

Cookbook for KATHY'S TEST SCHOOL

Created by HPS Menu Planner

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Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25285
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH	1 Each		118940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
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 Serving

Amount Per Serving			
Calories		80.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		19.00g	
Fiber		0.00g	
Sugar		18.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Bowl Asian Mashed Potato MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25851
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DIPPERS WONDER BITE	400 7/10 Ounce	BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817
PEPPERS RED DCD 3/8IN	1 9/16 Gallon		581992
BROCCOLI 16-1# MKTDAY	3 1/4 Gallon		613180
Mashed poataoes	200 1/2 Cup	HEAT_AND_SERVE Pour 2 gallons of boiling in mixing bowl. hand Mix; Add potatoes, stir constantly with whisk. Let stand for 1 min ready to serve. Add more water for thinner potatoes and more potatoes for thicker. No salt product, season to taste	066159

Preparation Instructions

Directions:

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.
2. Bake the beef according to manufacturer instructions.

CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

3. Steam or saute the bell peppers until tender.
4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.
5. Serve warm.

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

Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable

Source: Basic American Foods, www.baf.com

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	159.75**
Fat	8.06g**
Saturated Fat	3.51g**
Trans Fat	0.00g**
Cholesterol	35.06mg**
Sodium	421.43mg**
Carbohydrates	8.51g**
Fiber	1.40g**
Sugar	5.50g**
Added Sugar	0.00g**
Protein	12.32g**
Vitamin A 998.34mcg**	Vitamin C 58.05mg**
Calcium 23.09mg**	Iron 1.96mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Deluxe Cheeseburger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25286
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each		517810
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice		189071

Preparation Instructions

- Directions:
- WASH HANDS.
- WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.
1. Cook beef patty as directed on package.

2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll.

3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

Notes:

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		345.00	
Fat		16.50g	
Saturated Fat		6.25g	
Trans Fat		1.00g	
Cholesterol		42.50mg	
Sodium		505.00mg	
Carbohydrates		28.00g	
Fiber		4.00g	
Sugar		5.00g	
Added Sugar		0.00g	
Protein		21.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	159.50mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24630
School:	Test Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH	1 Each		118940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
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 Serving			
Amount Per Serving			
Calories		80.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		19.00g	
Fiber		0.00g	
Sugar		18.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26189
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	100 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE ALFREDO FZ	183 Ounce		155661
PASTA PENNE RIGATE 100 WHLWHE	50 Cup		654571

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		302.00	
Fat		8.85g	
Saturated Fat		3.70g	
Trans Fat		0.03g	
Cholesterol		78.00mg	
Sodium		700.20mg	
Carbohydrates		25.00g	
Fiber		3.00g	
Sugar		4.00g	
Added Sugar		0.00g	
Protein		27.70g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	212.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Side Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25857
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	100 Cup		305812
TOMATO 6X6 LRG	25 Cup		199001
CUCUMBER SELECT	25 Cup		198587

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	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		22.00	
Fat		0.15g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.75mg	
Carbohydrates		4.75g	
Fiber		1.70g	
Sugar		2.75g	
Added Sugar		0.00g	
Protein		1.55g	
Vitamin A	402.15mcg	Vitamin C	6.90mg
Calcium	24.66mg	Iron	0.56mg

Nutrition - Per 100g

No 100g Conversion Available

Side Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25151
School:	HPS High School - test		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	100 Cup		305812
TOMATO 6X6 LRG	25 Cup		199001
CUCUMBER SELECT	25 Cup		198587

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	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		22.00	
Fat		0.15g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.75mg	
Carbohydrates		4.75g	
Fiber		1.70g	
Sugar		2.75g	
Added Sugar		0.00g	
Protein		1.55g	
Vitamin A	402.15mcg	Vitamin C	6.90mg
Calcium	24.66mg	Iron	0.56mg

Nutrition - Per 100g

No 100g Conversion Available