

Cookbook for Tri-County Primary School

Created by HPS Menu Planner

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MS: Brown Rice- 1/2 cup

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 RAE	Vitamin C 0.00mg
Calcium 263.00mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Broccoli

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57820
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	33.62
Fat	0.91g
Saturated Fat	0.38g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.48mg
Carbohydrates	5.00g
Fiber	3.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	51.88
Fat	1.41g
Saturated Fat	0.59g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	43.95mg
Carbohydrates	7.72g
Fiber	4.63g
Total Sugar	1.54g
Added Sugar	0.00g
Protein	4.63g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Soy Butter Jammer with Cheese Stick & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-58152
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW	1 Each		630302
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	470.00
Fat	24.50g
Saturated Fat	7.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	570.00mg
Carbohydrates	43.00g
Fiber	4.00g
Total Sugar	12.00g
Added Sugar	10.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 341.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57819
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound		100348
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

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: 82.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	77.16
Fat	2.18g
Saturated Fat	0.49g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	9.30mg
Carbohydrates	16.10g
Fiber	2.01g
Total Sugar	3.02g
Added Sugar	0.00g
Protein	2.01g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	93.00
Fat	2.62g
Saturated Fat	0.59g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.21mg
Carbohydrates	19.40g
Fiber	2.43g
Total Sugar	3.64g
Added Sugar	0.00g
Protein	2.43g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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 RAE	Vitamin C 0.00mg
Calcium 141.00mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	68.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57817
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	3 #10 CAN		100307
BUTTER BLND SLD EURO ZT	1/2 Cup	READY_TO_EAT Ready to use.	648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	36.76
Fat	1.41g
Saturated Fat	0.59g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.96mg
Carbohydrates	4.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Carrots

Servings:	73.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57818
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	15 Pound		100352
BUTTER BLND SLD EURO ZT	1/2 Cup	READY_TO_EAT Ready to use.	648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	38.26
Fat	2.33g
Saturated Fat	0.55g
Trans Fat	0.00g
Cholesterol	24.26mg
Sodium	52.79mg
Carbohydrates	6.07g
Fiber	2.02g
Total Sugar	3.03g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	41.05
Fat	2.50g
Saturated Fat	0.59g
Trans Fat	0.00g
Cholesterol	26.03mg
Sodium	56.64mg
Carbohydrates	6.51g
Fiber	2.17g
Total Sugar	3.25g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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 RAE	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 RAE	Vitamin C 0.00mg
Calcium 43.49mg	Iron 1.30mg

Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57841
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD	22 5/8 Ounce	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	552061
Water	1 Gallon	READY_TO_DRINK	Water

Preparation Instructions

OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.

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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
Calories	14.65
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.43mg
Carbohydrates	2.93g
Fiber	0.00g
Total Sugar	0.42g
Added Sugar	0.00g
Protein	0.42g
Vitamin A	0.00mcg RAE
Vitamin C	0.00mg
Calcium	4.19mg
Iron	0.00mg

Nutrition - Per 100g

Calories	292.49
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1086.39mg
Carbohydrates	58.50g
Fiber	0.00g
Total Sugar	8.36g
Added Sugar	0.00g
Protein	8.36g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 83.57mg	Iron 0.00mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58024
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD	1 Each		184970
DOUGH BISC WGRAIN EZ SPLIT	1 Each		269210

Preparation Instructions

For sausage :Heat according to case directions.

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	2.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.00
Fat	13.00g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	420.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.96mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57878
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER BLND SLD EURO ZT	1 1/2 Cup	READY_TO_EAT Ready to use.	648560
BREAD WGRAIN WHT 16-22Z GCHC	200 Each		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	300 Slice		100036

Preparation Instructions

Directions:

1. Spray butter spray on each sheet pan (18" x 26" x 1"). For 60 servings, use 3 pans.
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down.
3. Top each slice of bread with 3 slices 1.50 oz) of cheese.
4. Cover with remaining bread slices.
5. Spray the tops of the bread slices with the butter spray.
6. Bake until lightly browned: Convection oven: 350° F for 10-15 minutes Combi oven at 350F 100% Steam for 4-8 minutes depending on how many pans you have in the oven (1-2 pans will take 4 minutes and a full oven will take up to 8 minutes)

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	304.02
Fat	12.38g
Saturated Fat	5.70g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	710.43mg
Carbohydrates	35.00g
Fiber	4.00g
Total Sugar	5.50g
Added Sugar	4.00g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 60.01mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57877
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	11 #5 CAN	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	488232
1% Low Fat White Milk*	2 Gallon		13871

Preparation Instructions

Stir soup and milk together. Heat to simmer, stirring occasionally.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	115.07
Fat	1.57g
Saturated Fat	0.32g
Trans Fat	0.00g
Cholesterol	3.20mg
Sodium	431.79mg
Carbohydrates	21.09g
Fiber	1.04g
Total Sugar	12.76g
Added Sugar	0.00g
Protein	3.79g
Vitamin A 29.87mcg RAE	Vitamin C 0.00mg
Calcium 72.28mg	Iron 0.44mg

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 RAE	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 RAE	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.

