

Cookbook for Lincoln Elementary School Dist 27

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Cookbook for Adams

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Cookbook for Central Elementary

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French Toast Bake

NO IMAGE

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27152
School:	Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	11 Each		209003
SUGAR CANE GRANUL	11 Tablespoon	divide in 2 bowls	108642
FLAVORING VANILLA IMIT	2 3/4 Teaspoon		110744
SPICE CINNAMON GRND	2 3/4 Teaspoon		224723
MILK WHT 1	4 1/4 Cup		817801
BREAD WGRAIN WHT 16-22Z GCHC	32 Ounce		266547

Preparation Instructions

DO THIS BY THE PAN! THIS RECIPE IS FOR 1 PAN!

Day before:

Cut bread into cubes - 32 oz

Spray 2 inch hotel pan

Mix together eggs, milk, 6 1/2 T sugar & cinnamon, & vanilla.

Pour over bread - mix to coat

In a small bowl, mix 6 1/2 T of sugar and cinnamon. Sprinkle mixture over the entire pan

Cover, label and place in cooler overnight

Day of service:

Cover with foil for 20 minutes

Uncover for the last 5-10 minutes so it is golden brown

Bake 325 degrees 25-30 minutes until golden brown

Meal Components

Amount Per Serving	
Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 1.00 Piece			
Amount Per Serving			
Calories		104.29	
Fat		3.45g	
Saturated Fat		1.43g	
Trans Fat		0.00g	
Cholesterol		116.63mg	
Sodium		78.13mg	
Carbohydrates		12.41g	
Fiber		0.12g	
Total Sugar		11.82g	
Added Sugar		8.37g	
Protein		6.48g	
Vitamin A	127.03mcg	Vitamin C	0.00mg
Calcium	100.02mg	Iron	0.77mg

Nutrition - Per 100g

No 100g Conversion Available			
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Buttermilk Biscuits



Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20732

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAKING POWDER	5 Ounce		361032
BAKING SODA	1/2 Ounce		626531
SUGAR CANE GRANUL	10 7/12 Ounce		108642
SALT KOSHER 12-3 DIAC	1 Ounce	READY_TO_EAT used to salt food	424307
BUTTER PRINT UNSLTD GRD AA	16 Ounce		299405
MILK WHT 1	68 9/10 Fluid Ounce		817801
VINEGAR WHT DISTILLED 5	4 Tablespoon		629640
All Purpose Flour	2 1/2 Pound		
100% White Whole Wheat Flour	2 1/2 Pound		110858

Preparation Instructions

- Mix dry ingredients together in a large bowl.
- Make a well in the middle for wet ingredients
- Mix wet ingredients together and pour into well

Mix on low speed for about 1 minute to make soft dough or mix by hand until well blended.

Put on a floured board and knead about 10-20 times.

Add more flour if too sticky.

Spread onto a sprayed sheet pan

Bake 350 degrees for 15 minutes or until slightly brown.

Let cool before covering with saran.

Meal Components

Amount Per Serving	
Meat/Meat Alternate	0.000
Grain	1.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		109.38	
Fat		3.95g	
Saturated Fat		2.37g	
Trans Fat		0.00g	
Cholesterol		10.63mg	
Sodium		109.10mg	
Carbohydrates		15.66g	
Fiber		1.62g	
Total Sugar		4.14g	
Added Sugar		3.02g	
Protein		2.07g	
Vitamin A	41.19mcg	Vitamin C	0.00mg
Calcium	34.92mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available			
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Pork Sausage Patty - breakfast



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK GRND 80/20	10 Pound		579042
SALT KOSHER 12-3 DIAC	1/2 Ounce	.5 oz	424307
SPICE PEPR BLK REST GRIND	1/6 Ounce	.16 oz	225061
SPICE GARLIC POWDER	1 3/10 Ounce	1.3 oz	224839
SPICE SAGE GRND	1/2 Ounce	.5 oz	513911

Preparation Instructions

Day Before Service:

Mix ground pork, sage, garlic, salt, pepper in a large mixing bowl. (You can use the mixer with paddle attachment.) Mix approximately 10 minutes on the mixer or by hand until fully blended.

