

Cookbook for Rensselaer Central High School

Created by HPS Menu Planner

Table of Contents

Assorted Variety of Cereal

Cheeseburger on Bun

Uncrustable with Cheese Stick & Goldfish

Chef Salad with Muffin & Goldfish

Sub Sandwich

Yogurt Parfait

Sausage Biscuit Sandwich

Homemade Beef Taco Meat

Breaded Chicken Patty on Bun

Meatball with Marinara

Breaded Spicy Chicken Patty on Bun

Mashed Potatoes

Poultry Gravy

Brown Rice

Spaghetti and Meat Sauce

Chicken Biscuit Sandwich

Grilled Cheese Sandwich

Tomato Soup

Assorted Variety of Cereal

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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: 9.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

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

Meat/Meat Alternate	2.500
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: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with Cheese Stick & Goldfish

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

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad with Muffin & Goldfish

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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	
Meat/Meat Alternate	2.500
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: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Yogurt Parfait

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

Component	Amount
Meat/Meat Alternate	2.000
Grain	2.000
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: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57519

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD	1 Each		184970
Pillsbury Easy-Split Buttermilk Biscuits	1 Each		120851

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	2.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	260.00
Fat	12.00g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	500.00mg
Carbohydrates	29.00g
Fiber	0.00g
Total Sugar	3.00g
Added Sugar	1.00g
Protein	11.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 220.00mg	Iron 2.06mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Beef Taco Meat

Servings:	75.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat/Meat Alternate	2.000
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: 75.00

Serving Size: 2.00 ounce weight

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

Nutrition - Per 100g

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

Breaded Chicken Patty on Bun

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

Meat/Meat Alternate	2.000
Grain	3.000
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: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball with Marinara

Servings:	30.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57562

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	5 Pound	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE MARINARA A/P	1 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714

Preparation Instructions

For best results meatballs in cooler (<40°F Serv Safe Standard) for 24 -36hrs.

Oven Method: Meatballs and Marinara

Place contents of bag in a full-size hotel pan.

Add marinara sauce to the pan of meatballs.

Heat covered (with lid or parchment & foil) in a 350°F convection oven for approximately 25 minutes or until products reaches serving temp. 135°F (Serv Safe Standard 135°F for 15 seconds).

Once the product has reached internal temperature, place in a hot holding cabinet until service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 4.00 Each

Amount Per Serving	
Calories	196.73
Fat	10.39g
Saturated Fat	3.59g
Trans Fat	0.62g
Cholesterol	36.93mg
Sodium	544.41mg
Carbohydrates	12.36g
Fiber	2.58g
Total Sugar	5.93g
Added Sugar	1.03g
Protein	13.86g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 76.80mg	Iron 1.80mg

Nutrition - Per 100g

Calories	260.22
Fat	13.75g
Saturated Fat	4.75g
Trans Fat	0.81g
Cholesterol	48.85mg
Sodium	720.11mg
Carbohydrates	16.34g
Fiber	3.41g
Total Sugar	7.84g
Added Sugar	1.36g
Protein	18.33g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 101.59mg	Iron 2.38mg

Breaded Spicy Chicken Patty on Bun

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

Meat/Meat Alternate	2.000
Grain	3.000
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: 1.00

Serving Size: 1.00 Each

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

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-57525

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mashed Potato	28 Ounce	1 Package	613738
Tap Water	1 Gallon		

Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190°F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.

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	0.500

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	313.82mg
Carbohydrates	14.42g
Fiber	0.85g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.70g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 8.48mg	Iron 0.25mg

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

Nutrition - Per 100g

Calories	375.11		
Fat	4.17g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1542.11mg		
Carbohydrates	70.85g		
Fiber	4.17g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	8.34g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	41.68mg	Iron	1.25mg

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

Poultry Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57526

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX TKY	15 Ounce	1 Package	242440
Tap Water	1 Gallon		

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.

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

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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	2.93		
Fat	0.06g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	44.53mg		
Carbohydrates	0.47g		
Fiber	0.00g		
Total Sugar	0.12g		
Added Sugar	0.00g		
Protein	0.12g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.82mg	Iron	0.00mg

Nutrition - Per 100g

Calories	88.24		
Fat	1.76g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1341.30mg		
Carbohydrates	14.12g		
Fiber	0.00g		
Total Sugar	3.53g		
Added Sugar	0.00g		
Protein	3.53g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	24.71mg	Iron	0.00mg

Brown Rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57529

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	8 1/3 Cup	N/A	516371
Tap Water	17 Cup		

Preparation Instructions

Stovetop:

Bring water to a boil. Add rice and stir. Cover tightly and simmer over a low heat until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with fork before serving.

