

# **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	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL APPLCINN WGRAIN BWL	1 Each	266052
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	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

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<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

<hr/>	
<b>Amount Per Serving</b>	
<hr/>	
<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
<hr/>	
<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

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No 100g Conversion Available

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# 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	DistPart #
BEEF PTY CKD 2.5Z	1 Each	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	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	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each	527462
CHEESE STIX COLBY JK R/F IW	1 Each	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	DistPart #
POTATO TATER TOTS	16 Each	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

No 100g Conversion Available

# 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	DistPart #
YOGURT PLN FF NAT	1 Quart	551813
MAYONNAISE LT	2 Cup	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	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	429406
KETCHUP CAN NAT LO SOD	1 1/3 Cup	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

<b>Amount Per Serving</b>			
<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	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	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	

## 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

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.000
<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>	257.97
<b>Fat</b>	2.67g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	143.32mg
<b>Carbohydrates</b>	52.01g
<b>Fiber</b>	5.05g
<b>Total Sugar</b>	27.77g
<b>Added Sugar</b>	9.81g
<b>Protein</b>	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	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	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	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup	451730
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	100187
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
CUCUMBER SELECT	1/8 Cup	418439
TOMATO GRAPE SWT	1/8 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
CROUTON CHS GARL WGRAIN	2 Package	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	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup	451730
TURKEY BRST DELI 40 COMM	1 3/4 Ounce	110550
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
CUCUMBER SELECT	1/8 Cup	418439
TOMATO GRAPE SWT	1/8 Cup	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422
CROUTON CHS GARL WGRAIN	2 Package	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	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	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

Amount Per Serving	
<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	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	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

# 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	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	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	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	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	DistPart #
FRIES 1/2" C/C OVEN	4 Ounce	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	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	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