

Cookbook for Tri-County Primary School

Created by HPS Menu Planner

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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-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

Chicken & Noodles

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57783
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG	12 Gallon	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
PASTA NOODL KLUSKI AMISH	15 Pound		456632
ONION DEHY CHPD	7 1/2 Tablespoon		263036
BUTTER BLND SLD EURO ZT	3 Cup	READY_TO_EAT Ready to use.	648560
FLOUR WHOLE WHEAT STONE GROUND	5 5/8 Cup	5 1/4 cup + 6 Tbsp.	330094
MILK DRY N/F INSTANT	9 Cup	Reconstituted.	255917
SPICE PEPR BLK REG FINE GRIND	3 Tablespoon		225037
Chicken, Diced, Cooked, Frozen	38 1/4 Pound		100101

Preparation Instructions

1. Heat chicken stock to boiling. Slowly stir in noodles and onions. Boil, uncovered, for 6 minutes. DO NOT DRAIN.
2. Melt butter. Add flour and stir until smooth.
3. Add flour mixture, milk, and pepper, and chicken to noodles. Stir gently to combine.
4. Stir occasionally until thickened. CCP: Heat to 165 degrees or higher for at least 15 seconds.
5. Pour into medium half-steamtable pans (10"x12"x4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

6. CCP: Hold for hot service at 135 degrees or higher. Portion with 8 oz ladle (1 cup).

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.750
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: 300.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	202.19		
Fat	5.62g		
Saturated Fat	1.41g		
Trans Fat	0.00g		
Cholesterol	95.44mg		
Sodium	459.46mg		
Carbohydrates	19.33g		
Fiber	0.65g		
Total Sugar	1.45g		
Added Sugar	0.00g		
Protein	17.14g		
Vitamin A	20.40mcg	Vitamin C	0.00mg**
Calcium	34.48mg	Iron	0.96mg

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

Nutrition - Per 100g

Calories	251.14		
Fat	6.98g		
Saturated Fat	1.75g		
Trans Fat	0.00g		
Cholesterol	118.54mg		
Sodium	570.69mg		
Carbohydrates	24.01g		
Fiber	0.81g		
Total Sugar	1.80g		
Added Sugar	0.00g		
Protein	21.29g		
Vitamin A	25.34mcg	Vitamin C	0.00mg**
Calcium	42.83mg	Iron	1.20mg

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

Mashed Potatoes

Servings:	41.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57784
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	26 1/2 Ounce		146581
Water	17 Cup	1 gallon + 1 cup	Water

Preparation Instructions

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir 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: 41.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.74		
Fat	0.40g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	87.64mg		
Carbohydrates	13.54g		
Fiber	1.59g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.97mg	Iron	0.24mg

Nutrition - Per 100g

Calories	347.90		
Fat	2.17g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	478.37mg		
Carbohydrates	73.93g		
Fiber	8.70g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	43.49mg	Iron	1.30mg

Beef Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57786
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	45 Pound		100158
SEASONING TACO MIX	4 1/2 Package		159204
Water	22 1/2 Cup	READY_TO_DRINK	Water

Preparation Instructions

1. Cook meat and drain excess fat.
2. Add taco seasoning mix and water.
3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally.
4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

Meal Components

Amount Per Serving

Component	Amount
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: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	204.04		
Fat	14.02g		
Saturated Fat	4.67g		
Trans Fat	2.34g		
Cholesterol	60.74mg		
Sodium	345.39mg		
Carbohydrates	2.50g		
Fiber	1.25g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	16.35g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

Nutrition - Per 100g

Calories	229.93		
Fat	15.80g		
Saturated Fat	5.27g		
Trans Fat	2.63g		
Cholesterol	68.45mg		
Sodium	389.22mg		
Carbohydrates	2.81g		
Fiber	1.41g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	18.43g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.51mg

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57785
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISC WGRAIN EZ SPLIT	1 Each		269210

Preparation Instructions

For chicken : BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.

Fro biscuit: BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET | HALF SHEET 6 X 9 (54 BISCUITS) | 4 X 6 (24 BISCUITS)

OVEN | TEMP. | TIME | TIME

STANDARD

REEL | 375°F | 34-38 M | 31-35 M

RACK | 350°F | 30-34 M | 27-31 M

CONVECTION* | 325°F | 23-27 M | 21-25 M

*ROTATE PAN HALFWAY THROUGH BAKE TIME

Assemble sandwiches.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	2.750
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	305.00
Fat	13.50g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	545.00mg
Carbohydrates	34.00g
Fiber	3.50g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	12.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 141.00mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available