

Cookbook for Grant Park School Dist.6

Created by HPS Menu Planner

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Hot Dog on WG Bun

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Hot Dog on WG Bun

Nutrition Information

Calories	240.00	Protein	9.00g
Fat	14.50g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	20.00g	Fiber	4.00g
Sugar	3.00g	Sodium	555.00mg
Iron	1.33mg	Vitamin C	0.00mg
Vitamin A	0.06IU	Calcium	72.09mg

Ingredients

100 Each BUN HOT DOG WHEAT WHL 12-12CT GFS

100 Each FRANKS 3 MEAT CLASSIC 10/ 2-5 GFS

Preparation Instructions

WASH HANDS.

,,,,,1. Place 1 hot dog in each bun.

,,,,,Convection oven: 350°F

,,,,,Conventional oven: 400°F

,,,,,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

,,,,,2. Serve within 3 hours.

,,,,,3. Serve with ketchup packet (optional).

,,,,,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,,,,,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

,,,,,Updated January 2016

Double Cheeseburger on Bun

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Double Cheeseburger on Bun

Nutrition Information

Calories	687.20	Protein	41.00g
Fat	47.00g	SaturatedFat	18.80g
Trans Fat	2.22g	Cholesterol	153.00mg
Carbohydrates	26.00g	Fiber	5.00g
Sugar	4.00g	Sodium	695.60mg
Iron	4.69mg	Vitamin C	0.00mg
Vitamin A	274.00IU	Calcium	239.40mg

Ingredients

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

200 Each BEEF PTY 5/# 80/20 15# GFS

200 Slice CHEESE AMER 160CT SLCD 6-5# COMM

Preparation Instructions

WASH HANDS.

,,,,,,1. Cook beef patty as directed on package.

,,,,,,2. L

,,,Serve.

,,,,,,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,,,,,,Updated October 2013

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Chicken Patty on WG Bun

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Patty on WG Bun

Nutrition Information

Calories	400.00	Protein	21.00g
Fat	17.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	41.00g	Fiber	8.00g
Sugar	4.00g	Sodium	525.00mg
Iron	2.88mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	80.00mg

Ingredients

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

100 Each CHIX PTY BRD WGRAIN FC 3.54Z 6-5.5#

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Preparation Instructions

WASH HANDS.

,,,,, 1. Cook chicken patty as directed on package.

,,,,,2. Place patty, 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= 2.5 oz eq grain, 2 oz meat Updated October 2013

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Toasted Cheese Sandwich

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Toasted Cheese Sandwich

Nutrition Information

Calories	304.35	Protein	11.00g
Fat	13.68g	SaturatedFat	6.70g
Trans Fat	0.00g	Cholesterol	32.30mg
Carbohydrates	37.00g	Fiber	4.00g
Sugar	7.00g	Sodium	711.91mg
Iron	2.27mg	Vitamin C	0.00mg
Vitamin A	371.38IU	Calcium	247.00mg

Ingredients

1 1/2 Cup BUTTER PRINT SLTD GRD AA 36-1# GFS

200 Slice BREAD WGRAIN HNY WHT 16-24Z GFS

200 Slice CHEESE AMER 160CT SLCD 6-5# COMM

Preparation Instructions

Directions:

,1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

,2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

,3: Top each slice of bread with 2 slices (2 oz) of cheese.

,4: Cover with remaining bread slices.

,5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

,6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

,6: CCP: Heat to 140° F or higher.

,7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

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, Notes:

,1: Comments:

,2: *See Marketing Guide.

