

Cookbook for Tri-County Jr./Sr. High School

Created by HPS Menu Planner

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HS: Fries- 1 Cup

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Assorted Variety of Cereal

NO IMAGE

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57750
School:	Tri-County Jr./Sr. High School		

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

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57751
School:	Tri-County Jr./Sr. High School		

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

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57752
School:	Tri-County Jr./Sr. High School		

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

HS: Tater Tots- 16 Each



Servings:	1.00	Category:	Vegetable
Serving Size:	16.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57759
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	16 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

Preparation Instructions

No Preparation Instructions available.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Each

Amount Per Serving	
Calories	220.00
Fat	12.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	620.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	1.38g
Added Sugar	0.12g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Ranch Dressing

NO IMAGE

Servings:	50.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57758
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT PLN FF NAT	1 Quart		551813
MAYONNAISE LT	2 Cup	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SPICE GARLIC POWDER	1 1/2 Tablespoon		513857
SPICE ONION POWDER	1 1/2 Tablespoon		126993
SPICE DILL WEED	1 1/2 Tablespoon		513938
SALT IODIZED	1/2 Tablespoon		125557
SAUCE WORCESTERSHIRE	1/2 Tablespoon		109843
SUGAR BEET GRANUL	1/2 Tablespoon		108588

Preparation Instructions

1. Mix all ingredients in a large bowl. Stir well. Keep chilled until served.

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: 50.00

Serving Size: 2.00 Tablespoon

Amount Per Serving	
Calories	24.98
Fat	0.64g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	6.93mg
Sodium	117.47mg
Carbohydrates	4.43g
Fiber	0.00g
Total Sugar	1.83g
Added Sugar	0.12g
Protein	0.85g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 35.42mg	Iron 0.01mg

Nutrition - Per 100g

Calories	20819.45
Fat	533.33g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	5777.78mg
Sodium	97889.50mg
Carbohydrates	3688.89g
Fiber	0.00g
Total Sugar	1522.22g
Added Sugar	100.00g
Protein	711.11g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 29516.44mg	Iron 10.67mg

Homemade French Dressing

NO IMAGE

Servings:	128.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57757
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT	2 2/3 Cup		860311
SPICE MUSTARD DRY	4 Tablespoon		400018
SPICE GARLIC POWDER	1 1/3 Teaspoon		513857
SPICE ONION POWDER	1 1/3 Teaspoon		126993
SPICE PAPRIKA	10 2/3 Tablespoon		518331
MAYONNAISE LT	1 1/3 Cup	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406

Description	Measurement	Prep Instructions	DistPart #
KETCHUP CAN NAT LO SOD	1 1/3 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	200621
OIL SALAD VEG SOY CLR NT	8 Cup		292702
VINEGAR WHT DISTILLED 4	2 2/3 Cup		517582

Preparation Instructions

1. Combine sugar, mustard powder, garlic powder, onion powder, salt, and paprika and mix well.
2. Combine seasonings, mayo, ketchup, oil and vinegar in a container. Mix thoroughly with immersion blender.

Meal Components

Amount Per Serving

	Amount
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: 2.00 Tablespoon

Amount Per Serving			
Calories	152.63		
Fat	14.23g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	1.66mg		
Sodium	15.82mg		
Carbohydrates	5.47g		
Fiber	0.02g		
Total Sugar	4.67g		
Added Sugar	4.50g		
Protein	0.05g		
Vitamin A	0.06mcg	Vitamin C	0.01mg
Calcium	0.83mg	Iron	0.02mg

Nutrition - Per 100g

Calories	3317.99		
Fat	309.39g		
Saturated Fat	43.48g		
Trans Fat	0.00g		
Cholesterol	36.14mg		
Sodium	343.95mg		
Carbohydrates	118.93g		
Fiber	0.41g		
Total Sugar	101.54g		
Added Sugar	97.92g		
Protein	1.02g		
Vitamin A	1.26mcg	Vitamin C	0.29mg
Calcium	18.11mg	Iron	0.44mg

