

# Cookbook for Test School District

Created by HPS Menu Planner

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# Ravioli w/Sauce MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Ravioli w/Sauce MTG

## Nutrition Information

<b>Calories</b>	546.15	<b>Protein</b>	37.40g
<b>Fat</b>	12.36g	<b>SaturatedFat</b>	4.35g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	127.50mg
<b>Carbohydrates</b>	73.22g	<b>Fiber</b>	8.61g
<b>Sugar</b>	12.12g	<b>Sodium</b>	1273.08mg
<b>Iron</b>	4.90mg	<b>Vitamin C</b>	1.44mg
<b>Vitamin A</b>	860.56IU	<b>Calcium</b>	423.08mg

## Ingredients

**1 Each** PAN COAT SPRAY 6-21Z GFS

**750 Each** RAVIOLI CHS JMBO WGRAIN CN 2-5# BERN

BOIL

Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

**3 64/79** Gallon SAUCE SPAGHETTI NO SALT 6-106Z PREGO

## Preparation Instructions

Directions:

WASH HANDS.

1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.
2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.

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

3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

Notes:

# Beans Green Sesame MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Beans Green Sesame MTG

## Nutrition Information

<b>Calories</b>	13.23	<b>Protein</b>	0.60g
<b>Fat</b>	0.38g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.40g	<b>Fiber</b>	1.11g
<b>Sugar</b>	0.60g	<b>Sodium</b>	45.98mg
<b>Iron</b>	0.34mg	<b>Vitamin C</b>	5.38mg
<b>Vitamin A</b>	227.70IU	<b>Calcium</b>	12.21mg

## Ingredients

**30 Cup** BEAN GREEN BUSHEL 26# P/L

+/- 10 lbs

**1 1/4 Tablespoon** OIL SESAME PURE 10-56Z ROLN

SAUTE

Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.

**1 1/4 Tablespoon** OIL OLIVE PURE 4-3LTR GFS

**2 Teaspoon** SALT SEA 36Z TRDE

**1 1/4 Tablespoon** SPICE SESAME SEED HULLED 19Z TRDE

## Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

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,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

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,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

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# Hamburger Deluxe MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Hamburger Deluxe MTG

## Nutrition Information

<b>Calories</b>	349.03	<b>Protein</b>	17.94g
<b>Fat</b>	16.13g	<b>SaturatedFat</b>	5.20g
<b>Trans Fat</b>	1.01g	<b>Cholesterol</b>	48.31mg
<b>Carbohydrates</b>	36.50g	<b>Fiber</b>	6.73g
<b>Sugar</b>	7.69g	<b>Sodium</b>	489.09mg
<b>Iron</b>	3.18mg	<b>Vitamin C</b>	5.85mg
<b>Vitamin A</b>	415.42IU	<b>Calcium</b>	93.86mg

## Ingredients

**100 Each** BEEF PTY CKD W/SOY CN 90-2.5Z GFS

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.

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

**20 Cup** TOMATO 6X6 LRG 10# MRKN

1 Slice

**100 Ounce** LETTUCE ICEBERG FS 4-6CT MRKN

1 Leaf

**100 Package** KETCHUP PKT 1000-9GM FOH CRWNCOLL

**1 3/5 Quart** MAYONNAISE LT 4-1GAL GFS

## Preparation Instructions

WASH HANDS.

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

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

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

,Updated October 2013

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# Mini Strawberry Pancake

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Mini Strawberry Pancake

## Nutrition Information

<b>Calories</b>	220.00	<b>Protein</b>	4.00g
<b>Fat</b>	6.00g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	40.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g	<b>Sodium</b>	130.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	20.00mg

## Ingredients

**100 Package** PANCAKE STRAWB WGRAIN IW 72-3.17Z

READY\_TO\_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.\*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.\*Microwave: Heat for 45 seconds on high. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

## Preparation Instructions

WASH HANDS.