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Spanish Rice

Servings:	100.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	Same Day Service

Spanish Rice

Nutrition Information

Calories	65.34	Protein	1.67g
Fat	0.90g	SaturatedFat	0.11g
Trans Fat	0.08g	Cholesterol	0.00mg
Carbohydrates	13.33g	Fiber	1.10g
Sugar	0.85g	Sodium	149.91mg
Iron	0.41mg	Vitamin C	1.53mg
Vitamin A	100.83IU	Calcium	8.56mg

Ingredients

1/4 Cup OIL SALAD 3-1GAL STERLING
15 Ounce ONION SPANISH JUMBO #2 50#
1 Quart CELERY JUMBO 16-24CT 40# MARKON
2 Tablespoon SEASONING ANCHO CHILI 21Z TRDE
1 1/2 Tablespoon SPICE CUMIN GRND 15Z TRDE
1 1/2 Teaspoon SPICE ONION POWDER 19Z TRDE
2 Quart RICE BRN PARBL WGRAIN 25# GFS
1 33/100 Tablespoon SALT IODIZED 24-26Z GFS
2 Teaspoon SPICE PEPR BLK REG GRIND 16Z TRDE
3 1/2 Cup TOMATO DCD I/JCE MW 6-10 GFS
1 31/50 Cup TOMATO PASTE 6-10 HUNTS

Preparation Instructions

Directions:

- 1: Heat oil. Add onions, green peppers, and celery. Cook for 5 minutes
- 2: Add beef stock or water and seasonings. Bring to boil
- 3: Stir in rice, salt, and pepper. Return to boil. Boil for 5 minutes. Reduce heat and cover tightly. Cook over low heat for 10 minutes. CCP: Heat to 135° F or higher for at least 15 seconds.
- 4: Stir in diced tomatoes, tomato paste, and water. Cook over low heat for 10-15 minutes. Pour 8 lb (about 1 gallon ¾ cup) into a steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50

servings, use 1 pan.

4: For 100 servings, use 2 pans.

5: CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (cup).

Notes:

1: Comments:

2: *See Marketing Guide.

3: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and

4: Seasonings Mixes) may be used to replace these ingredients. For

5: 50 servings, use 2 Tbsp 1 tsp Mexican Seasoning Mix. For 100

6: servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix.

7: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Beef Taco

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Beef Taco

Nutrition Information

Calories	248.87	Protein	12.18g
Fat	14.73g	SaturatedFat	5.93g
Trans Fat	0.00g	Cholesterol	38.33mg
Carbohydrates	15.18g	Fiber	1.84g
Sugar	0.28g	Sodium	34.49mg
Iron	1.71mg	Vitamin C	2.24mg
Vitamin A	2038.57IU	Calcium	22.20mg

Ingredients

12 3/4 Pound BEEF GRND 81/19 FINE GRIND 6-10 P/L
3 1/4 Quart Shredded Cheddar redu fat/sodium
4 20/23 Pound LETTUCE ROMAINE 24CT MRKN
1 11/25 Quart TOMATO 5X6 XL 5# MRKN
200 Each SHELL TACO CORN WGRAIN 5 8-25CT GFS
1 7/25 Gram SEASONING TACO MIX 6-9Z LAWR

1.275 pkg

Preparation Instructions

Directions:

- ,1: Brown ground beef or pork. Drain. Continue immediately.
- ,2: Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 155 ° F for at least 15 seconds.
- ,3: CCP: Hold for hot service at 135° F or higher.
- ,4: For topping: Set cheese aside for step 5. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 5.
- ,5: **Serving suggestions (see below)

, Notes:

,1: Comments:

,2: *See Marketing Guide.

,3: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and

,4: Seasoning Mixes) may be used to

,5: replace these ingredients. For

,6: 50 servings, use $\frac{1}{4}$ cup 1 $\frac{1}{2}$ tsp

,7: Mexican Seasoning Mix. For 100

,8: servings, use $\frac{1}{2}$ cup 1 Tbsp

,9: Mexican seasoning Mix.

,10: **Serving suggestions (2 tacos per serving):

,11: A. Before serving or on serving line, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (cup) lettuce and tomato mixture, and $\frac{1}{2}$ oz (2 Tbsp) shredded cheese.

,12: OR

,13: B.1. Preportion No. 10 scoop (cup) lettuce and tomato mixture and $\frac{1}{2}$ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.

