

Cookbook for Test School District 2

Created by HPS Menu Planner

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Calzone Three Cheese MTG

Servings:	100.00
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

100 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.

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, Notes:

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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

Hot Dog on WG Bun MTG

Servings:	100.00
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

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

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

100 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

Ravioli w/Sauce MTG

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

Ravioli w/Sauce MTG

Nutrition Information

Calories	217.85	Protein	14.95g
Fat	4.92g	SaturatedFat	1.74g
Trans Fat	0.00g	Cholesterol	51.00mg
Carbohydrates	29.20g	Fiber	3.42g
Sugar	4.79g	Sodium	508.93mg
Iron	1.95mg	Vitamin C	0.57mg
Vitamin A	341.95IU	Calcium	168.93mg

Ingredients

1 Each PAN COAT SPRAY 6-21Z GFS

Spray to Coat

300 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.

1 1/2 Gallon SAUCE SPAGHETTI NO SALT 6-106Z PREGO

Preparation Instructions

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

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

Salad Spinach Side MTG

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

Salad Spinach Side MTG

Nutrition Information

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

Sandwich Cheesy Bean Twister WGrain MTG

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

Sandwich Cheesy Bean Twister WGrain MTG

Nutrition Information

Calories	328.59	Protein	14.03g
Fat	6.81g	SaturatedFat	1.53g
Trans Fat	0.06g	Cholesterol	5.20mg
Carbohydrates	52.50g	Fiber	9.70g
Sugar	3.54g	Sodium	848.82mg
Iron	3.67mg	Vitamin C	7.01mg
Vitamin A	443.70IU	Calcium	199.45mg

Ingredients

100 Each BREAD ULTRA LOCO WGRAIN 6.5 12-12CT
3 1/4 Gallon BEAN REFRD 6-10 GRSZ
1 3/5 Gallon TOMATO DCD I/JCE MW 6-10 GFS
5 Cup CHEESE CHED MLD SHRD FINE 4-5# GFS

Preparation Instructions

WASH HANDS.

1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
 2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
 3. Roll up to form a log. Cut the log in 1/2.
 4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.
- ,CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.
- ,CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.
5. Serve within 3 hours.

,Child Nutrition: 1 Each (2 halves) provides=

,2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

,OR

,2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

,Updated October 2013

Sandwich Chicken Patty MTG

Servings:	100.00
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

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