

Cookbook for Griffith Middle/High School

Created by HPS Menu Planner

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Uncrustable with Cheez-it Crackers (Middle)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-58248
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
Smucker's Wheat Peanut Butter & Raspberry Jelly Sandwiches 2.6 oz	1 Each		543455
Smucker's Wheat Peanut Butter & Honey Uncrustable Sandwiches 2.6 oz	1 Each		543449
CRACKER CHEEZ-IT WGRAIN IW	4 Each		282422

Preparation Instructions

Package Uncrustable together with Cheez-it and offer string cheese on side.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	400.00
Fat	19.50g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	420.00mg
Carbohydrates	46.00g
Fiber	5.00g
Total Sugar	15.00g
Added Sugar	12.75g
Protein	11.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 142.50mg	Iron 1.75mg

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

Nutrition - Per 100g

Calories	1881.47
Fat	91.72g
Saturated Fat	21.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1975.54mg
Carbohydrates	216.37g
Fiber	23.52g
Total Sugar	70.56g
Added Sugar	59.97g
Protein	51.74g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 670.27mg	Iron 8.21mg

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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58257
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1 Cup	Use to meet 2025-2026 Added Sugar requirement.	499989
Variety of Fruit	1/2 Cup	May use any kind of fruit(s) available like GFS#244630, GFS#166720	
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup		569744
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370

Preparation Instructions

Layer ingredients in the following order: fruit* on bottom, yogurt, then granola on top or placed in a separate baggie/container. Pair parfait with 1 muffin.

Cover parfait cup with lid.

*May use any kind of fruit(s) available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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	525.04
Fat	10.19g
Saturated Fat	1.00g
Trans Fat	0.10g
Cholesterol	17.46mg
Sodium	345.57mg
Carbohydrates	96.04g
Fiber	5.60g
Total Sugar	52.65g
Added Sugar	29.33g
Protein	13.49g
Vitamin A 238.81mcg RAE	Vitamin C 0.00mg
Calcium 328.36mg	Iron 0.72mg

Nutrition - Per 100g

Calories	2187.68
Fat	42.44g
Saturated Fat	4.17g
Trans Fat	0.42g
Cholesterol	72.76mg
Sodium	1439.87mg
Carbohydrates	400.18g
Fiber	23.32g
Total Sugar	219.37g
Added Sugar	122.19g
Protein	56.23g
Vitamin A 995.02mcg RAE	Vitamin C 0.00mg
Calcium 1368.16mg	Iron 3.00mg

Garlic Baked Beans

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58258
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR	1 #10 CAN		570710
SPICE GARLIC GRANULATED	1 Tablespoon		513881
SPICE ONION GRANULATED	1 Tablespoon		138300

Preparation Instructions

No Preparation Instructions available.

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	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	155.20
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	569.06mg
Carbohydrates	32.00g
Fiber	5.17g
Total Sugar	12.42g
Added Sugar	0.00g
Protein	7.24g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 51.73mg	Iron 1.97mg

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad Breaded Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58276
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CUCUMBER MINI SDLSS	1/8 Cup		361231
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422
CHIX TNRD WGRAIN FC	3 Each	N/A	283951

Preparation Instructions

Updated 4.15.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	0.625
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	484.93
Fat	27.50g
Saturated Fat	9.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	740.65mg
Carbohydrates	34.12g
Fiber	5.09g
Total Sugar	2.85g
Added Sugar	1.00g
Protein	23.96g
Vitamin A 389.84mcg RAE	Vitamin C 7.42mg
Calcium 357.04mg	Iron 2.91mg

Nutrition - Per 100g

Calories	729.32
Fat	41.36g
Saturated Fat	14.29g
Trans Fat	0.00g
Cholesterol	82.72mg
Sodium	1113.93mg
Carbohydrates	51.31g
Fiber	7.66g
Total Sugar	4.29g
Added Sugar	1.50g
Protein	36.04g
Vitamin A 586.32mcg RAE	Vitamin C 11.16mg
Calcium 536.98mg	Iron 4.37mg

