

Cookbook for Test School District

Created by HPS Menu Planner

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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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Mini Strawberry Pancake

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

Mini Strawberry Pancake

Nutrition Information

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

Beans Baked

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

Beans Baked

Nutrition Information

Calories	186.08	Protein	7.62g
Fat	1.28g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	38.86g	Fiber	6.36g
Sugar	16.44g	Sodium	766.18mg
Iron	2.32mg	Vitamin C	0.13mg
Vitamin A	27.31IU	Calcium	51.89mg

Ingredients

6 Gallon BEAN BAKED 6-10 BUSH
3 Cup SAUCE BBQ 4-1GAL GFS

Preparation Instructions

WASH HANDS.

,1. Open can and pour beans into steam table pan(s).

,2. Heat through.

,3. Serve.

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,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

Sandwich Bagel Turkey & Chs MTG

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

Sandwich Bagel Turkey & Chs MTG

Nutrition Information

Calories	283.24	Protein	24.16g
Fat	7.19g	SaturatedFat	3.33g
Trans Fat	0.00g	Cholesterol	59.26mg
Carbohydrates	30.10g	Fiber	4.30g
Sugar	4.80g	Sodium	368.08mg
Iron	2.66mg	Vitamin C	1.30mg
Vitamin A	733.16IU	Calcium	121.59mg

Ingredients

100 Each BAGEL WHT WGRAIN 2Z 12-6CT LENDERS
12 1/2 Pound TURKEY PULLED WHT CKD 2-5# GFS
100 Slice CHEESE AMER 160CT SLCD 4-5# GFS
20 Cup LETTUCE LEAF GRN WASHED TRMD 2-5# RSS

1 leaf of lettuce (5 Heads of Lettuce)

20 Each TOMATO RANDOM #2 25# MRKN

1 thin slice of tomato

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

- ,1. Slice turkey.
- ,2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
- ,3. Place other half of bagel over top.
- ,4. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

,Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

,Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Salad Mixed Green MTG

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

Salad Mixed Green MTG

Nutrition Information

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

,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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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

Fajita Turkey Honey Lime MTG

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

Fajita Turkey Honey Lime MTG

Nutrition Information

Calories	299.85	Protein	20.65g
Fat	8.04g	SaturatedFat	3.36g
Trans Fat	0.04g	Cholesterol	45.09mg
Carbohydrates	34.05g	Fiber	4.21g
Sugar	5.23g	Sodium	741.35mg
Iron	2.02mg	Vitamin C	6.64mg
Vitamin A	27.68IU	Calcium	41.99mg

Ingredients

18 3/4 Pound TURKEY BRST OVN RST 2-8#AVG BRICK
1 Cup OIL SALAD VEG SOY CLR NT 6-1GAL GFS
1/2 Cup HONEY CLOVER 4-6# GFS
1/2 Cup JUICE LIME FRSH 1-32FLZ NAT BRANDS
1 33/100 Tablespoon SPICE CHILI POWDER MILD 16Z TRDE
1 33/100 Tablespoon SPICE GARLIC POWDER 21Z TRDE
20 Ounce ONION SPANISH COLOSS 50# MARKON
5 Cup PEPPERS GREEN LRG 5# P/L
200 Each TORTILLA FLOUR ULTRGR 6 30-12CT

Preparation Instructions

WASH HANDS.

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

- ,1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
- ,2. Place turkey strips into steam table pan.
- ,3. Add oil, honey, lime juice, chili powder, & garlic powder.
- ,4. Mix well to combine.
- ,5. Cover & marinate in the refrigerator for 2-3 hours.
- ,6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake,

uncovered, in 325°F convection oven for 25-30 minutes.

,CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

,7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.

,8. Warm tortillas in a warmer or steamer.

,9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

,CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

,Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

,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

Hot Dog on WG Bun

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

Hot Dog on WG Bun

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

Opening Day Footlong Dog

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

Hot dog on a bun

Nutrition Information

Calories	449.80	Protein	15.10g
Fat	24.90g	SaturatedFat	7.70g
Trans Fat	0.00g	Cholesterol	55.00mg
Carbohydrates	41.00g	Fiber	1.40g
Sugar	6.00g	Sodium	1152.50mg
Iron	3.37mg	Vitamin C	0.01mg
Vitamin A	0.09IU	Calcium	91.48mg

Ingredients

1 Each FRANKS 3 MEAT FOOTLONG 6/ 2-5 GFS

1 Each BUN HOT DOG FOOTLONG SLCD 12-6CT GFS

Preparation Instructions

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