

Cookbook for Lake Williamson Christian Center

Created by HPS Menu Planner

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Vegetable Lasagna

Servings:	25.00	Category:	Entree
Serving Size:	0.05	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52984
School:	Lake Williamson Christian Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE RICOTTA WHP PART SKM	4 Cup		512265
CHEESE PARM GRTD	1 Teaspoon		445401
CHEESE MOZZ 2 SHRD FTNR	1 Cup		421812
SPICE CHIVES FREEZE DRIED	1 Tablespoon		149659
SPICE PARSLEY FLAKES	1 Teaspoon		513989
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	350732
SAUCE ALFREDO	1 Ounce		283580
CARROT SLCD C/C	1 Cup		175706
MUSHROOM SLCD 1/8IN	1 Cup		285196
ONION DCD 1/4IN	1 Ounce		198307
MARGARINE LIQUID	1 Tablespoon	READY_TO_EAT This ready-to-use liquid margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	266965
PEPPERS COLORED MIXED ASST	1 Cup		491012
ZUCCHINI SLCD IQF	1 Cup		533734
BROCCOLI CUTS	1 Ounce		610871

Preparation Instructions

Mix together all ingredients on the left side.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.05

Amount Per Serving	
Calories	77.61
Fat	4.94g
Saturated Fat	2.70g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	183.92mg
Carbohydrates	4.03g
Fiber	0.34g
Total Sugar	2.57g
Added Sugar	0.00g
Protein	3.28g
Vitamin A 209.62mcg	Vitamin C 10.18mg
Calcium 91.82mg	Iron 0.11mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders

Servings:	25.00	Category:	Entree
Serving Size:	3.20	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56798
School:	Lake Williamson Christian Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD FC 2Z	3 1/5 Piece	Fry for 4.5 minutes at 350 degrees.	323296

Preparation Instructions

25 portions per case.

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: 25.00

Serving Size: 3.20

Amount Per Serving			
Calories	2.44		
Fat	0.08g		
Saturated Fat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.52mg		
Sodium	8.61mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Total Sugar	0.01g		
Added Sugar	0.00g		
Protein	0.20g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available

Kabob glaze

Servings:	0.00	Category:	Condiments or Other
Serving Size:	0.00 na	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56801
School:	Lake Williamson Christian Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE LEMON	1 Cup		332360
VINEGAR WINE RED 5	1 Cup		644481
GARLIC MINCED IN WTR	1 Teaspoon		874910
SUGAR BROWN LT	1 Teaspoon		860311
Less Sodium Soy Sauce	1 Quart	READY_TO_EAT	466425
SPICE GINGER GRND	1 Teaspoon		513695

Preparation Instructions

Whip together. Soak kabob meat no longer than 1 day.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.00 na

Amount Per Serving	
Calories	104.80
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.40mg
Carbohydrates	5.00g
Fiber	0.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	0.00g
Vitamin A 1.28mcg	Vitamin C 1.28mg
Calcium 19.20mg	Iron 1.28mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Marsala

Servings:	30.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56803
School:	Lake Williamson Christian Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSHROOM MED	2 Quart		198684
unsalted butter	1/2 Pound	READY TO USE	299405
OIL OLIVE POMACE	1/2 Cup		270819
GARLIC CHPD IN WTR	1/2 Cup		321565
WINE CKING MARSALA	1/2 Gallon	SIMMER Roland Marsala Cooking Wine is made ready to use. This product is usually added to sauces and marinades.	793353
SPICE PEPR WHITE GRND	1 1/2 Teaspoon		513776
SOUR CREAM	1 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218
FLOUR HR A/P	1 Cup		227528
CHIX BRST BNLS SKNLS DBL IF 8Z	1/2 Each		419866

Preparation Instructions

Melt butter in pan & add olive oil. Add mushrooms & saute. Add spices and marsala. Cook down for 30 minutes. Whisk flour in the sour cream. Gradually add sour cream mixture by spoon fulls into the hot mixture. Let sauce simmer. Taste & adjust salt/pepper. Place on top of chicken & combi 10 minutes.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00

Amount Per Serving	
Calories	141.78
Fat	4.12g
Saturated Fat	0.71g
Trans Fat	0.00g
Cholesterol	1.14mg
Sodium	385.79mg
Carbohydrates	10.74g
Fiber	0.42g
Total Sugar	4.56g
Added Sugar	0.00g
Protein	1.61g
Vitamin A 1.75mcg**	Vitamin C 0.45mg**
Calcium 2.57mg	Iron 0.44mg

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

Nutrition - Per 100g

No 100g Conversion Available