Homemade Blueberry Muffin

NO IMAGE

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-57761
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG WHL LIQ W/CITRIC	36 3/8 Ounce		533165
SUGAR BEET GRANUL	63 5/8 Ounce		108588
YOGURT GRK PLN N/F	2 1/4 Quart		398331
LEMON JUICE 100%	1 1/8 Cup		311227
FLAVORING VANILLA IMIT 1-QT KE	3 Tablespoon		110736
OIL SALAD VEG SOY CLR NT	3 Cup		292702
FLOUR WHOLE WHEAT STONE GROUND	5 3/4 Pound		330094
BAKING POWDER	6 Tablespoon		361032
SALT IODIZED	4 1/2 Tablespoon		125557
BAKING SODA	2 1/2 Teaspoon		513849
Free-Flow Cultivated Blueberries, Grade A, IQF, 30 Lb Bag	2 1/2 Pound		119873

Preparation Instructions

1. Pre-heat oven to 350 degrees F.
2. Mix sugar and eggs together until mixture changes to a light/pale yellow color.

3. Add yogurt, lemon juice, vanilla, oil, baking powder, salt, and baking soda to sugar-egg mixture and combine until just incorporated.
 4. Fold in the blueberries with a spatula.
- *Important* Do not add the blueberries to the stand mixer, only fold into muffin mixture after all other ingredients have been incorporated. That will prevent the blueberries from being crushed and coloring the muffin batter blue.
5. Use #12 scoop (green) for muffin batter to fill muffin tins.
 6. Bake at 350 degrees F for 15-20 minutes or until tops are evenly golden brown.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	0.000
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	254.28		
Fat	8.58g		
Saturated Fat	1.41g		
Trans Fat	0.00g		
Cholesterol	41.90mg		
Sodium	484.20mg		
Carbohydrates	38.49g		
Fiber	3.08g		
Total Sugar	19.88g		
Added Sugar	18.05g		
Protein	7.63g		
Vitamin A	0.00mcg	Vitamin C	0.92mg
Calcium	71.20mg	Iron	1.18mg

Nutrition - Per 100g

Calories	384.10		
Fat	12.96g		
Saturated Fat	2.13g		
Trans Fat	0.00g		
Cholesterol	63.30mg		
Sodium	731.41mg		
Carbohydrates	58.14g		
Fiber	4.65g		
Total Sugar	30.03g		
Added Sugar	27.27g		
Protein	11.53g		
Vitamin A	0.00mcg	Vitamin C	1.39mg
Calcium	107.55mg	Iron	1.78mg

Yogurt Parfait

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57755
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1/2 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup		569744
Variety of Fruit	1/2 Cup	BAKE dish into 4 oz. portion cups	

Preparation Instructions

Place 1/4 cup of granola into insert cup. In larger cup place 1/4 cup of yogurt, then 1/2 cup of fruit, and last 1/4 cup of yogurt. Insert granola cup inside of cup and place lid on. Hold in cooler or under refrigeration.

Meal Components

Amount Per Serving

<hr/>	
Meat/Meat Alternate	1.000
Grain	1.000
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

<hr/>	
Amount Per Serving	
Calories	257.97
Fat	2.67g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	143.32mg
Carbohydrates	52.01g
Fiber	5.05g
Total Sugar	27.77g
Added Sugar	9.81g
Protein	7.36g
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Vitamin A 119.40mcg	Vitamin C 0.00mg
Calcium 164.18mg	Iron 0.00mg

Nutrition - Per 100g

<hr/>	
Calories	947.73
Fat	9.80g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	13.71mg
Sodium	526.51mg
Carbohydrates	191.06g
Fiber	18.55g
Total Sugar	102.01g
Added Sugar	36.04g
Protein	27.03g
<hr/>	
Vitamin A 438.66mcg	Vitamin C 0.00mg
Calcium 603.16mg	Iron 0.00mg

Breaded Chicken Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57767
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

Ham Chef Salad w/ Cheez-it® & Croutons

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57768
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity--Weight--Diced	100187
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	1 ounce weight or 1/4 cup	100012
CUCUMBER SELECT	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	Can also sub in Goldfish Crackers (GFS#745481, GFS#112702, and GFS#736280)	282422
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

Place lettuce in bottom of container and layer diced ham, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 1.9.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.125
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	363.19
Fat	15.58g
Saturated Fat	6.02g
Trans Fat	0.00g
Cholesterol	38.44mg
Sodium	888.62mg
Carbohydrates	40.35g
Fiber	3.34g
Total Sugar	5.80g
Added Sugar	2.00g
Protein	20.33g
Vitamin A 404.04mcg	Vitamin C 6.79mg
Calcium 156.84mg	Iron 2.89mg

