		17.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	21.00mg	Iron	2.34mg

Nutrition - Per 100g

No 100g Conversion Available

Sunshine Lunch

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9651

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1 Cup	Grapes, apples, or other fresh fruit options 1/2 cup per serving= 1/2 cup Fruit	
CARROT STIX STRAIGHT CUT	1 Cup	1/2 cup per serving= 1/2 cup Red/Orange vegetable	576646
HUMMUS CUP RSTD RED PEPPER	1 Each	1.50 Meat	601133
HUMMUS CLSC GRAB N GO	1 Each	1 Meat	139603
BREAD ULTRA LOCO WGRAIN 6.5IN	1 Each	cut into pieces/slices 1/2 = 1 Grain	696831
CRACKER CHEEZ-IT WGRAIN IW	1 Each	1 Grain	282422
CRACKER GLDFSH CHED WGRAIN	1 Package	1 Grain	736280
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Each	1 Meat	680130
TURKEY BRST SLCD OVN RSTD	3 Slice	1.5 Meat	689541
TURKEY HAM SLCD .51Z	3 Slice	1 Meat	656891

Preparation Instructions

Use container-GFS#772001- to package the following items-

- *1/2 cup of fresh fruit
- *1/2 cup of carrots
- *1 package of cheese cubes
- *1 hummus cup (either GFS#601133 or GFS#139603)
- *1 package of Goldfish or Cheez-its
- *1/2 of pita flatbread,
- * 3 slices of deli meat rolled up (GFS#689541 or GFS#656891)

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		509.80	
Fat		17.07g	
Saturated Fat		4.25g	
Trans Fat		0.00g	
Cholesterol		47.81mg	
Sodium		905.28mg	
Carbohydrates		64.92g	
Fiber		10.64g	
Sugar		20.27g	
Added Sugar		0.00g	
Protein		25.48g	
Vitamin A	9891.75mcg	Vitamin C	3.61mg
Calcium	260.04mg	Iron	3.50mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Cooked Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52228
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG	50 Cup	Approximate 18 lbs	285680
BUTTER ALT LIQ NT	1 Cup		614640
SEASONING NO SALT ORIG	2 Tablespoon		844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		41.59	
Fat		2.24g	
Saturated Fat		0.40g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		46.38mg	
Carbohydrates		5.22g	
Fiber		2.24g	
Sugar		2.99g	
Added Sugar		0.00g	
Protein		0.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.01mg	Iron	0.27mg

Nutrition - Per 100g

No 100g Conversion Available	
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Warm Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22134

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN	1 Each	***Non-Wole Grain***	135181
ICING VAN RTU HEAT NICE	1 Tablespoon		155722

Preparation Instructions

Bake/prepare cinnamon rolls according to directions on case.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		375.00	
Fat		6.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		340.00mg	
Carbohydrates		73.00g	
Fiber		2.00g	
Sugar		28.50g	
Added Sugar		0.00g	
Protein		8.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52237
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	N/A	536620
Mashed Potato	1/2 Cup	1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	R-9325

Preparation Instructions

Prepare Popcorn Chicken and Mashed Potatoes according to direction on case.

To assemble: Place 1/2 cup Mashed Potatoes in container and top with 12 pieces of Popcorn Chicken. Allow students to top with corn, shredded cheese, and gravy. Offer dinner roll with bowl.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		346.33	
Fat		13.85g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		70.00mg	
Sodium		793.79mg	
Carbohydrates		33.42g	
Fiber		3.85g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		20.70g	
Vitamin A	200.00mcg	Vitamin C	0.00mg
Calcium	28.48mg	Iron	1.69mg

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9325
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 Package	613738
Tap Water	17 Cup		

Preparation Instructions

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		76.33	
Fat		0.85g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		313.79mg	
Carbohydrates		14.42g	
Fiber		0.85g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		1.70g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

Nutrition - Per 100g

No 100g Conversion Available	
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Seasoned Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52229
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	18 1/4 Pound	BAKE	285620
BUTTER ALT LIQ NT	1 Cup		614640
SEASONING NO SALT ORIG	2 Tablespoon		844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		116.53	
Fat		3.21g	
Saturated Fat		0.40g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		12.80mg	
Carbohydrates		20.44g	
Fiber		0.97g	
Sugar		4.87g	
Added Sugar		0.00g	
Protein		2.92g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.16mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Chicken Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52233
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX	15 Ounce		242390
Tap Water	16 Cup	3 Quarts Boiling and 1 Quart Cool	

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
- 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
- 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
- 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		23.73	
Fat		0.95g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		379.69mg	
Carbohydrates		3.80g	
Fiber		0.00g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	1.90mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Berries Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51937
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Blueberries, Frozen	1/4 Cup	Thaw and use USDA Brown Box Commodity	110624
Strawberries IQF sliced	1/4 Cup	Thaw and use USDA Brown Box Commodity	110860
CEREAL GRANOLA TSTD OAT	1/4 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Layer Yogurt and berries and then top with Granola for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		271.44	
Fat		5.75g	
Saturated Fat		0.87g	
Trans Fat		0.00g	
Cholesterol		3.73mg	
Sodium		156.20mg	
Carbohydrates		52.13g	
Fiber		3.00g	
Sugar		29.42g	
Added Sugar		19.69g	
Protein		5.73g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	134.33mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9322
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1 3/4 Pound	1 Package	183910
Tap Water	8 Cup		

