

Cookbook for Chassell Township Schools

Created by HPS Menu Planner

Table of Contents

Cavatini Cowboy MTG

Beans Baked MTG

Hot Dog on WG Bun MTG

Salad Cucumber Creamy MTG

Calzone Three Cheese MTG

Hamburger Deluxe MTG

Sandwich Chicken Patty MTG

Taco Walking MTG

Cavatini Cowboy MTG

Servings:	150.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Cavatini Cowboy MTG

Nutrition Information

Calories	238.48	Protein	15.50g
Fat	16.14g	SaturatedFat	6.80g
Trans Fat	1.02g	Cholesterol	54.90mg
Carbohydrates	8.27g	Fiber	1.60g
Sugar	4.74g	Sodium	574.19mg
Iron	2.37mg	Vitamin C	3.79mg
Vitamin A	826.66IU	Calcium	55.56mg

Ingredients

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

BOIL

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

25 1/2 Pound BEEF GRND 80/20 3-10 GFS

3 3/4 Gallon SAUCE TOMATO MW 6-10 GFS

19/50 Cup SEASONING ANCHO CHILI 21Z TRDE

7 3/23 Cup CHEESE MOZZ 2% SHRD FTHR 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

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

Updated January 2016

Beans Baked MTG

Servings:	150.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Beans Baked MTG

Nutrition Information

Calories	176.65	Protein	7.57g
Fat	1.26g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	36.59g	Fiber	6.31g
Sugar	15.14g	Sodium	694.00mg
Iron	2.27mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	50.47mg

Ingredients

6 Gallon BEAN BAKED 6-10 BUSH

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

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

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

Hot Dog on WG Bun MTG

Servings:	150.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Hot Dog on WG Bun MTG

Nutrition Information

Calories	260.00	Protein	11.00g
Fat	12.50g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	28.00g	Fiber	4.00g
Sugar	7.00g	Sodium	500.00mg
Iron	1.60mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	110.67mg

Ingredients

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

150 Each FRANK TKY/BEEF R/SOD 8/ 4-5 KE

150 Package KETCHUP PKT 1000-9GM FOH CRWNCOLL

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

Salad Cucumber Creamy MTG

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

Salad Cucumber Creamy MTG

Nutrition Information

Calories	61.59	Protein	0.58g
Fat	2.18g	SaturatedFat	0.38g
Trans Fat	0.02g	Cholesterol	24.96mg
Carbohydrates	10.28g	Fiber	0.19g
Sugar	3.88g	Sodium	101.44mg
Iron	0.25mg	Vitamin C	1.09mg
Vitamin A	64.09IU	Calcium	12.06mg

Ingredients

3 Quart MAYONNAISE LT 4-1GAL GFS
1 Cup VINEGAR WHT DISTILLED 5% 4-1GAL GFS
1/2 Cup SPICE DILL WEED 5Z TRDE
1 Teaspoon SPICE PEPR WHITE GRND 17Z TRDE
1/2 Cup SPICE ONION MINCED 12Z TRDE
11 Tablespoon SUGAR CANE GRANUL 25# GFS
64 Cup CUCUMBER SELECT SUPER 45# MRKN
+/- 22 lbs

Preparation Instructions

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Calzone Three Cheese MTG

Servings: 150.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Calzone Three Cheese MTG

Nutrition Information

Calories	250.00	Protein	19.00g
Fat	5.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	10.00mg
Carbohydrates	33.00g	Fiber	4.00g
Sugar	4.00g	Sodium	420.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	400.00mg

Ingredients

150 Each CALZONE 3CHS WGRAIN 60-4.69Z GILARDI

Preparation Instructions

Directions:

0: Wash hands.

1: 1. Thaw under refrigeration.

2: 2. Spray with non-stick cooking spray before baking for a softer crust.

3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

Notes:

Hamburger Deluxe MTG

Servings:	150.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Hamburger Deluxe MTG

Nutrition Information

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

Ingredients

150 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.

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

30 Cup TOMATO 6X6 LRG 10# MRKN

1 Slice

150 Ounce LETTUCE ICEBERG FS 4-6CT MRKN

1 Leaf

150 Package KETCHUP PKT 1000-9GM FOH CRWNCOLL

2 2/5 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

Sandwich Chicken Patty MTG

Servings:	150.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Sandwich Chicken Patty MTG

Nutrition Information

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

Ingredients

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

150 Each CHIX PTY BRD WGRAIN 3.26Z 6-5#

30 Cup TOMATO 6X6 LRG 10# MRKN

1 slice

150 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

Taco Walking MTG

Servings:	150.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Taco Walking MTG

Nutrition Information

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