

# Cookbook for Test School District 2

Created by HPS Menu Planner

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# Beans Green Sesame MTG

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

Beans Green Sesame MTG

## Nutrition Information

<b>Calories</b>	13.23	<b>Protein</b>	0.60g
<b>Fat</b>	0.38g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.40g	<b>Fiber</b>	1.11g
<b>Sugar</b>	0.60g	<b>Sodium</b>	45.98mg
<b>Iron</b>	0.34mg	<b>Vitamin C</b>	5.38mg
<b>Vitamin A</b>	227.70IU	<b>Calcium</b>	12.21mg

## Ingredients

**30 Cup** BEAN GREEN BUSHEL 26# P/L

+/- 10 lbs

**1 1/4 Tablespoon** OIL SESAME PURE 10-56Z ROLN

SAUTE

Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.

**1 1/4 Tablespoon** OIL OLIVE PURE 4-3LTR GFS

**2 Teaspoon** SALT SEA 36Z TRDE

**1 1/4 Tablespoon** SPICE SESAME SEED HULLED 19Z TRDE

## Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

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,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

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,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

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# Fries Sweet Potato Crinkle MTG

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

Fries Sweet Potato Crinkle MTG

## Nutrition Information

<b>Calories</b>	119.86	<b>Protein</b>	2.00g
<b>Fat</b>	4.49g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	16.98g	<b>Fiber</b>	3.00g
<b>Sugar</b>	4.99g	<b>Sodium</b>	179.79mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	2.40mg
<b>Vitamin A</b>	3495.90IU	<b>Calcium</b>	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

# Turkey & Cheese Sub on Pretzel Bun

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** No Cook

Turkey and American cheese sandwich on a pretzel b

## Nutrition Information

<b>Calories</b>	196.67	<b>Protein</b>	10.67g
<b>Fat</b>	4.00g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	29.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g	<b>Sodium</b>	153.33mg
<b>Iron</b>	1.92mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	20.00mg

## Ingredients

**100 Each** ROLL PRETZEL WGRAIN 120-2.2Z J&J

**200 Ounce** TURKEY BRST SLCD WHT 1/2Z 12-1# JENNO

**50 Ounce** American Cheese Sliced RF

## Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

# Beef & Cheese Nachos

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

tortilla chips with seasoned ground beef and chedd

## Nutrition Information

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

## Ingredients

**450 Ounce** TACO FILLING BEEF REDC FAT 6-5# COMM  
**150 Package** TORTILLA YELLOW RND 40-2Z BRRLOFUN  
**37 1/2 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.