

Cookbook for Test School District 2

Created by HPS Menu Planner

Table of Contents

Beans Baked MTG

Beans Green Sesame MTG

Bowl Asian Mashed Potato MTG

Calzone Three Cheese MTG

Cauliflower Parslied MTG

Cavatini Cowboy MTG

Fajita Turkey Honey Lime MTG

Fries Sweet Potato Crinkle MTG

Fruit & Cheese Kabob MTG

Hamburger Deluxe MTG

Hot Dog on WG Bun MTG

Ravioli w/Sauce MTG

Rolls Mini Cinnamon MTG

Salad Cucumber Creamy MTG

Salad Mixed Green MTG

Scoops Fiesta

Salad Spinach Side MTG

Sandwich Bagel Turkey & Chs MTG

Sandwich Cheesy Bean Twister WGrain MTG

Sandwich Chicken Patty MTG

Sandwich Turkey Burger MTG

Taco Walking MTG

Toasted Cheese Sandwich

WGrain Mini Strawberry WGrain MTG

Chicken Wings Boneless WGrain

Turkey & Cheese Sub on Pretzel Bun

Beef & Cheese Nachos

Beans Baked MTG

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

Beans Baked MTG

Nutrition Information

Calories	176.65	Protein	7.57g
Fat	1.26g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	36.59g	Fiber	6.31g
Sugar	15.14g	Sodium	694.00mg
Iron	2.27mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	50.47mg

Ingredients

4 Gallon BEAN BAKED 6-10 BUSH

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

Beans Green Sesame MTG

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

Beans Green Sesame MTG

Nutrition Information

Calories	13.23	Protein	0.60g
Fat	0.38g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.40g	Fiber	1.11g
Sugar	0.60g	Sodium	45.98mg
Iron	0.34mg	Vitamin C	5.38mg
Vitamin A	227.70IU	Calcium	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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Bowl Asian Mashed Potato MTG

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

Bowl Asian Mashed Potato MTG

Nutrition Information

Calories	175.50	Protein	11.00g
Fat	8.00g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	11.00g	Fiber	3.00g
Sugar	7.00g	Sodium	420.00mg
Iron	2.11mg	Vitamin C	107.16mg
Vitamin A	2651.46IU	Calcium	20.00mg

Ingredients

200 1/2 Cup POTATO MASHED FRSH 4-6 GFS

400 Each BEEF DIPPERS WONDER BITE 400-.7Z PIER

BAKE

Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes.
Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate

300 Ounce PEPPERS RED DCD 3/8 2-3# RSS

3 1/4 Gallon BROCCOLI FLORET 100-2Z MI LOCAL

Preparation Instructions

WASH HANDS.

,1. Cook potatoes according to recipe/package instructions.

,2. Bake the beef according to manufacturer instructions.

,CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

,3. Steam or saute the bell peppers until tender.

,4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.

,5. Serve warm.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable

Calzone Three Cheese MTG

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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Cauliflower Parslied MTG

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

Cauliflower Parslied MTG

Nutrition Information

Calories	19.67	Protein	0.30g
Fat	1.34g	SaturatedFat	0.85g
Trans Fat	0.00g	Cholesterol	3.65mg
Carbohydrates	1.20g	Fiber	0.30g
Sugar	0.60g	Sodium	7.50mg
Iron	0.00mg	Vitamin C	6.30mg
Vitamin A	48.69IU	Calcium	0.00mg

Ingredients

30 Cup CAULIFLOWER 6-4 GFS

+/- 17 lbs

3/4 Cup BUTTER PRINT UNSLTD GRD AA 36-1# GFS

3/4 Cup SPICE PARSLEY FLAKES 11Z TRDE

Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

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,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

Cavatini Cowboy MTG

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

Cavatini Cowboy MTG

Nutrition Information

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

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

Fruit & Cheese Kabob MTG

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

Fruit & Cheese Kabob MTG

Nutrition Information

Calories	56.28	Protein	0.30g
Fat	0.25g	SaturatedFat	0.08g
Trans Fat	0.00g	Cholesterol	0.47mg
Carbohydrates	13.95g	Fiber	1.41g
Sugar	11.91g	Sodium	7.21mg
Iron	0.30mg	Vitamin C	151.88mg
Vitamin A	47.78IU	Calcium	15.90mg

Ingredients

1 3/4 Gallon STRAWBERRY CLAMSHELL 8# MRKN
1 3/5 Gallon GRAPE RED SDLSS 5# P/L
25 Cup MELON MUSK CANTALOUPE 12CT P/L
6 1/4 Pound CHEESE COLBY JK CUBED 6-1# GFS

Preparation Instructions

WASH HANDS.

,WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

,1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).

,2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.

,3. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

,Updated October 2013

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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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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

Ravioli w/Sauce MTG

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

Ravioli w/Sauce MTG

Nutrition Information

Calories	217.85	Protein	14.95g
Fat	4.92g	SaturatedFat	1.74g
Trans Fat	0.00g	Cholesterol	51.00mg
Carbohydrates	29.20g	Fiber	3.42g
Sugar	4.79g	Sodium	508.93mg
Iron	1.95mg	Vitamin C	0.57mg
Vitamin A	341.95IU	Calcium	168.93mg

Ingredients

1 Each PAN COAT SPRAY 6-21Z GFS

Spray to Coat

300 Each RAVIOLI CHS JMBO WGRAIN CN 2-5# BERN

BOIL

Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil.

Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS.

Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

1 1/2 Gallon SAUCE SPAGHETTI NO SALT 6-106Z PREGO

Preparation Instructions

WASH HANDS.

,1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.

