

Cookbook for Grand Blanc Community Schools

Created by HPS Menu Planner

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Sandwich Turkey Burger MTG

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Sandwich Turkey Burger MTG

Nutrition Information

Calories	346.53	Protein	25.40g
Fat	14.00g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	70.00mg
Carbohydrates	30.41g	Fiber	5.40g
Sugar	5.01g	Sodium	887.03mg
Iron	2.62mg	Vitamin C	4.58mg
Vitamin A	299.88IU	Calcium	83.67mg

Ingredients

50 Each BUN HAMB SLCD WHEAT WHL 4 10-12 GFS

10 Cup TOMATO 6X6 LRG 10# MRKN

1 slice

1/2 Ounce LETTUCE ICEBERG FS 4-6CT MRKN

1 leaf

50 Piece TURKEY BRGR PUB CKD 55-3.5Z GFS

GRILL

Flat grill: add a small amount of oil to the grill (350 degrees f) and heat 1-3 ounce products for 4-7 minutes and 4-6 ounce products for 8-15 minutes from a frozen state, turning frequently to avoid excessive browning. Conventional oven: preheat oven to 350 degrees f. Heat frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 6-13 minutes.

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

- ,
- ,1. Cook chicken patty as directed on package.
 - ,2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
 - ,3. Serve.
 - ,4. Allow student to select condiment of choice.

,

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

Barbecued Chicken

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Barbecued Chicken

Nutrition Information

Calories	402.42	Protein	66.74g
Fat	6.46g	SaturatedFat	2.57g
Trans Fat	0.00g	Cholesterol	179.56mg
Carbohydrates	17.39g	Fiber	0.14g
Sugar	14.01g	Sodium	539.72mg
Iron	2.95mg	Vitamin C	0.07mg
Vitamin A	230.43IU	Calcium	8.21mg

Ingredients

1 1/4 Cup ONION CHPD 200-9GM PKTS FLVRFRRSH
2 Tablespoon SPICE PAPRIKA 16Z TRDE
1 Tablespoon SPICE CHILI POWDER HOT 5.5# TRDE
1 1/2 Quart KETCHUP BIB 3GAL HUNT
1 Teaspoon SPICE GARLIC POWDER 21Z TRDE
1 1/2 Cup SUGAR BROWN DK POLY BAG 24-1# P/L
1/2 Cup SAUCE WORCESTERSHIRE 12-10FLZ L&P
1/4 Cup SEASONING A/P HERB NO SALT 13Z TRDE
24 Pound CHIX DCD 1 60%WHT 40%DK 2-5# GFS

Preparation Instructions

Directions:

1: Barbecue sauce: In a stockpot, combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

2: Set aside for step 4.

3: Place chicken on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

3: For 25 servings, use 1 1/2 pans. For 50 servings, use 3 pans.

4: Brush barbecue sauce over chicken.

5: Bake uncovered:

5: Conventional oven: 425 °F for 45 minutes. Convection oven: 375 °F for 30 minutes.

6: Bake until chicken browns slightly around the edges. If the chicken browns too quickly, cover with foil to slow the browning process.

7: Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

8: Transfer to steam table pan (12" x 20" x 2 1/2").

8: For 25 servings, use 1 pan. For 50 servings, use 2 pans.

9: Critical Control Point: Hold for hot service at 140 °F or higher.

10: Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back) provides 2 oz equivalent meat/meat alternate.

5: CACFP Crediting Information: 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back) provides 2 oz meat/meat alternate.

Spaghetti with meat sauce

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Spaghetti with meat sauce

Nutrition Information

Calories	85.17	Protein	3.79g
Fat	2.84g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.14g	Fiber	3.79g
Sugar	7.57g	Sodium	681.38mg
Iron	2.04mg	Vitamin C	17.03mg
Vitamin A	946.36IU	Calcium	37.85mg

Ingredients

15 Pound PASTA ANGEL HAIR 20-1 DECCO

3 Gallon SAUCE SPAGHETTI FCY 6-10 P/L

SIMMER

Fully Cooked, Heat to 165 degrees

5 Pound 2-10 BEEF GRND BULK KOSHER RKGB

Preparation Instructions

preparation instructions

- 1.
- 2.
- 3.