Using blue scoop create scoops and place on sheet trays. Then put another sheet of parchment on top and the next tray and flatten down, pressing down onto the empty sheet pan. Wrap, and place in cooler.

Day of Service:

Bake patties at 350 degrees for approx. 10 minutes or until internal temperature is 165 degrees.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		135.77	
Fat		9.51g	
Saturated Fat		3.52g	
Trans Fat		0.00g	
Cholesterol		42.97mg	
Sodium		38.97mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		11.75g	
Vitamin A	3.66mcg	Vitamin C	0.32mg
Calcium	10.06mg	Iron	0.59mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Taco - JH

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-27120
School:	Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	3 1/4 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
EGG SHL MED A GRD	5 1/2 Pound		209003
MILK WHT 1	4 Cup	mix in with eggs	817801
SALT KOSHER 12-3 DIAC	2 Ounce	1.5 oz for sausage remainder for eggs	424307
SPICE PEPR BLK REG FINE GRIND	3/4 Ounce	.5 oz for sausage remainder for eggs	225037
PORK GRND 80/20	6 1/4 Pound		579042
GARLIC PLD FRESH	1 1/2 Ounce	chopped for sausage recipe	428353
TORTILLA FLOUR ULTRGR 8IN	100 Each		882700

Preparation Instructions

Day Before:

Eggs:

Crack eggs for scrambled eggs

Add milk & whisk

Cover and label - place in cooler on bottom shelf.

Sausage:

Weigh out seasoning

Saute pork and drain fat

add seasoning to pork - cool down

cover and label - place in cooler on bottom shelf

Tortilla:

Keep in package: line up on sheet tray

Cheese: shredded cheddar

weigh out .5 oz for each serving

Day of:

Warm the tortillas

Make scrambled eggs

Reheat sausage

Mix

Each students:

1 tortilla

2 oz cooked sausage/egg mixture

.5 oz cheese

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories		320.49	
Fat		16.02g	
Saturated Fat		8.51g	
Trans Fat		0.00g	
Cholesterol		52.27mg	
Sodium		410.30mg	
Carbohydrates		31.02g	
Fiber		4.00g	
Total Sugar		2.52g	
Added Sugar		0.00g	
Protein		16.17g	
Vitamin A	21.42mcg	Vitamin C	0.20mg
Calcium	170.07mg	Iron	2.43mg

Nutrition - Per 100g

No 100g Conversion Available

Coffee Cake



Servings:	180.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27144
School:	Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR HR A/P	16 Cup		227528
SUGAR CANE GRANUL	6 Cup		108642
BAKING POWDER	8 Ounce		361032
SALT KOSHER 12-3 DIAC	4 Teaspoon		424307
SPICE CINNAMON GRND	4 Teaspoon		224723
BUTTER PRINT UNSLTD GRD AA	16 Ounce		299405
EGG SHL MED A GRD	8 Each		209003
FLAVORING VANILLA IMIT	4 Tablespoon		110744
MILK WHT 1	6 Cup		817801

Preparation Instructions

- Mix flour, sugar, baking powder, cinnamon & salt
- Cut in butter
- Mix milk, eggs & vanilla extract
- Mix wet ingredients into flour & butter mixture until completely moist
- Bake at 325 degrees for 25-30 minutes or until inserted toothpick comes out clean.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.356
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 1.00

Amount Per Serving			
Calories		118.65	
Fat		2.35g	
Saturated Fat		1.36g	
Trans Fat		0.00g	
Cholesterol		13.07mg	
Sodium		53.42mg	
Carbohydrates		21.84g	
Fiber		0.55g	
Total Sugar		6.83g	
Added Sugar		6.40g	
Protein		2.93g	
Vitamin A	15.94mcg	Vitamin C	0.00mg
Calcium	21.73mg	Iron	0.95mg