Buttery Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-58355
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 package	613738
Tap Water for Recipes	17 Cup	Boiling Water	000001WTR
BUTTER SUB	1/4 Cup		209810

Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir.
- 4: Add 1/4 cup of Butter Buds to potatoes and mix well and then 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: 39.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	77.05
Fat	0.85g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	353.87mg
Carbohydrates	14.62g
Fiber	0.85g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.70g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 8.48mg	Iron 0.25mg

Nutrition - Per 100g

Calories	378.60
Fat	4.17g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1738.92mg
Carbohydrates	71.86g
Fiber	4.17g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.34g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 41.68mg	Iron 1.25mg

Sausage and Cheese English Muffin Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58357
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	Thaw	687131
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	N/A	138941
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036

Preparation Instructions

1. Thaw english muffin in refrigeration overnight or pull from freezer 3-4 hours to sit at room temperature.
2. Cook sausage according to package.

To assemble sandwich place 1 sausage patty and 1 slice of cheese between two english muffin halves and hold in hot hold until service.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	260.00
Fat	10.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	660.00mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	0.00g
Protein	20.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 100.00mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available

Avocado Toast

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58358
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Buttered Toast	2 Each		R-51790
GUACAMOLE WSTRN STYL	4 Tablespoon		414931

Preparation Instructions

2 Tablespoon of Guacamole per piece of toast.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Piece

Amount Per Serving	
Calories	380.00
Fat	26.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	610.00mg
Carbohydrates	36.00g
Fiber	8.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	8.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 61.00mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available

Banana Split Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58359
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1 Cup		499989
BANANA TURNING SNGL 150CT	1 Each		197769
Blueberries, Frozen	1/4 Cup	USDA Brown Box Commodity	110624
Strawberries IQF sliced	1/4 Cup	USDA Brown Box Commodity	110860
PINEAPPLE TIDBITS IN WTR	1/4 Cup		612464
TOPPING WHIP CHOC 10-16Z ONTOP - Richs On Top - M	1 Tablespoon		588679

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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Meat/Meat Alternate	2.000
Grain	0.000
Fruit	1.250
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

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Amount Per Serving	
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Calories	345.99**
Fat	1.99g**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	7.46mg**
Sodium	150.75mg**
Carbohydrates	75.43g**
Fiber	5.37g**
Total Sugar	46.12g**
Added Sugar	11.94g**
Protein	9.96g**
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Vitamin A 314.33mcg RAE**	Vitamin C 10.27mg**
Calcium 336.87mg**	Iron 0.46mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Tender Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58361
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN BLND SEP BAG	2 Cup		414166
TOMATO GRAPE SWT	3 Each	Wash, cut in half	129631
CUCUMBER SELECT	1/2 Cup	Peel, slice in rounds cut in bite size pieces	418439
CHIX TNRD WGRAIN FC	3 Each	Menu is build to use leftover spicy chicken from the main serving line. Can also use 3 each of GFS#281731	283951
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	2 ounce weight = 1/4 cup	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	1.500
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	522.49
Fat	28.10g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	895.27mg
Carbohydrates	42.13g
Fiber	5.01g
Total Sugar	7.42g
Added Sugar	3.00g
Protein	26.82g
Vitamin A 616.88mcg RAE	Vitamin C 10.71mg
Calcium 293.40mg	Iron 4.33mg

Nutrition - Per 100g

Calories	1382.24
Fat	74.34g
Saturated Fat	22.49g
Trans Fat	0.00g
Cholesterol	145.50mg
Sodium	2368.44mg
Carbohydrates	111.44g
Fiber	13.25g
Total Sugar	19.62g
Added Sugar	7.94g
Protein	70.95g
Vitamin A 1631.94mcg RAE	Vitamin C 28.33mg
Calcium 776.20mg	Iron 11.46mg