

Cookbook for Eastwood Local Schools

Created by HPS Menu Planner

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Baked Beans (Using Canned Vegetarian Beans)

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service
Baked Beans (Using Canned Vegetarian Beans)	

Nutrition Information

Calories	133.44	Protein	7.43g
Fat	1.05g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	26.10g	Fiber	5.59g
Sugar	8.67g	Sodium	149.12mg
Iron	0.08mg	Vitamin C	0.64mg
Vitamin A	3.28IU	Calcium	8.37mg

Ingredients

1 63/100 Gallon BEAN VEGETARIAN 6-10 COMM
2 1/4 Cup ONION DEHY CHPD 15# P/L
13/100 Cup SPICE MUSTARD GRND 14Z TRDE
21/25 Cup SUGAR BROWN MED 25# GFS
1 Tablespoon KETCHUP BOTTLE 24-14Z HNZ

Preparation Instructions

Directions:

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.

Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend.

Pour 4 lb 1 oz (1 qt 3 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans.

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.

Beef & Cheese Nachos

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

tortilla chips with seasoned ground beef and chedd

Nutrition Information

Calories	485.43	Protein	23.11g
Fat	27.64g	SaturatedFat	9.20g
Trans Fat	0.27g	Cholesterol	63.12mg
Carbohydrates	42.73g	Fiber	5.89g
Sugar	1.89g	Sodium	686.25mg
Iron	3.50mg	Vitamin C	5.11mg
Vitamin A	896.14IU	Calcium	279.85mg

Ingredients

3 Ounce TACO FILLING BEEF REDC FAT 6-5# COMM
1 Package TORTILLA YELLOW RND 40-2Z BRRLOFUN
1/4 Cup CHEESE CHED MLD SHRD 4-5# COMM

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

mini corn dogs

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

mini corn dogs

Nutrition Information

Calories	180.00	Protein	7.00g
Fat	8.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	20.00g	Fiber	3.00g
Sugar	4.00g	Sodium	280.00mg
Iron	1.44mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	100.00mg

Ingredients

4 Each CORN DOG CHIX MINI WGRAIN CN 2-5# GFS

Preparation Instructions