Nutrition - Per 100g

No 100g Conversion Available

Fruit Parfait



Servings:	53.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27149
School:	Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT PLN L/F SWTND	10 Pound		266396
STRAWBERRY WHL IQF	14 Pound		244630

Preparation Instructions

Layer to create parfait with

3 oz yogurt

4 oz fruit

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00

Amount Per Serving			
Calories		102.14	
Fat		0.94g	
Saturated Fat		0.57g	
Trans Fat		0.00g	
Cholesterol		3.77mg	
Sodium		56.56mg	
Carbohydrates		20.23g	
Fiber		2.54g	
Total Sugar		14.97g	
Added Sugar		3.77g	
Protein		4.24g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	131.71mg	Iron	0.85mg

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs- breakfast pizza

NO IMAGE

Servings:	120.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20537
School:	Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD PAST	107 Ounce	Crack the day before	265454
SALT KOSHER 12-3 DIAC	1/6 Ounce	.16 oz	424307
SPICE PEPR BLK REST GRIND	1/6 Ounce	.16 oz	225061
MILK WHT 1	1 1/5 Quart	1.20 qt	817801

Preparation Instructions

Crack eggs over a large bowl over a china cap or fine mesh sieve and whisk.

Add milk and whisk

Cooking options:Low temperature oven will keep eggs from turning green.

1. Cook slowly on stove top

Season with salt and pepper

2. Spray a 2" hotel pan

Pour eggs into pan.

Bake at 275 degrees F stirring with a spatula every 5 minutes until the eggs reach a scrambled consistency.

3. Tilt Skillet: 275 degrees

Spray with pan spray

Drizzle 2 oz oil over entire skillet

Pour egg mixture in stirring with a spatula every 5 minutes until eggs reach a scrambled consistency.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.200
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories		66.52	
Fat		4.11g	
Saturated Fat		1.40g	
Trans Fat		0.00g	
Cholesterol		165.44mg	
Sodium		68.21mg	
Carbohydrates		0.48g	
Fiber		0.00g	
Total Sugar		0.52g	
Added Sugar		0.00g	
Protein		5.68g	
Vitamin A	19.13mcg	Vitamin C	0.00mg
Calcium	37.17mg	Iron	0.89mg

Nutrition - Per 100g

Calories		234.63	
Fat		14.49g	
Saturated Fat		4.93g	
Trans Fat		0.00g	
Cholesterol		583.57mg	
Sodium		240.59mg	
Carbohydrates		1.69g	
Fiber		0.00g	
Total Sugar		1.83g	
Added Sugar		0.00g	
Protein		20.03g	
Vitamin A	67.48mcg	Vitamin C	0.00mg
Calcium	131.10mg	Iron	3.16mg

Chicken Strips - Elem



Servings:	128.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20917

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC GRANULATED	1 3/5 Ounce	1.6 oz	513881
SPICE ONION POWDER	1 3/5 Ounce	1.6 oz	126993
SALT KOSHER 12-3 DIAC	1 Ounce	READY_TO_EAT used to salt food	424307
SPICE PEPR BLK REST GRIND	1/3 Ounce	.33 oz	225061
SPICE PAPRIKA	1/3 Ounce	.33 oz	518331
BREAD CRUMB FINE UNSEAS	3 Pound	UNPREPARED See Package Instructions	175671
CHIX CVP BRST BNLS SKNLS 5Z	20 Pound		673544
Organic Turkey Red	3 Pound		

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD PAST	17 Each		265454

Preparation Instructions

- Day before -
- Trim chicken breasts of excess fat and double check for bones
- Cut into strips (approx 1 - 1.25 oz each)
- Prepare in separate bins for:
- Egg wash (beaten 17 eggs w/ 1# water)
- Flour (mixed with salt, pepper, onion powder)
- Breadcrumbs (mixed with paprika and garlic powder)
- Coat strips in flour evenly
- Dip strips in egg wash
- Coat strips breadcrumb mixture
- Lay pan liner on sheet pan & drizzle olive oil on pan
- Lay strips in row on sheet pans for baking
- Day of service:
- Drizzle olive oil on strips
- Toss with hands to make sure all sides are coated.
- Bake strips 300 degrees for 8 - 10 minutes or until chicken temps at 165 degrees

