

# **Cookbook for The Grind**

**Created by HPS Menu Planner**

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# Peanut Butter and Jelly Meal



<b>Servings:</b>	20.000	<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-56850
<b>School:</b>	CHS - Indiana		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	20 Each	Or #536012 Strawberry Uncrustable	527462
CRACKER GLDFSH WGRAIN COLOR	20 Package		112702
CHEESE STRING MOZZ LT IW	20 Each		566413

## Preparation Instructions

- Step 1. Remove the uncrustables from the freezer and let them thaw
- Step 2. Add 1 package of goldfish cracker and a cheese stick together in a bag
- Step 3 Add the uncrustable sandwich to the bag

## 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: 20.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	460.00
<b>Fat</b>	22.50g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	5.00g
<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> 243.00mg	<b>Iron</b> 1.72mg

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Parfait



<b>Servings:</b>	20.000	<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-56853
<b>School:</b>	The Grind		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	20 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	10 Cup		569744
Blueberries - frozen	5 Cup	You also can use 1/2 cup bananas, peaches, or other fruit on hand	100243
Strawberries Sliced	5 Cup		

## Preparation Instructions

- Step 1: Place 1 Cup of yogurt into a tumbler
- Step 2: Place 1/2 Cup of strawberries on top OR Place 1/2 Cup of blueberries on top
- Step 3: Place 2oz of granola on top (or serve with an individual packet of granola)
- Step 4: Hold in cooler until service

You can also use a 1/2 of bananas, peaches or other fruit on hand.

## Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<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: 20.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	455.30
<b>Fat</b>	5.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	274.55mg
<b>Carbohydrates</b>	89.16g
<b>Fiber</b>	10.18g
<b>Total Sugar</b>	41.50g
<b>Added Sugar</b>	19.62g
<b>Protein</b>	14.72g
<b>Vitamin A</b> 238.81mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.36mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	836.49
<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>	504.41mg
<b>Carbohydrates</b>	163.80g
<b>Fiber</b>	18.70g
<b>Total Sugar</b>	76.24g
<b>Added Sugar</b>	36.05g
<b>Protein</b>	27.03g
<b>Vitamin A</b> 438.74mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 603.27mg	<b>Iron</b> 0.00mg

# Protein Pack



<b>Servings:</b>	20.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55861
<b>School:</b>	The Grind		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS TACO CUP	20 Each		437078
CHIP TORTL RND R/F	20 Each		662512
CHEESE STRING MOZZ LT IW	20 Each		566413

## Preparation Instructions

Place all items in a container.

Store in cooler til service.

## 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: 20.000

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	380.00
<b>Fat</b>	13.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	8.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 281.00mg	<b>Iron</b> 2.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Chicken Salad



<b>Servings:</b>	30.000	<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-55865
<b>School:</b>	The Grind		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	30 Each		327080
Cheddar Cheese shredded	30 Ounce		150250
LETTUCE ROMAINE	30 Cup		305812
Baby Carrots	15 Cup		
Cucumber	60 Slice		
Grape Tomato	60 Each		372410
Mini Garlic Toast	30 Slice		462346

# Preparation Instructions

- Step 1: Clean and chop lettuce
- Step 2: Clean and shred carrots
- Step 3: Clean cucumbers and slice
- Step 4: Clean grape tomatoes
- Step 5: Place 1 cup chopped lettuce in the container. Place a sprinkle of shredded carrots on top.
- Step 6: Place 2 cucumber slices on top of the lettuce
- Step 7: Place 2 grape tomatoes on top of the lettuce
- Step 8: Thaw spicy chicken patties in a cooler
- Step 9: Slice chicken into strips
- Step 10: Place strips on salad
- Step 11: Place cheese on top of chicken strips
- Step 12: Bake garlic bread according to package directions
- Step 13: Serve salad with warm garlic bread and a choice of salad dressing

## 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>	0.500
<b>Red/Orange</b>	1.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	368.93
<b>Fat</b>	15.60g**
<b>Saturated Fat</b>	3.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.07mg
<b>Sodium</b>	509.59mg
<b>Carbohydrates</b>	38.24g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	7.50g
<b>Added Sugar</b>	1.00g**
<b>Protein</b>	16.71g
<b>Vitamin A</b> 23.80mcg**	<b>Vitamin C</b> 7.80mg**
<b>Calcium</b> 58.11mg	<b>Iron</b> 3.06mg

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

## Nutrition - Per 100g

<b>Calories</b>	1301.34		
<b>Fat</b>	55.03g**		
<b>Saturated Fat</b>	11.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.33mg		
<b>Sodium</b>	1797.48mg		
<b>Carbohydrates</b>	134.87g		
<b>Fiber</b>	21.16g		
<b>Total Sugar</b>	26.46g		
<b>Added Sugar</b>	3.53g**		
<b>Protein</b>	58.96g		
<b>Vitamin A</b>	83.95mcg**	<b>Vitamin C</b>	27.51mg**
<b>Calcium</b>	204.96mg	<b>Iron</b>	10.79mg

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