

Cookbook for Test School District 2

Created by HPS Menu Planner

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Beans Green Sesame MTG

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

Beans Green Sesame MTG

Nutrition Information

Calories	13.23	Protein	0.60g
Fat	0.38g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.40g	Fiber	1.11g
Sugar	0.60g	Sodium	45.98mg
Iron	0.34mg	Vitamin C	5.38mg
Vitamin A	227.70IU	Calcium	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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Cauliflower Parslied MTG

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

Cauliflower Parslied MTG

Nutrition Information

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

Fries Sweet Potato Crinkle MTG

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

Fries Sweet Potato Crinkle MTG

Nutrition Information

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

Hamburger Deluxe MTG

Servings:	100.00
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

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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Turkey & Cheese Sub on Pretzel Bun

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: No Cook

Turkey and American cheese sandwich on a pretzel b

Nutrition Information

Calories	196.67	Protein	10.67g
Fat	4.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	15.00mg
Carbohydrates	29.00g	Fiber	3.00g
Sugar	2.00g	Sodium	153.33mg
Iron	1.92mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

100 Each ROLL PRETZEL WGRAIN 120-2.2Z J&J

200 Ounce TURKEY BRST SLCD WHT 1/2Z 12-1# JENNO

50 Ounce American Cheese Sliced RF

Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.