Meal Components

Amount Per Serving	
Meat/Meat Alternate	1.750
Grain	1.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 128.00			
Serving Size: 2.00 Each			
Amount Per Serving			
Calories		102.43	
Fat		1.69g	
Saturated Fat		0.22g	
Trans Fat		0.00g	
Cholesterol		62.57mg	
Sodium		106.75mg	
Carbohydrates		6.69g	
Fiber		0.32g	
Total Sugar		0.19g	
Added Sugar		0.00g**	
Protein		16.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.56mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chickpea & Cucumber Medley



Servings:	50.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21669

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO	60 Ounce		118753
TOMATO ROMA 2	20 Ounce		846642
PARSLEY ITAL FRESH	1 1/4 Ounce		521520
CUCUMBER SELECT	20 Ounce		418439
SALT KOSHER 12-3 DIAC	1/2 Ounce	READY_TO_EAT used to salt food	424307
SPICE PEPR BLK REG FINE GRIND	1/4 Ounce		225037
OIL OLIVE XVRGN MEDITRR IMPRTD	10 Ounce		758521
LEMON JUICE 100	5 Ounce		311227

Preparation Instructions

CAN BE MADE UP TO 3 DAYS IN ADVANCE:

Drain garbanzo beans (reserve liquid)

Wash tomatoes and cucumbers

Small dice cucumbers & tomatoes

Chop Parsley

Mix all ingredients and add salt, pepper, lemon to taste.

* Serve w/ pita chips *

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.075
Beans, Peas, and Lentils	0.150
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	58.21**		
Fat	3.42g**		
Saturated Fat	0.55g**		
Trans Fat	0.00g**		
Cholesterol	0.00mg**		
Sodium	101.40mg**		
Carbohydrates	5.70g**		
Fiber	1.55g**		
Total Sugar	1.05g**		
Added Sugar	0.00g**		
Protein	1.85g**		
Vitamin A	16.24mcg**	Vitamin C	0.47mg**
Calcium	19.39mg**	Iron	0.24mg**

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

Nutrition - Per 100g

Calories	102.67**		
Fat	6.02g**		
Saturated Fat	0.97g**		
Trans Fat	0.00g**		
Cholesterol	0.00mg**		
Sodium	178.85mg**		
Carbohydrates	10.06g**		
Fiber	2.73g**		
Total Sugar	1.85g**		
Added Sugar	0.00g**		
Protein	3.26g**		
Vitamin A	28.65mcg**	Vitamin C	0.82mg**
Calcium	34.19mg**	Iron	0.43mg**

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

Pita chips



Servings:	120.00	Category:	Grain
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD PITA 6IN	60 Each	cut into 8 slices	244351
OIL OLIVE XVRGN MEDITRR IMPRTD	2 1/2 Cup	you may not need this much	758521
SALT KOSHER 12-3 DIAC	2 Ounce	you may not need this much	424307

Preparation Instructions

- Cut pitas into 8 slices
- Toss in olive oil
- Place on sheet pan
- LIGHTLY SPRINKLE SALT!!!
- Bake on 350 for 5 - 7 minutes or until crispy

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 4.00

Amount Per Serving			
Calories		150.00	
Fat		6.67g	
Saturated Fat		0.92g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		302.00mg	
Carbohydrates		19.00g	
Fiber		1.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		3.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.35mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger - Elementary



Servings:	120.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29907

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALT KOSHER 12-3 DIAC	1/2 Ounce	READY_TO_EAT used to salt food	424307
SPICE PEPR BLK REG FINE GRIND	1/2 Ounce		225037
BUN HAMB WGRAIN 3.5 10-12CT GCHC	120 Each		266545
BEEF GRND 85/15 FREE FALL	20 Pound		330841

