

# **Cookbook for Griffith Middle/High School**

**Created by HPS Menu Planner**

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# Uncrustable with Cheez-it Crackers (Middle)

<b>Servings:</b>	4.00	<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-58248
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	1.000
<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: 4.00

Serving Size: 1.00 Each

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

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

## Nutrition - Per 100g

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

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

# Yogurt Parfait

<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-58257
<b>School:</b>	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

<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	525.04
<b>Fat</b>	10.19g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	17.46mg
<b>Sodium</b>	345.57mg
<b>Carbohydrates</b>	96.04g
<b>Fiber</b>	5.60g
<b>Total Sugar</b>	52.65g
<b>Added Sugar</b>	29.33g
<b>Protein</b>	13.49g
<b>Vitamin A</b> 238.81mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.36mg	<b>Iron</b> 0.72mg

## Nutrition - Per 100g

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

# Garlic Baked Beans

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

<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>	0.500
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad Breaded Chicken Tenders

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58276
<b>School:</b>	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

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

## Nutrition - Per 100g

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

# Buttery Mashed Potatoes

<b>Servings:</b>	39.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58355
<b>School:</b>	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

<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>	0.500

### Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Sausage and Cheese English Muffin Breakfast 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>	Breakfast	<b>Recipe ID:</b>	R-58357
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	1.500
<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>	260.00
<b>Fat</b>	10.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 2.60mg

## Nutrition - Per 100g

No 100g Conversion Available

# Avocado Toast

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Piece

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

### Nutrition - Per 100g

No 100g Conversion Available

# Banana Split Parfait

<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>	Breakfast	<b>Recipe ID:</b>	R-58359
<b>School:</b>	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

<hr/>	
<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.250
<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

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

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Breaded Chicken Tender Salad

<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-58361
<b>School:</b>	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

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

## Nutrition - Per 100g

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