Oven:

Combine rice and hot water pan, and stir. Cover and bake in a 350°F oven, until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving.

Steamer:

Combine rice and hot water in a steam table pan, and stir. Cover and steam according to manufacturer's directions, or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	113.29
Fat	1.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	23.99g
Fiber	0.67g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.67g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 3.33mg	Iron 0.67mg

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meat Sauce

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57550

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	8 1/2 Pound	USDA Brown Box Commodity----Thaw	100158
SPICE ONION MINCED	3/4 Cup		513997
SPICE GARLIC POWDER	4 1/2 Teaspoon	Or 1 Tablespoon and 1 1/2 teaspoon	224839
SPICE PEPR BLK REG FINE GRIND	1 1/2 Teaspoon		225037
TOMATO PUREE 1.06	9 Cup	Or 2 quarts and 1 cup	270091
Tap Water	6 1/2 Gallon		
SALT KOSHER COARSE	3 Tablespoon		153550
SPICE PARSLEY FLAKES	1/4 Cup		259195
SPICE BASIL LEAF	2 Tablespoon		518341
SPICE OREGANO GRND	2 Tablespoon		513725
SPICE MARJORAM LEAF	1 Tablespoon		513709
SPICE THYME LEAF	1 1/2 Teaspoon		513814
PASTA SPAG 51 WGRAIN	76 Ounce	Or 4 pounds and 12 ounce---Broken into thirds	221460

Preparation Instructions

1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
2. Add granulated garlic, pepper, tomato puree, 2 quart water, 1 Tablespoon salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.
CCP: Heat to 155° F or higher for at least 15 seconds
3. Heat 6 gallon water to rolling boil. Add 2 Tablespoon salt.
4. Slowly add spaghetti noodles. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir cooked spaghetti noodles into meat sauce.
6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans.
7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup) per serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	332.45		
Fat	12.94g		
Saturated Fat	4.06g		
Trans Fat	2.03g		
Cholesterol	52.78mg		
Sodium	410.75mg		
Carbohydrates	39.08g		
Fiber	3.76g		
Total Sugar	4.44g		
Added Sugar	0.00g		
Protein	20.25g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	18.40mg	Iron	2.24mg

Nutrition - Per 100g

Calories	276.58		
Fat	10.76g		
Saturated Fat	3.38g		
Trans Fat	1.69g		
Cholesterol	43.91mg		
Sodium	341.72mg		
Carbohydrates	32.51g		
Fiber	3.13g		
Total Sugar	3.69g		
Added Sugar	0.00g		
Protein	16.85g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	15.31mg	Iron	1.86mg

Chicken Biscuit Sandwich

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

Meat/Meat Alternate	1.000
Grain	2.500
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: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57527

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	1 Cup	Melted	733061
BREAD WGRAIN WHT 16-22Z GCHC	48 Each		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	96 Slice	USDA Brown Box Commodity---Use GFS#499789 if brown box not available	100036

Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 4 slices of cheese. Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:
Conventional oven: 400 ° F for 15 - 20 minutes.
Convection oven: 350 ° F for 10 - 15 minutes.
DO NOT OVER BAKE
Serve immediately.
CCP: Hot foods should held at 140° or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	231.52
Fat	17.39g
Saturated Fat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	641.52mg
Carbohydrates	4.97g
Fiber	0.12g
Total Sugar	2.12g
Added Sugar	0.12g
Protein	12.18g
Vitamin A 500.00mcg	Vitamin C 0.00mg
Calcium 1.82mg	Iron 0.06mg

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57528

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN		488232
Tap Water	1 #5 CAN		

Preparation Instructions

STOVE:

STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.625
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	91.30
Fat	1.01g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	395.64mg
Carbohydrates	18.26g
Fiber	1.01g
Total Sugar	10.14g
Added Sugar	0.00g
Protein	2.03g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 10.14mg	Iron 0.41mg

Nutrition - Per 100g

No 100g Conversion Available