Preparation Instructions

Day before service
Using green scoop, make patties
Flatten on sheet pan

Cover tightly with saran

Day of service

sprinkle with salt & pepper mixture

Bake in oven at 325 for 5 -7 minutes or until internal temperature is 165 degrees

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		283.33	
Fat		11.50g	
Saturated Fat		4.00g	
Trans Fat		0.33g	
Cholesterol		60.00mg	
Sodium		268.00mg	
Carbohydrates		19.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		22.67g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	39.67mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sauce



Servings:	50.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27760

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR HR A/P	2 Ounce		227528
BUTTER PRINT UNSLTD GRD AA	10 1/2 Teaspoon		299405
SALT KOSHER 12-3 DIAC	1/4 Teaspoon		424307
CHEESE AMER SHRD R/F	10 Ounce		861950
MILK WHT 1	3 1/4 Cup		817801

Preparation Instructions

- Melt butter
- Add flour and salt - stir until smooth to make roux
- Add milk gradually, stirring constantly - until starts to thicken
- Add shredded american cheese
- Cook - stirring frequently until smooth
- REMINDER - SAUCE WILL THICKEN IN WARMER - CAN ADD WARM MILK TO THIN IT OUT

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.100
Grain	0.038
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories		74.83	
Fat		2.48g	
Saturated Fat		1.52g	
Trans Fat		0.00g	
Cholesterol		9.84mg	
Sodium		108.45mg	
Carbohydrates		8.04g	
Fiber		0.06g	
Total Sugar		6.86g	
Added Sugar		0.00g	
Protein		5.22g	
Vitamin A	248.68mcg	Vitamin C	0.00mg
Calcium	178.54mg	Iron	0.13mg

Nutrition - Per 100g

Calories		131.98	
Fat		4.38g	
Saturated Fat		2.68g	
Trans Fat		0.00g	
Cholesterol		17.35mg	
Sodium		191.27mg	
Carbohydrates		14.18g	
Fiber		0.10g	
Total Sugar		12.10g	
Added Sugar		0.00g	
Protein		9.20g	
Vitamin A	438.60mcg	Vitamin C	0.00mg
Calcium	314.89mg	Iron	0.23mg

Macaroni & Cheese



Servings:	164.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27759

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR	10 Pound		654550
OIL OLIVE XVRGN MEDITRR IMPRTD	3/4 Pound		758521
SALT KOSHER 12-3 DIAC	3/4 Ounce		424307
FLOUR HR A/P	6 1/2 Ounce		227528
BUTTER PRINT UNSLTD GRD AA	11 1/2 Tablespoon		299405
CHEESE AMER SHRD R/F	2 Pound		861950
MILK WHT 1	11 Cup		817801

Preparation Instructions

- Macaroni
- Boil water - add pinch salt
- Cook pasta in boiling water for approx 7 minutes
- Drain water
- Mix in cheese sauce
- Cheese sauce:
- Melt butter
- Add 1 tsp of salt & flour - stir until smooth to make roux
- Add milk gradually, stirring constantly - until start to thicken
- Add shredded american cheese
- Cook - stirring frequently until smooth

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.195
Grain	1.013
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 5.00 Ounce

Amount Per Serving			
Calories		181.24	
Fat		3.50g	
Saturated Fat		1.79g	
Trans Fat		0.00g	
Cholesterol		11.47mg	
Sodium		180.07mg	
Carbohydrates		28.90g	
Fiber		1.03g	
Total Sugar		8.15g	
Added Sugar		0.00g	
Protein		9.43g	
Vitamin A	256.62mcg	Vitamin C	0.00mg
Calcium	202.05mg	Iron	1.01mg

Nutrition - Per 100g

Calories		127.86	
Fat		2.47g	
Saturated Fat		1.26g	
Trans Fat		0.00g	
Cholesterol		8.09mg	
Sodium		127.03mg	
Carbohydrates		20.39g	
Fiber		0.73g	
Total Sugar		5.75g	
Added Sugar		0.00g	
Protein		6.65g	
Vitamin A	181.04mcg	Vitamin C	0.00mg
Calcium	142.54mg	Iron	0.71mg

