

Cookbook for Test School District 2

Created by HPS Menu Planner

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Calzone Three Cheese MTG

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|-----------------------|------------------|
| 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

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|-----------------------|------------------|
| 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

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 Turkey Burger MTG

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

Sandwich Turkey Burger MTG

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 276.53 | Protein | 19.40g |
| Fat | 11.00g | SaturatedFat | 2.50g |
| Trans Fat | 0.00g | Cholesterol | 40.00mg |
| Carbohydrates | 29.41g | Fiber | 6.40g |
| Sugar | 5.01g | Sodium | 367.03mg |
| Iron | 2.62mg | Vitamin C | 4.58mg |
| Vitamin A | 399.88IU | Calcium | 63.67mg |

Ingredients

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

100 Each TURKEY BRGR FLAMEBR 90-2.5Z ADV

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.

20 Cup TOMATO 6X6 LRG 10# MRKN

1 slice

1 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.

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,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013