- ,1. Preheat oven to 350°F.
- ,2. Place pouches on single layer on baking sheet.
- ,3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

,4. Serve.

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

,Serving: 1 pouch provides 2 oz eq grains

,Updated: 12/15/2014

# Salad Spinach Side MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Salad Spinach Side MTG

## Nutrition Information

<b>Calories</b>	10.02	<b>Protein</b>	0.17g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.18g	<b>Fiber</b>	1.16g
<b>Sugar</b>	0.13g	<b>Sodium</b>	25.49mg
<b>Iron</b>	0.79mg	<b>Vitamin C</b>	20.12mg
<b>Vitamin A</b>	3101.21IU	<b>Calcium</b>	23.74mg

## Ingredients

**6 1/4 Gallon** SPINACH BABY CLND 2-2# RSS

**8 1/2 Cup** TOMATO 6X6 LRG 10# MRKN

+/- 7 lbs

**30 Cup** CUCUMBER SELECT 6CT P/L

+/- 10 lbs

## Preparation Instructions

WASH HANDS.

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

,1. Place spinach into a mixing bowl.

,2. Core and dice tomatoes.

,3. Chop cucumbers.

,4. Combine tomatoes and cucumbers.

,5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

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,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE

OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

,Updated October 2013

# Cauliflower Parslied MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Cauliflower Parslied MTG

## Nutrition Information

<b>Calories</b>	19.67	<b>Protein</b>	0.30g
<b>Fat</b>	1.34g	<b>SaturatedFat</b>	0.85g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	3.65mg
<b>Carbohydrates</b>	1.20g	<b>Fiber</b>	0.30g
<b>Sugar</b>	0.60g	<b>Sodium</b>	7.50mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	6.30mg
<b>Vitamin A</b>	48.69IU	<b>Calcium</b>	0.00mg

## Ingredients

**30 Cup** CAULIFLOWER 6-4 GFS

+/- 17 lbs

**3/4 Cup** BUTTER PRINT UNSLTD GRD AA 36-1# GFS

**3/4 Cup** SPICE PARSLEY FLAKES 11Z TRDE

## Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

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

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

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,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

# Salad Mixed Green MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Salad Mixed Green MTG

## Nutrition Information

<b>Calories</b>	13.51	<b>Protein</b>	0.26g
<b>Fat</b>	0.03g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.88g	<b>Fiber</b>	1.10g
<b>Sugar</b>	0.73g	<b>Sodium</b>	1.15mg
<b>Iron</b>	0.69mg	<b>Vitamin C</b>	4.40mg
<b>Vitamin A</b>	4352.18IU	<b>Calcium</b>	20.86mg

## Ingredients

**10 1/2 Pound** LETTUCE ROMAINE 24CT MRKN

+/- 100 Shredded Cups

**8 1/2 Cup** TOMATO 6X6 LRG 10# MRKN

+/- 7 lbs

**30 Cup** CUCUMBER SELECT SUPER 45# MRKN

+/- 10 lbs

## Preparation Instructions

WASH HANDS.

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

,1. Place washed lettuce into a mixing bowl.

,2. Core and dice tomatoes.

,3. Slice cucumbers into 1/4" slices.

,4. Combine tomatoes and cucumbers.

,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

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,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE

OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

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# Cavatini Cowboy MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Cavatini Cowboy MTG

## Nutrition Information

<b>Calories</b>	238.47	<b>Protein</b>	15.50g
<b>Fat</b>	16.14g	<b>SaturatedFat</b>	6.80g
<b>Trans Fat</b>	1.02g	<b>Cholesterol</b>	54.90mg
<b>Carbohydrates</b>	8.27g	<b>Fiber</b>	1.60g
<b>Sugar</b>	4.74g	<b>Sodium</b>	573.57mg
<b>Iron</b>	2.37mg	<b>Vitamin C</b>	3.79mg
<b>Vitamin A</b>	826.63IU	<b>Calcium</b>	55.53mg

## Ingredients

**1 Ounce** PASTA PENNE PLUS 2-10# BARILLA

BOIL

Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes

**17 Pound** BEEF GRND 80/20 3-10 GFS

**2 1/2 Gallon** SAUCE TOMATO MW 6-10 GFS

**1/4 Cup** SEASONING ANCHO CHILI 21Z TRDE

**4 3/4 Cup** CHEESE MOZZ 2% SHRD FTNR 4-5# PG

## Preparation Instructions

Wash Hands.