Beef & Noodles Elem



Servings:	100.00	Category:	Entree
Serving Size:	6.00 ounce spoodle	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29906

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STEW MEAT DCD 85 LEAN	25 Pound		443689
BUTTER PRINT UNSLTD GRD AA	10 Ounce		299405
ONION YELLOW JUMBO	1 Pound		109620
BASE BEEF	1/3 Cup	READY_TO_EAT Prepare as directed.	160810
SALT KOSHER 12-3 DIAC	1/2 Ounce	READY_TO_EAT used to salt food	424307
SPICE PEPR BLK REG FINE GRIND	1/4 Ounce		225037
PASTA NOODL KLUSKI 1/8IN	6 1/4 Pound		270385

Preparation Instructions

Melt butter over medium heat and saute onion until softened, 5-10 minutes.
Add steak to onion and pour beef stock over steak
Season with salt & pepper
Bring to a boil, reduce heat to low, cover with lid
Simmer until steak is tender 50 minutes to 1 hour and 50 minutes
Add kluski pasta - stir - cook until pasta is cooked through
If too liquid - add corn starch to thicken

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
Grain	1.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 ounce spoodle

Amount Per Serving			
Calories		268.99	
Fat		7.95g	
Saturated Fat		3.35g	
Trans Fat		0.00g	
Cholesterol		101.50mg	
Sodium		244.83mg	
Carbohydrates		20.64g	
Fiber		1.08g	
Total Sugar		1.32g	
Added Sugar		0.00g	
Protein		28.95g	
Vitamin A	0.09mcg	Vitamin C	0.34mg
Calcium	27.46mg	Iron	3.22mg

Nutrition - Per 100g

No 100g Conversion Available

Beef & Mac - Elem



Servings:	150.00	Category:	Entree
Serving Size:	6.00 oz spoodle	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 FREE FALL	25 Pound		330868
BASE BEEF	15 Teaspoon	READY_TO_EAT Prepare as directed.	160810
TOMATO ITAL PLD WHL	10 Pound	Drained	478251
SALT KOSHER 12-3 DIAC	1 Ounce	READY_TO_EAT used to salt food	424307
PASTA ELBOW MACAR	6 Pound		654550
SPICE PEPR BLK REG FINE GRIND	1 Ounce		225037
SPICE GARLIC POWDER	1 Ounce		224839
SPICE CHILI POWDER MILD	2 Ounce		331473
SPICE PAPRIKA	1 1/2 Ounce		518331
SPICE ONION POWDER	1 1/2 Ounce		126993

Preparation Instructions

- In tilt skillet, brown beef - remove beef and strain fat/grease
- Mix 15 C of water & 15 tsp of beef base - set aside
- Bring water to a boil - add pinch of salt
- Once water is boiling, add macaroni - cook until tender, approx 8 minutes
- Add oil tilt skillet to heat

Add tomato, beef stock , garlic, salt, pepper, seasonings, beef & pasta - cook over medium heat uncovered until heated through - 5-10 minutes

Transfer to hotel pan, hold in warmer until service

Meal Components

Amount Per Serving	
Meat/Meat Alternate	1.750
Grain	0.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.750
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 150.00			
Serving Size: 6.00 oz spoodle			
Amount Per Serving			
Calories		257.40	
Fat		15.33g	
Saturated Fat		6.00g	
Trans Fat		0.75g	
Cholesterol		52.00mg	
Sodium		174.07mg	
Carbohydrates		14.51g	
Fiber		0.88g	
Total Sugar		1.54g	
Added Sugar		0.00g	
Protein		15.13g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	15.24mg	Iron	2.23mg

Nutrition - Per 100g

No 100g Conversion Available			
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Taco - beef - Elem