Preparation Instructions

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Stir and serve.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		188.62	
Fat		1.57g	
Saturated Fat		0.52g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		681.14mg	
Carbohydrates		32.49g	
Fiber		10.48g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		10.48g	
Vitamin A	0.73mcg	Vitamin C	1.04mg
Calcium	58.63mg	Iron	2.53mg

Nutrition - Per 100g

No 100g Conversion Available

Street Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52232
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	18 1/4 Pound	N/A	285620
BUTTER ALT LIQ NT	1 Cup		614640
MAYONNAISE LT	1 1/2 Cup	N/A	429406
CHEESE PARM GRTD	1 Cup		445401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		127.33	
Fat		3.81g	
Saturated Fat		0.64g	
Trans Fat		0.00g	
Cholesterol		2.40mg	
Sodium		40.40mg	
Carbohydrates		21.40g	
Fiber		0.97g	
Sugar		5.11g	
Added Sugar		0.00g	
Protein		3.40g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	12.16mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Biscuits & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9622
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	N/A	631902
GRAVY SAUS CNTRY STYLE	1/4 Cup	N/A	125350

Preparation Instructions

Wash hand and put on gloves.

BISCUITS

For best results, thaw at least 2 hours at room temperature prior to heating. Place in warmer at 180 degrees prior to service.

GRAVY

Place gravy steam table pan and steam until product reaches 165 degrees. Product may also be poured into a steam table pan and steamed in a combi oven until desired temp of 165 degrees is reached.

Gravy is ladled over split biscuit.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		270.00	
Fat		13.50g	
Saturated Fat		8.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		660.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Sugar		2.00g	
Added Sugar		0.00g	
Protein		6.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	175.00mg	Iron	1.50mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52231
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	2 #10 CAN		273856
BUTTER ALT LIQ NT	1/2 Cup		614640
SEASONING NO SALT ORIG	2 Tablespoon		844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		41.56	
Fat		2.33g	
Saturated Fat		0.42g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		250.44mg	
Carbohydrates		3.23g	
Fiber		2.16g	
Sugar		1.08g	
Added Sugar		0.00g	
Protein		1.08g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	24.96mg	Iron	0.41mg

Nutrition - Per 100g

No 100g Conversion Available	
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Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52235
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	384.40		
Fat	15.57g		
Saturated Fat	2.97g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	735.00mg		
Carbohydrates	40.66g		
Fiber	5.27g		
Sugar	4.32g		
Added Sugar	0.00g		
Protein	19.52g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	35.00mg	Iron	3.34mg

Nutrition - Per 100g

No 100g Conversion Available			
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Hot & Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52236
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	N/A	327080
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		374.40	
Fat		15.57g	
Saturated Fat		2.97g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		625.00mg	
Carbohydrates		40.66g	
Fiber		4.27g	
Sugar		4.32g	
Added Sugar		0.00g	
Protein		18.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.34mg

Nutrition - Per 100g

No 100g Conversion Available			
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Cilantro Lime Brown Rice

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52238
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	18 Cup		516371
Tap Water	24 Cup		
CILANTRO BUNCHED	7 Cup		877491
LIME	8 Each		197963

Preparation Instructions

1. Boil water.
2. Pour boiling water (1 qt 2 cups per steam table pan). For 50 servings, use 4 pans.
3. Place 1 qt ½ cup brown rice (1 lb 13 oz) in each steam table pan. Stir. Cover pans tightly.
4. Cook/Bake:
Conventional oven: 350 °F for 40 minutes.
Convection oven: 325 °F for 40 minutes.
Steamer: 5 lb pressure for 25 minutes.
CCP: Heat to 135 °F or higher for at least 15 seconds.
5. Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
CCP: Hold for hot service at 135 °F or higher for at least 15 seconds.
6. Fold in cilantro. Squeeze fresh limes over rice, using 2 per pan. Stir well. Serve immediately.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		248.02	
Fat		2.18g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.21mg	
Carbohydrates		52.96g	
Fiber		1.80g	
Sugar		0.16g	
Added Sugar		0.00g	
Protein		5.84g	
Vitamin A	5.36mcg	Vitamin C	3.12mg
Calcium	12.24mg	Iron	1.54mg

Nutrition - Per 100g

No 100g Conversion Available	
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Seasoned Broccoli

Servings:	63.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52230
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	31 1/2 Cup	Approximately 9 pounds	610902
BUTTER ALT LIQ NT	1/2 Cup		614640
SEASONING NO SALT ORIG	2 Tablespoon		844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 63.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		31.90	
Fat		1.78g	
Saturated Fat		0.32g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.16mg	
Carbohydrates		3.33g	
Fiber		2.00g	
Sugar		0.67g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	23.46mg	Iron	0.67mg

Nutrition - Per 100g

No 100g Conversion Available	
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Assorted Vegetable Tray

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52234
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

Cucumbers, Cherry Tomatoes, Baby Carrots,
Sometimes broccoli, Green Peppers, and celery (Depending on what have leftover from the week)

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		15.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.00mg	
Carbohydrates		3.50g	
Fiber		1.00g	
Sugar		2.50g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	749.70mcg	Vitamin C	12.33mg
Calcium	9.00mg	Iron	0.25mg

Nutrition - Per 100g

No 100g Conversion Available	
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