

# **Cookbook for Tri-County Jr./Sr. 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-57750
<b>School:</b>	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

<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-57751
<b>School:</b>	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

<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-57752
<b>School:</b>	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

<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

# HS: Tater Tots- 16 Each

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	16 Each	<p>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.</p>	141510

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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>	1.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Homemade Ranch Dressing

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT PLN FF NAT	1 Quart		551813
MAYONNAISE LT	2 Cup	<b>READY_TO_EAT</b> 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

<b>Meat/Meat Alternate</b>	0.000
<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: 50.00

Serving Size: 2.00 Tablespoon

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

## Nutrition - Per 100g

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

# Homemade French Dressing

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Tablespoon	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57757
<b>School:</b>	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
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

<b>Meat/Meat Alternate</b>	0.000
<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: 128.00

Serving Size: 2.00 Tablespoon

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

## Nutrition - Per 100g

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

# Homemade Blueberry Muffin

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57761
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.500
<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: 100.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# 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-57755
<b>School:</b>	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

Component	Amount
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

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
<b>Vitamin A</b>	119.40mcg
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	164.18mg
<b>Iron</b>	0.00mg

## Nutrition - Per 100g

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

# Breaded Chicken 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>	Lunch	<b>Recipe ID:</b>	R-57767
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

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

<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

# Ham Chef Salad w/ Cheez-it® & Croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57768
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

## Nutrition - Per 100g

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

# Turkey Chef Salad w/ Cheez-it® & Croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57769
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

## Nutrition - Per 100g

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

# Spaghetti and Meat Sauce

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57770
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

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

## Nutrition - Per 100g

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

# Spicy Chicken 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>	Lunch	<b>Recipe ID:</b>	R-57771
<b>School:</b>	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

<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**

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No 100g Conversion Available

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# Diced Ham Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57772
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.250
<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 Wrap

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

## Nutrition - Per 100g

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

# Crispy Breaded Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57773
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	3.250
<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 Wrap

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

## Nutrition - Per 100g

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

# HS: Fries- 1 Cup

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2" C/C OVEN	4 Ounce	<p><b>BAKE</b>            PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.</p> <p><b>CONVECTION</b>            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.</p>	200697

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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>	1.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

## Nutrition - Per 100g

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

# Homemade Chocolate Chip Cookie

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57775
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.500
<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: 50.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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