Servings:	103.00	Category:	Entree
Serving Size:	1.24 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GARLIC PLD FRESH	2 Ounce		428353
OIL OLIVE XVRGN MEDITRR IMPRTD	2/5 Ounce	.41 oz	758521
SALT KOSHER 12-3 DIAC	2 1/2 Teaspoon	READY_TO_EAT used to salt food	424307
SPICE CHILI POWDER MILD	10 Teaspoon		331473
SPICE PAPRIKA	5 Teaspoon		518331
SPICE CUMIN GRND	5 Teaspoon		273945
SPICE ONION POWDER	2 1/2 Teaspoon		126993
SPICE GARLIC POWDER	2 1/2 Teaspoon		224839
SPICE OREGANO GRND	2 1/2 Teaspoon		513725
SPICE PEPR BLK REG FINE GRIND	2 1/2 Teaspoon		225037
BEEF GRND 80/20 FREE FALL	10 Pound		330868
TORTILLA FLOUR ULTRGR 6IN	103 Each		882690
CHEESE BLND CHED/MONTRY JK SHRD	13 Ounce	READY_TO_EAT None	712131

Preparation Instructions

Sauté garlic in oil on low heat

Add the ground beef and brown - drain grease if needed

Combine all the dry spices together

Add dry spices to beef and mix - you may need to add water to mixture

Using blue scoop - fill taco shell with meat

Meal Components

Amount Per Serving	
Meat/Meat Alternate	1.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 103.00			
Serving Size: 1.24 Ounce			
Amount Per Serving			
Calories		205.98	
Fat		12.30g	
Saturated Fat		5.87g	
Trans Fat		0.43g	
Cholesterol		31.81mg	
Sodium		153.62mg	
Carbohydrates		15.18g	
Fiber		2.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		9.80g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	44.07mg	Iron	1.95mg

Nutrition - Per 100g

Calories		585.94	
Fat		34.99g	
Saturated Fat		16.69g	
Trans Fat		1.24g	
Cholesterol		90.48mg	
Sodium		436.99mg	
Carbohydrates		43.17g	
Fiber		5.69g	
Total Sugar		2.84g	
Added Sugar		0.00g	
Protein		27.89g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	125.36mg	Iron	5.54mg

Banana Bread



Servings:	64.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21026
School:	Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA	1 1/2 Cup	melted	299405
BANANA TURNING SNGL 150CT	18 Each	5.12 lbs - make sure they are RIPE	197769
SUGAR CANE GRANUL	6 Cup	6 cup	108642
SALT KOSHER 12-3 DIAC	3 Teaspoon	READY_TO_EAT used to salt food	424307
EGG SHL LRG A GRD PAST	6 Each		265454
BAKING SODA	6 Teaspoon	6 tsp	626531
Frederic's Whole Grain Flour	1 Pound	4.5 cup	
All Purpose Flour	1 Pound	4.5 cup	

Preparation Instructions

- Prepare 1 sheet pan with pan spray
- Combine bananas, sugar, egg & butter together in a bowl.
- Mix flour and baking soda together in a separate bowl; stir into banana mixture until batter is just mixed.
- Stir salt into batter.
- Pour into 1 sheet pan
- Tent cover with foil to prevent from burning on top
- Convection oven: 300 degrees for 20 minutes

Turn and bake in 10 minute increments - checking frequently until a toothpick inserted in the center of the bread comes out clean,
Cut 8x8

Meal Components

Amount Per Serving	
Meat/Meat Alternate	0.219
Grain	1.000
Fruit	0.150
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 64.00			
Serving Size: 1.00 Piece			
Amount Per Serving			
Calories		154.85	
Fat		4.61g	
Saturated Fat		2.77g	
Trans Fat		0.00g	
Cholesterol		28.59mg	
Sodium		169.74mg	
Carbohydrates		28.60g	
Fiber		1.09g	
Total Sugar		21.94g	
Added Sugar		18.00g**	
Protein		1.22g	
Vitamin A	21.24mcg	Vitamin C	2.89mg
Calcium	5.41mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Muffin



Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20914
School:	Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Organic High Protein Flour	4 Cup	4 cup	
Organic Turkey Red	4 Cup	4 cup	
SUGAR CANE GRANUL	4 Cup	4 cup	108642
BAKING POWDER	8 Teaspoon	8 tsp	361032
SALT KOSHER 12-3 DIAC	1 Teaspoon	READY_TO_EAT used to salt food	424307
EGG SHL LRG A GRD PAST	8 Each	must be at room temperature	265454
BLUEBERRY FREE-FLOW IQF 30 GCHC	3 Cup	3 cup	119873
MILK WHT WHL	2 1/2 Cup	2.5 cup - room temperature	512109
FLAVORING VANILLA IMIT	4 Teaspoon		110744
OIL VEG	2 1/2 Cup	2.5 cup	330282

Preparation Instructions

Combine flour, sugar, baking powder.

Add milk, eggs, oil. Mix at low speed until incorporated.

Do not over mix. It will be lumpy and that is ok

Roll blueberries in flour to prevent them from sinking - the flour will help absorb some of the liquid.

Fold in blueberries with a rubber spatula; do not spin on mixer with blueberries or they will mush, break & bleed in the muffin mix

Use blue scoop and bake in muffin tins at 350 degrees F for 23 - 26 minutes.

Serve warm

Meal Components

Amount Per Serving	
Meat/Meat Alternate	0.333
Grain	0.000
Fruit	0.063
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 48.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		275.48	
Fat		13.58g	
Saturated Fat		2.60g	
Trans Fat		0.20g	
Cholesterol		34.48mg	
Sodium		139.25mg	
Carbohydrates		34.50g	
Fiber		1.19g	
Total Sugar		18.02g	
Added Sugar		16.00g**	
Protein		4.90g	
Vitamin A	31.25mcg	Vitamin C	0.25mg
Calcium	61.56mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Pancakes - Breakfast



Servings:	40.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21037
School:	Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% White Whole Wheat Flour	9/11 Pound	Use Black Emmer .82# (3 cup)	110858
All Purpose Flour	9/11 Pound	.82 # (3 cup)	
SUGAR CANE GRANUL	2 2/3 Ounce	2.65 oz (6 Tablespoons)	108642
MILK WHT 1	30 Fluid Ounce	30 oz (3 3/4 C)	817801
BAKING POWDER	2 2/7 Ounce	2.28 oz (3 tablespoons)	361032
EGG SHL LRG A GRD PAST	6 Each		265454
SALT KOSHER 12-3 DIAC	1/6 Ounce	.17 oz (3/4 tsp)	424307
FLAVORING VANILLA IMIT	4/9 Fluid Ounce	.44 oz (3 tsp)	110744
BUTTER PRINT UNSLTD GRD AA	6 Ounce	6 oz (3/4 cup)	299405
SUGAR BROWN LT	5 2/7 Ounce	5.29 oz (3/4 cup)	846775

Preparation Instructions

- Preheat convection oven to 350 degrees
- Whisk dry ingredients (flour, baking powder, brown sugar, sugar & salt)
- Whisk in wet ingredients. (milk, eggs, butter & vanilla)

Pour wet ingredients into dry ingredients and stir just until you see no more flour.
It's ok for it to be lumpy.
Pour into prepared sheet pan & even out the top with a spatula.
Bake 350 degrees for 12-15 minutes. Turning halfway through cooking.
Top should be golden brown and toothpick come out clean.

BREAKFAST - CUT 5x8

Meal Components

Amount Per Serving	
Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		176.84	
Fat		4.39g	
Saturated Fat		2.47g	
Trans Fat		0.00g	
Cholesterol		37.88mg	
Sodium		231.91mg	
Carbohydrates		31.31g	
Fiber		1.33g	
Total Sugar		21.76g	
Added Sugar		1.89g	
Protein		2.81g	
Vitamin A	44.84mcg	Vitamin C	0.00mg
Calcium	103.67mg	Iron	0.29mg

Nutrition - Per 100g

No 100g Conversion Available			
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