

# Cookbook for Test School District

Created by HPS Menu Planner

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# Hamburger Deluxe MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Hamburger Deluxe MTG

## Nutrition Information

<b>Calories</b>	349.03	<b>Protein</b>	17.94g
<b>Fat</b>	16.13g	<b>SaturatedFat</b>	5.20g
<b>Trans Fat</b>	1.01g	<b>Cholesterol</b>	48.31mg
<b>Carbohydrates</b>	36.50g	<b>Fiber</b>	6.73g
<b>Sugar</b>	7.69g	<b>Sodium</b>	489.09mg
<b>Iron</b>	3.18mg	<b>Vitamin C</b>	5.85mg
<b>Vitamin A</b>	415.42IU	<b>Calcium</b>	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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Mini Strawberry Pancake

## Nutrition Information

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

# Salad Mixed Green MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Salad Mixed Green MTG

## Nutrition Information

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

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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

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# Cavatini Cowboy MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Cavatini Cowboy MTG

## Nutrition Information

<b>Calories</b>	238.47	<b>Protein</b>	15.50g
<b>Fat</b>	16.14g	<b>SaturatedFat</b>	6.80g
<b>Trans Fat</b>	1.02g	<b>Cholesterol</b>	54.90mg
<b>Carbohydrates</b>	8.27g	<b>Fiber</b>	1.60g
<b>Sugar</b>	4.74g	<b>Sodium</b>	573.57mg
<b>Iron</b>	2.37mg	<b>Vitamin C</b>	3.79mg
<b>Vitamin A</b>	826.63IU	<b>Calcium</b>	55.53mg

## Ingredients

**1 Ounce** PASTA PENNE PLUS 2-10# BARILLA

BOIL

Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes

**17 Pound** BEEF GRND 80/20 3-10 GFS

**2 1/2 Gallon** SAUCE TOMATO MW 6-10 GFS

**1/4 Cup** SEASONING ANCHO CHILI 21Z TRDE

**4 3/4 Cup** CHEESE MOZZ 2% SHRD FTHR 4-5# PG

## Preparation Instructions

Wash Hands.

,1. Brown beef and drain.

,CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.

,2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.

,3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.

,4. Sprinkle with mozzarella cheese.

,5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.

,6. Serve hot with 6z Spoodle

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,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

,6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

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,Updated January 2016

# Hot Dog on WG Bun

<b>Servings:</b>	150.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Hot Dog on WG Bun

## Nutrition Information

<b>Calories</b>	260.00	<b>Protein</b>	11.00g
<b>Fat</b>	12.50g	<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	28.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g	<b>Sodium</b>	500.00mg
<b>Iron</b>	1.60mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	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



# Kevin's Hamburger

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Same Day Service

Double Cheese burger

## Nutrition Information

<b>Calories</b>	129.00	<b>Protein</b>	12.20g
<b>Fat</b>	8.10g	<b>SaturatedFat</b>	3.10g
<b>Trans Fat</b>	0.49g	<b>Cholesterol</b>	32.00mg
<b>Carbohydrates</b>	2.00g	<b>Fiber</b>	1.30g
<b>Sugar</b>	0.00g	<b>Sodium</b>	215.00mg
<b>Iron</b>	1.44mg	<b>Vitamin C</b>	1.80mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	30.00mg

## Ingredients

100 Each BEEF PTY CKD W/MUSHRM 2.46Z 6-5# JTM

1 BUN BRIOCHE 4.25" 12-8CT TUR

## Preparation Instructions