Nutrition - Per 100g

Calories	427.03
Fat	18.31g
Saturated Fat	7.08g
Trans Fat	0.00g
Cholesterol	45.20mg
Sodium	1044.82mg
Carbohydrates	47.44g
Fiber	3.92g
Total Sugar	6.82g
Added Sugar	2.35g
Protein	23.90g
Vitamin A 475.06mcg	Vitamin C 7.98mg
Calcium 184.41mg	Iron 3.39mg

Turkey Chef Salad w/ Cheez-it® & Croutons

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57769
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
TURKEY BRST DELI 40 COMM	1 3/4 Ounce	USDA Brown Box Commodity--Weight--Diced	110550
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	1 ounce weight or 1/4 cup	100012
CUCUMBER SELECT	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	Can also sub in Goldfish Crackers (GFS#745481, GFS#112702, and GFS#736280)	282422
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

Place lettuce in bottom of container and layer diced turkey, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 1.9.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.125
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	386.53
Fat	15.71g
Saturated Fat	6.09g
Trans Fat	0.00g
Cholesterol	50.63mg
Sodium	945.13mg
Carbohydrates	39.39g
Fiber	3.34g
Total Sugar	4.78g
Added Sugar	2.00g
Protein	25.05g
Vitamin A 404.04mcg	Vitamin C 6.79mg
Calcium 156.84mg	Iron 2.89mg

Nutrition - Per 100g

Calories	389.57
Fat	15.84g
Saturated Fat	6.14g
Trans Fat	0.00g
Cholesterol	51.02mg
Sodium	952.56mg
Carbohydrates	39.70g
Fiber	3.36g
Total Sugar	4.82g
Added Sugar	2.02g
Protein	25.25g
Vitamin A 407.22mcg	Vitamin C 6.84mg
Calcium 158.08mg	Iron 2.91mg

Spaghetti and Meat Sauce

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57770
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY CHPD	4 Pound		263036
SEASONING ITAL HRB	3 Cup		428574
SALT IODIZED	4 Tablespoon		125557
TOMATO DCD 6-10 COMM	3 #10 CAN		150590
TOMATO PASTE FCY	3 #10 CAN		221851
SAUCE TOMATO	4 #10 CAN		306347
SAUCE WORCESTERSHIRE	2/3 Cup		109843
Water	4 3/16 Gallon	READY_TO_DRINK	Water
PASTA SPAG 51 WGRAIN	30 Pound		221460

Preparation Instructions

1. Brown ground beef and drain. Press draining beef to remove excess fat.
2. Add onions to ground beef mixture. Sauté beef mixture for 2 minutes or until onions are lightly browned.
3. Add Italian spice blend and salt. Blend well and add diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, and water.

4. Bring this mixture to boil and lower to a simmer and cook the spaghetti sauce for 1 hour stirring occasionally to prevent sticking.

CCP: Heat to 160 degrees or higher for 15 seconds at the completion of the cooking process.

5. Boil water and cook pasta until al-dente (cooked just long enough to be still firm, and not too soft), according to the directions on the package. DO NOT overcook.

6. Divide mixture equally into medium half-steamtable pans (10"x12"x4") which have been lightly sprayed with pan release spray. For 200 servings, use 12 pans.

7. Combine the sauce and spaghetti noodles.

8. Portion 1 cup with an 8 ounce ladle or spoodle.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	1.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	527.18
Fat	15.59g
Saturated Fat	4.78g
Trans Fat	2.39g
Cholesterol	62.09mg
Sodium	540.25mg
Carbohydrates	72.86g
Fiber	10.48g
Total Sugar	14.04g
Added Sugar	0.00g
Protein	27.34g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 24.20mg	Iron 3.00mg

Nutrition - Per 100g

Calories	245.16
Fat	7.25g
Saturated Fat	2.22g
Trans Fat	1.11g
Cholesterol	28.87mg
Sodium	251.24mg
Carbohydrates	33.88g
Fiber	4.88g
Total Sugar	6.53g
Added Sugar	0.00g
Protein	12.72g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 11.25mg	Iron 1.39mg

Spicy Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57771
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

Diced Ham Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57772
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity--Weight--Diced	100187
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

Preparation Instructions

Updated 1.19.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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 Wrap

Amount Per Serving	
Calories	290.41
Fat	12.55g
Saturated Fat	7.52g
Trans Fat	0.00g
Cholesterol	38.44mg
Sodium	587.70mg
Carbohydrates	32.55g
Fiber	3.25g
Total Sugar	3.27g
Added Sugar	0.00g
Protein	16.37g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 44.00mg	Iron 1.44mg

