

# **Cookbook for Rensselaer Central High School**

**Created by HPS Menu Planner**

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# Assorted Variety of Cereal

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57517

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RICE CHEX BLUEB BOWL	1 Each		261737
Lucky Charms Reduced Sugar	1 Each		549485

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	111.41
<b>Fat</b>	1.83g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	168.68mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.04g
<b>Total Sugar</b>	5.67g
<b>Added Sugar</b>	4.67g
<b>Protein</b>	2.14g
<b>Vitamin A</b> 44.44mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 85.64mg	<b>Iron</b> 4.46mg

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57551

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each	N/A	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook beef patty according to directions on package. Place in warmer to keep warm until ready for service.  
Service: Place 1 beef patty, 1 slice of cheese between hamburger bun.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	338.00		
<b>Fat</b>	14.50g		
<b>Saturated Fat</b>	5.60g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	46.50mg		
<b>Sodium</b>	649.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Total Sugar</b>	4.50g		
<b>Added Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.00mg	<b>Iron</b>	4.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Uncrustable with Cheese Stick & Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57520

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CHEESE STIX COLBY JK R/F IW	1 Each	N/A	786510
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

## Preparation Instructions

Package all items together.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	490.00
<b>Fat</b>	26.50g
<b>Saturated Fat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	15.00g
<b>Added Sugar</b>	12.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 263.00mg	<b>Iron</b> 1.70mg

### Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad with Muffin & Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57523

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
EGG HARD CKD PLD DRY PK	1 Each	Cut into half	730851
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	USDA Brown Box---If Brown Box isn't available use GFS#861950	100012
MUFFIN BLUEB WGRAIN IW	1 Each	Or use GFS#557991	557970
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

## Preparation Instructions

Place lettuce in container and layer other ingredients (cucumbers, tomato, cheese, and egg) on top. Place muffin and package of Goldfish in contain.

Offer dressing on side

Keep refrigerated

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.750
<b>Red/Orange</b>	0.250
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	475.65
<b>Fat</b>	20.63g
<b>Saturated Fat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	235.00mg
<b>Sodium</b>	562.25mg
<b>Carbohydrates</b>	51.50g
<b>Fiber</b>	4.15g
<b>Total Sugar</b>	20.00g
<b>Added Sugar</b>	16.00g
<b>Protein</b>	19.90g
<b>Vitamin A</b> 27.30mcg	<b>Vitamin C</b> 0.73mg
<b>Calcium</b> 106.91mg	<b>Iron</b> 2.78mg

## Nutrition - Per 100g

No 100g Conversion Available

# Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57524

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	N/A	276142
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity---Thaw--weight	100187
Turkey Breast Deli	1 3/4 ounces	USDA Brown Box Commodity---Thaw--weight	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036

## Preparation Instructions

Thaw meat ahead of time.

Weigh portions of meat on scales. Place meat (ham and turkey) with 1 slice of cheese on sub bun. Wrap and hold in cooler for service.

### Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	299.55		
<b>Fat</b>	9.25g		
<b>Saturated Fat</b>	4.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	56.76mg		
<b>Sodium</b>	863.77mg		
<b>Carbohydrates</b>	33.15g		
<b>Fiber</b>	2.00g		
<b>Total Sugar</b>	5.52g		
<b>Added Sugar</b>	4.00g		
<b>Protein</b>	23.03g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	2.00mg

## Nutrition - Per 100g

<b>Calories</b>	845.22		
<b>Fat</b>	26.10g		
<b>Saturated Fat</b>	11.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	160.16mg		
<b>Sodium</b>	2437.29mg		
<b>Carbohydrates</b>	93.54g		
<b>Fiber</b>	5.64g		
<b>Total Sugar</b>	15.59g		
<b>Added Sugar</b>	11.29g		
<b>Protein</b>	64.98g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	158.01mg	<b>Iron</b>	5.64mg

# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57522

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/2 Cup		569744
Variety of Fruit	1/2 Cup		

## Preparation Instructions

Use 12 ounce cup (GFS#773551). Place 1/2 cup of granola into insert cup. In larger cup place 1/2 cup of yogurt, then 1/2 cup of fruit, and last 1/2 cup of yogurt. Insert granola cup inside of cup and place lid on. Hold in cooler or under refrigeration.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	453.12
<b>Fat</b>	5.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	280.34mg
<b>Carbohydrates</b>	88.59g
<b>Fiber</b>	8.89g
<b>Total Sugar</b>	43.02g
<b>Added Sugar</b>	19.62g
<b>Protein</b>	14.72g
<b>Vitamin A</b> 238.81mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.36mg	<b>Iron</b> 0.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Chicken Biscuit Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57544

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	N/A	645080
Pillsbury Easy-Split Buttermilk Biscuits	1 Each		120851

## Preparation Instructions

Cook and warm chicken patty and biscuit according to directions on package.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	295.00
<b>Fat</b>	12.50g
<b>Saturated Fat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	625.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	1.50g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.00mg	<b>Iron</b> 2.70mg

### Nutrition - Per 100g

No 100g Conversion Available

# Homemade Beef Taco Meat

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 ounce weight	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57530

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	13 Pound	USDA Brown Box Commodity---Thaw	100158
SPICE ONION MINCED	9 Tablespoon	or 1/2 Cup and 1 Tablespoon	513997
SPICE GARLIC POWDER	3 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND	4 Teaspoon	Or 1 Tablespoon and 1 teaspoon	225037
TOMATO PASTE FCY	1/4 #10 CAN	Or 27.75 ounce weight	221851
Tap Water	2 Quart		
SPICE CHILI POWDER MILD	1/4 Cup		331473
SPICE CUMIN GRND	3 Tablespoon		273945
SPICE PAPRIKA SPANISH	1 Tablespoon		225002
SPICE ONION POWDER	1 Tablespoon		126993

## Preparation Instructions

Thaw ground beef 2 days ahead under refrigeration.

1. Brown ground beef and drain.
2. Add onion, garlic powder, pepper, tomato paste, and water and seasonings.
3. Blend well.
4. Bring to boil, Reduce heat and simmer for 25-30 minutes.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00 ounce weight

<b>Amount Per Serving</b>			
<b>Calories</b>	179.33		
<b>Fat</b>	12.42g		
<b>Saturated Fat</b>	4.14g		
<b>Trans Fat</b>	2.07g		
<b>Cholesterol</b>	53.81mg		
<b>Sodium</b>	76.86mg		
<b>Carbohydrates</b>	3.82g		
<b>Fiber</b>	0.74g		
<b>Total Sugar</b>	1.48g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	14.49g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.19mg

## Nutrition - Per 100g

<b>Calories</b>	228.10		
<b>Fat</b>	15.79g		
<b>Saturated Fat</b>	5.26g		
<b>Trans Fat</b>	2.63g		
<b>Cholesterol</b>	68.44mg		
<b>Sodium</b>	97.77mg		
<b>Carbohydrates</b>	4.86g		
<b>Fiber</b>	0.94g		
<b>Total Sugar</b>	1.88g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	18.43g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.24mg

# Breaded Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57552

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook chicken patty according to directions on package. Place in warmer to keep warm until ready for service.

Service: Place 1 chicken patty between hamburger bun.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 65.00mg	<b>Iron</b> 4.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Breaded Spicy Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57553

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	N/A	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook chicken patty according to directions on package. Place in warmer to keep warm until ready for service.

Service: Place 1 chicken patty between hamburger bun.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	380.00
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 4.00mg

### Nutrition - Per 100g

No 100g Conversion Available