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

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 RAE	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 RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.51mg

Chicken Alfredo

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58025
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Water	12 Gallon		Water
PASTA ROTINI 51 WGRAIN	8 Pound		229951
SOUP CRM OF CHIX	6 #5 CAN		695513
CREAMER HLF & HLF	6 Quart		487961
SPICE PEPR WHITE GRND	4 Teaspoon		513776
SPICE GARLIC POWDER	2 Teaspoon		513857
CHEESE PARM GRTD	3 Quart		252948
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	13 Pound		570533

Preparation Instructions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.
3. Pour into steam table pans (12" x 20" x 4").
For 50 servings, use 2 pans.
For 100 servings, use 4 pans.
Critical Control Point: Hold pasta at 135 °F or higher.
4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often.
Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Combine noodles and sauce immediately before serving.
Critical Control Point: Hold for hot service at 135 °F or higher.
6. Portion with 8 fl oz spoodle (1 cup).

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.250
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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	405.74
Fat	16.85g
Saturated Fat	8.61g
Trans Fat	0.00g
Cholesterol	94.10mg
Sodium	698.57mg
Carbohydrates	39.08g
Fiber	2.56g
Total Sugar	5.54g
Added Sugar	0.00g
Protein	23.46g
Vitamin A 426.08mcg RAE	Vitamin C 0.00mg
Calcium 197.38mg	Iron 1.70mg

Nutrition - Per 100g

Calories	425.93
Fat	17.69g
Saturated Fat	9.04g
Trans Fat	0.00g
Cholesterol	98.78mg
Sodium	733.33mg
Carbohydrates	41.02g
Fiber	2.69g
Total Sugar	5.82g
Added Sugar	0.00g
Protein	24.63g
Vitamin A 447.28mcg RAE	Vitamin C 0.00mg
Calcium 207.20mg	Iron 1.78mg

Mixed Vegetables

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57821
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	15 Pound		110871
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	70.92
Fat	1.26g
Saturated Fat	0.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	48.20mg
Carbohydrates	12.08g
Fiber	3.02g
Total Sugar	3.02g
Added Sugar	0.00g
Protein	2.01g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	79.22
Fat	1.41g
Saturated Fat	0.59g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	53.85mg
Carbohydrates	13.49g
Fiber	3.37g
Total Sugar	3.37g
Added Sugar	0.00g
Protein	2.25g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Cheeseburger on Bun

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 RAE**	Vitamin C 0.00mg**
Calcium 63.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Cinnamon Apples

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58044
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices, Canned, Unsweetened	4 #10 CAN		100206
BUTTER BLND SLD EURO ZT	8 7/10 Ounce		648560
SUGAR BROWN LT	1 Cup		860311
SPICE CINNAMON GRND	2 Teaspoon		224731
FLAVORING VANILLA IMIT	9 Ounce		110744

Preparation Instructions

1. Arrange apples in 2" steamer pans.
2. Mix ingredients and pour over apples.
3. Cover and steam until apples are tender.
4. Note: Each #10 can equals 23 servings.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	66.02
Fat	2.09g
Saturated Fat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.80mg
Carbohydrates	11.68g
Fiber	1.89g
Total Sugar	8.84g
Added Sugar	0.32g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	1315.17
Fat	41.59g
Saturated Fat	17.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	493.95mg
Carbohydrates	232.66g
Fiber	37.71g
Total Sugar	176.09g
Added Sugar	6.37g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Sweet & Sour Chicken

Servings:	76.00	Category:	Entree
Serving Size:	12.00 pieces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57843
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE SWT & SOUR	2 Quart		242292

Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 2 sheet pans and place 1-8lb bag of popcorn chicken onto each sheet pan.
2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
3. Once chicken has reached temperature place both sheet pans into a 6 inch and add 8 cups of sauce.
4. Toss popcorn chicken in sauce enough to coat.
5. Hold for in warmer until ready for service.

Each student should receive 12 pieces of popcorn chicken.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 76.00

Serving Size: 12.00 pieces

Amount Per Serving	
Calories	301.14
Fat	15.04g
Saturated Fat	2.51g
Trans Fat	0.00g
Cholesterol	25.06mg
Sodium	473.55mg
Carbohydrates	27.83g
Fiber	3.01g
Total Sugar	10.26g
Added Sugar	1.00g
Protein	15.04g
Vitamin A 109.27mcg RAE	Vitamin C 0.00mg
Calcium 40.10mg	Iron 2.11mg

Nutrition - Per 100g

Calories	315.36
Fat	15.75g
Saturated Fat	2.62g
Trans Fat	0.00g
Cholesterol	26.25mg
Sodium	495.92mg
Carbohydrates	29.14g
Fiber	3.15g
Total Sugar	10.75g
Added Sugar	1.05g
Protein	15.75g
Vitamin A 114.43mcg RAE	Vitamin C 0.00mg
Calcium 41.99mg	Iron 2.20mg

MS: Brown Rice- 1/2 cup

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57844
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1 1/2 Quart		231059
Water	2 1/2 Quart	READY_TO_DRINK	Water
SALT IODIZED	1 Tablespoon		125557
BUTTER BLND SLD EURO ZT	1/3 Cup	READY_TO_EAT Ready to use.	648560

Preparation Instructions

STOVE TOP METHOD

Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 25 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.

STEAMER METHOD

Combine rice, HOT water, salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160 °F). Fluff with fork before serving.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	87.36
Fat	1.99g
Saturated Fat	0.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.58mg
Carbohydrates	16.32g
Fiber	0.48g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.92g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 0.00mg	Iron 0.14mg

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

Nutrition - Per 100g

No 100g Conversion Available