Nutrition - Per 100g

Calories	455.26
Fat	19.67g
Saturated Fat	11.80g
Trans Fat	0.00g
Cholesterol	60.26mg
Sodium	921.31mg
Carbohydrates	51.03g
Fiber	5.09g
Total Sugar	5.13g
Added Sugar	0.00g
Protein	25.67g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 68.98mg	Iron 2.26mg

Crispy Breaded Chicken Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57773
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	Leftover cooled and documented correctly---Dice/cut patty.	558061
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup		100012
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

Preparation Instructions

Layer ingredients on top of tortilla-diced chicken patty, shredded lettuce, and shredded cheese. Hold in cooler for service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	3.250
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 Wrap

Amount Per Serving	
Calories	454.10
Fat	20.62g
Saturated Fat	7.08g
Trans Fat	0.00g
Cholesterol	35.40mg
Sodium	714.00mg
Carbohydrates	45.02g
Fiber	6.25g
Total Sugar	3.25g
Added Sugar	1.00g
Protein	21.89g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 79.00mg	Iron 3.44mg

Nutrition - Per 100g

Calories	3080.73
Fat	139.89g
Saturated Fat	48.03g
Trans Fat	0.00g
Cholesterol	240.16mg
Sodium	4843.96mg
Carbohydrates	305.43g
Fiber	42.40g
Total Sugar	22.05g
Added Sugar	6.78g
Protein	148.51g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 535.96mg	Iron 23.34mg

HS: Fries- 1 Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57774
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2" C/C OVEN	4 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

Preparation Instructions

No Preparation Instructions available.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	133.33
Fat	4.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.67mg
Carbohydrates	24.00g
Fiber	1.33g
Total Sugar	1.33g
Added Sugar	0.00g
Protein	1.33g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 13.33mg	Iron 0.40mg

Nutrition - Per 100g

Calories	117.58
Fat	3.53g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	23.52mg
Carbohydrates	21.16g
Fiber	1.18g
Total Sugar	1.18g
Added Sugar	0.00g
Protein	1.18g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 11.76mg	Iron 0.35mg

Homemade Chocolate Chip Cookie

NO IMAGE

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57775
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR WHOLE WHEAT STONE GROUND	14 1/2 Ounce		330094
BAKING SODA	3/4 Teaspoon		513849
SALT IODIZED	3/4 teaspoons		125557
SUGAR BEET GRANUL	3 1/2 Ounce		108588
SUGAR BROWN LT	9 1/4 Ounce		860311
BUTTER BLND SLD EURO ZT	10 Ounce	READY_TO_EAT Ready to use.	648560
EGG SHL MED A GRD	3 Each		206547
FLAVORING VANILLA IMIT	1 1/2 Teaspoon		110744
CHOC CHIPS SMISWT 1000/	7 1/2 Ounce		874523

Preparation Instructions

1. Blend flour, baking soda, salt, sugar, and brown sugar in mixer for 2 minutes on low speed.
2. Add butter, eggs, and vanilla. Mix for 1 minute on medium speed.
3. Add chocolate chips. Blend for 30 seconds on medium speed.
4. Portion with level No. 40 scoop (1.66 Tbsp) in rows of 5 across and 5 down onto each sheet pan (18"x26"x1"). For 50 servings, use 2 pans.

5. Bake until lightly browned:

Conventional oven: 375 degrees for 10-12 minutes

Convection oven: 325 degrees for 6-8 minutes.

DO NOT OVERBAKE

6. Cool for 1 minute. Remove from sheet pans.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.500
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 Each

Amount Per Serving			
Calories	115.99		
Fat	6.39g		
Saturated Fat	2.83g		
Trans Fat	0.00g		
Cholesterol	9.90mg		
Sodium	104.69mg		
Carbohydrates	15.15g		
Fiber	1.16g		
Total Sugar	8.82g		
Added Sugar	8.82g		
Protein	1.85g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	6.00mg	Iron	0.46mg

Nutrition - Per 100g

Calories	454.33		
Fat	25.04g		
Saturated Fat	11.07g		
Trans Fat	0.00g		
Cholesterol	38.78mg		
Sodium	410.08mg		
Carbohydrates	59.33g		
Fiber	4.55g		
Total Sugar	34.57g		
Added Sugar	34.57g		
Protein	7.24g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	23.49mg	Iron	1.82mg