,14: B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 30 scoops ($\frac{1}{4}$ cup $\frac{1}{2}$ tsp) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

,15: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

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Peanut Butter& Jelly Sandwich

Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service
Sandwich	

Nutrition Information

Calories	680.00	Protein	20.00g
Fat	34.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	78.00g	Fiber	8.00g
Sugar	36.00g	Sodium	560.00mg
Iron	2.16mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	80.00mg

Ingredients

4 Tablespoon PEANUT BUTTER SMOOTH 6-5 COMM
2 Tablespoon JELLY GRP 6-4# SMUCK
2 Slice BREAD WGRAIN HNY WHT 16-24Z GFS

Preparation Instructions

TURKEY W/CHEESE Sandwich

Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

TURKEY W/CHEESE Sandwich

Nutrition Information

Calories	333.85	Protein	16.10g
Fat	12.35g	SaturatedFat	3.20g
Trans Fat	0.07g	Cholesterol	39.25mg
Carbohydrates	41.00g	Fiber	4.00g
Sugar	7.75g	Sodium	1173.80mg
Iron	2.70mg	Vitamin C	0.05mg
Vitamin A	146.05IU	Calcium	190.51mg

Ingredients

- 2 1/2 Ounce** TURKEY BRST CKD DELI SLCNG 2-10# GFS
- 1 Slice** CHEESE AMER 160CT SLCD 6-5# COMM
- 2 Slice** BREAD WGRAIN HNY WHT 16-24Z GFS
- 1 Each** MAYONNAISE LT PKT 200-12GM GFS

Preparation Instructions

Directions:

0: Assemble Slice Deli Turkey 2.5oz

0: cheese slice 2 each

0: WG Bread 2 each

0: Assemble sandwich's using:

1: 2.5oz Deli Turkey

1: 2 slices cheese

1: 2 slices WG Bread

1: CCP: Hold for cold service at 41° F or lower.

Notes:

Cheeseburger on Bun

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Cheeseburger on Bun

Nutrition Information

Calories	408.60	Protein	23.00g
Fat	24.50g	SaturatedFat	9.40g
Trans Fat	1.11g	Cholesterol	76.50mg
Carbohydrates	25.50g	Fiber	5.00g
Sugar	3.50g	Sodium	410.30mg
Iron	2.89mg	Vitamin C	0.00mg
Vitamin A	137.00IU	Calcium	139.70mg

Ingredients

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

100 Each BEEF PTY 5/# 80/20 15# GFS

100 Slice CHEESE AMER 160CT SLCD 6-5# COMM

Preparation Instructions

Directions:

,0:

,0: CCP: Heat to 165° F or higher for at least 15 seconds

,0: CCP: Hold at 135° F or higher.

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, Notes:

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Baked Beans (Using Canned Vegetarian Beans)

Servings:	100.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service
Baked Beans (Using Canned Vegetarian Beans)	

Nutrition Information

Calories	154.63	Protein	7.64g
Fat	0.01g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	32.14g	Fiber	6.69g
Sugar	10.47g	Sodium	497.75mg
Iron	1.93mg	Vitamin C	1.49mg
Vitamin A	34.68IU	Calcium	64.51mg

Ingredients

- 3 1/4 Gallon** BEAN VEGTAR 6-10 GFS
- 3 Pound** ONION SPANISH JUMBO #2 50#
- 1/4 Cup** SPICE MUSTARD GRND 14Z TRDE
- 1 67/100 Cup** SUGAR BROWN LT 12-2# GFS
- 2 3/25 Cup** TOMATO PASTE 6-10 HUNTS

Preparation Instructions

Directions:

- 1: Pour 14 lb 10 oz (1 gal 2 ½ qt) canned vegetarian beans into each medium steamtable pan (12" x 20" x 4"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
- 2: Combine onions, dry mustard, brown sugar, water, tomato paste,. Blend.
- 3: Pour 4 lb 1 oz (1 qt 3 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans.
- 4: Bake: Conventional oven: 350° F for 2 ¼ hours Convection oven: 325° F for 1 ¼ hours Remove cover during last ½ hour of baking to brown the beans. CCP: Heat to 165° F or higher for 15 seconds

Notes:

- 1: Comments:
- 2: *See Marketing Guide.

3: A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.