,1. Brown beef and drain.

,CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.

,2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.

,3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.

,4. Sprinkle with mozzarella cheese.

,5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.

,6. Serve hot with 6z Spoodle

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,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

,6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

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,Updated January 2016

# Sandwich Chicken Patty MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sandwich Chicken Patty MTG

## Nutrition Information

<b>Calories</b>	381.48	<b>Protein</b>	19.73g
<b>Fat</b>	15.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	42.40g	<b>Fiber</b>	8.73g
<b>Sugar</b>	5.67g	<b>Sodium</b>	590.33mg
<b>Iron</b>	3.10mg	<b>Vitamin C</b>	5.77mg
<b>Vitamin A</b>	299.88IU	<b>Calcium</b>	90.27mg

## Ingredients

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

**100 Each** CHIX PTY BRD WGRAIN 3.26Z 6-5#

**20 Cup** TOMATO 6X6 LRG 10# MRKN

1 slice

**100 Ounce** LETTUCE ICEBERG FS 4-6CT MRKN

1 leaf

## 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= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable Updated October 2013

# Fries Sweet Potato Crinkle MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Fries Sweet Potato Crinkle MTG

## Nutrition Information

<b>Calories</b>	119.86	<b>Protein</b>	2.00g
<b>Fat</b>	4.49g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	16.98g	<b>Fiber</b>	3.00g
<b>Sugar</b>	4.99g	<b>Sodium</b>	179.79mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	2.40mg
<b>Vitamin A</b>	3495.90IU	<b>Calcium</b>	19.98mg

## Ingredients

19 3/4 Pound FRIES SWT POT DP GROOVE 7/16 6-2.5#

## Preparation Instructions

Directions:

- ,1: Wash hands.
- ,2: Bake french fries according to manufacturer's instructions.
- ,3.17 oz svg = 1/2 c. red/orange vegetable

# Taco Walking

<b>Servings:</b>	150.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Taco Walking

## Nutrition Information

<b>Calories</b>	248.56	<b>Protein</b>	10.67g
<b>Fat</b>	11.72g	<b>SaturatedFat</b>	3.88g
<b>Trans Fat</b>	0.08g	<b>Cholesterol</b>	22.54mg
<b>Carbohydrates</b>	24.77g	<b>Fiber</b>	3.06g
<b>Sugar</b>	1.76g	<b>Sodium</b>	438.74mg
<b>Iron</b>	1.39mg	<b>Vitamin C</b>	4.52mg
<b>Vitamin A</b>	634.50IU	<b>Calcium</b>	107.49mg

## Ingredients

**150 Package** CHIP TORTL SCOOP BKD 72-.875Z TOSTIT

**18 3/4 Pound** TACO FILLING BEEF 4-5# GFS

**9 19/50 Cup** CHEESE CHED MLD SHRD FINE 4-5# GFS

**10 1/2 Pound** SALSA 103Z 6-10 REDG

READY\_TO\_EAT

**2 2/5 Ounce** LETTUCE SHRD TACO 1/8CUT 4-5# RSS

## Preparation Instructions

WASH HANDS.

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

,1. In a tilt-skillet, cook beef and drain fat.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

,2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

,3. Crush individual bags of chips and open.

,3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of

chips.

,4. Serve.

,Child Nutrition: 1 Each provides=

,1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

,OR

,1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

,Updated October 2013