,2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

,3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

,Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

Rolls Mini Cinnamon MTG

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

Rolls Mini Cinnamon MTG

Nutrition Information

Calories	240.00	Protein	5.00g
Fat	7.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	39.00g	Fiber	2.00g
Sugar	15.00g	Sodium	270.00mg
Iron	1.44mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	40.00mg

Ingredients

100 Package ROLL MINI CINNIS IW 72-2.29Z PILLS

BAKE

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *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 5-7 minutes for convection oven; heat for 10-12 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 each provides 2 oz eq grains

,Updated: 12/15/2014

Salad Cucumber Creamy MTG

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

Salad Cucumber Creamy MTG

Nutrition Information

Calories	61.59	Protein	0.58g
Fat	2.18g	SaturatedFat	0.38g
Trans Fat	0.02g	Cholesterol	24.96mg
Carbohydrates	10.28g	Fiber	0.19g
Sugar	3.88g	Sodium	101.44mg
Iron	0.25mg	Vitamin C	1.09mg
Vitamin A	64.09IU	Calcium	12.06mg

Ingredients

3 Quart MAYONNAISE LT 4-1GAL GFS
1 Cup VINEGAR WHT DISTILLED 5% 4-1GAL GFS
1/2 Cup SPICE DILL WEED 5Z TRDE
1 Teaspoon SPICE PEPR WHITE GRND 17Z TRDE
1/2 Cup SPICE ONION MINCED 12Z TRDE
11 Tablespoon SUGAR CANE GRANUL 25# GFS
64 Cup CUCUMBER SELECT SUPER 45# MRKN
+/- 22 lbs

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

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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Scoops Fiesta

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

Scoops Fiesta

Nutrition Information

Calories	339.49	Protein	15.51g
Fat	11.26g	SaturatedFat	3.62g
Trans Fat	0.08g	Cholesterol	20.93mg
Carbohydrates	44.40g	Fiber	9.75g
Sugar	2.92g	Sodium	585.45mg
Iron	2.69mg	Vitamin C	12.36mg
Vitamin A	8433.31IU	Calcium	169.34mg

Ingredients

100 Package CHIP TORTL SCOOP BKD 72-.875Z TOSTIT
11 1/4 Pound TACO FILLING BEEF 4-5# GFS
1 3/5 Gallon BEAN PINTO 6-10 GFS
1 3/5 Gallon BEAN KIDNY RD DK LO SOD 6-10 P/L
25 Cup CARROT JUMBO 10# P/L
1 3/5 Ounce TOMATO ROMA DCD 3/8 2-5# RSS
1 3/5 Gallon LETTUCE ROMAINE RIBBONS 6-2# RSS
6 1/4 Cup CHEESE CHED MLD SHRD FINE 4-5# GFS

Preparation Instructions

Wash Hands

,Wash all fresh, unpackaged produce under running water. Drain well.

,1. Mix together meat, beans, carrots and tomatoes.

,CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

,2. Pour contents of an .875 oz. bag of Baked Tositos Scoops on a serving plate. Add 1 3/8 cup of the chili mixture, and cover with shredded cheese, lettuce and other desired toppings.

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

,Optional: Create a walking taco by serving the chili mixture and toppings (cheese, lettuce and optional toppings) in the .875 oz bag of Baked Tostitos Scoops. Pull open the bag from the top or cut open along one

,side and spoon in chili mixture and add toppings.

,1 Serving provides: 1.25 oz eq grain, 1.5 oz meat/meat alternate, 1/2 cup red/orange vegetable, 1/2 cup beans/legumes vegetable and 1/8 cup dark green vegetable

,Updated March 2012

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.

,

,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 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

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 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

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.

,

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

,Updated October 2013

Taco Walking MTG

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

Taco Walking MTG

Nutrition Information

Calories	248.55	Protein	10.67g
Fat	11.71g	SaturatedFat	3.88g
Trans Fat	0.08g	Cholesterol	22.53mg
Carbohydrates	24.77g	Fiber	3.06g
Sugar	1.76g	Sodium	438.72mg
Iron	1.39mg	Vitamin C	4.52mg
Vitamin A	634.45IU	Calcium	107.46mg

Ingredients

100 Package CHIP TORTL SCOOP BKD 72-.875Z TOSTIT

12 1/2 Pound TACO FILLING BEEF 4-5# GFS

6 1/4 Cup CHEESE CHED MLD SHRD FINE 4-5# GFS

7 Pound SALSA 103Z 6-10 REDG

READY_TO_EAT

1 3/5 Ounce LETTUCE SHRD TACO 1/8CUT 4-5# RSS

Preparation Instructions

WASH HANDS.

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

,1. In a tilt-skillet, cook beef and drain fat.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

,2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

,3. Crush individual bags of chips and open.

,3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of

chips.

,4. Serve.

,Child Nutrition: 1 Each provides=

,1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

,OR

,1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

,Updated October 2013

Toasted Cheese Sandwich

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

Toasted Cheese Sandwich

Nutrition Information

Calories	304.35	Protein	11.00g
Fat	13.68g	SaturatedFat	6.70g
Trans Fat	0.00g	Cholesterol	32.30mg
Carbohydrates	37.00g	Fiber	4.00g
Sugar	7.00g	Sodium	711.91mg
Iron	2.27mg	Vitamin C	0.00mg
Vitamin A	371.38IU	Calcium	247.00mg

Ingredients

1 1/2 Cup BUTTER PRINT SLTD GRD AA 36-1# GFS

200 Slice BREAD WGRAIN HNY WHT 16-24Z GFS

200 Slice CHEESE AMER 160CT SLCD 6-5# COMM

Preparation Instructions

Directions:

,1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

,2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

,3: Top each slice of bread with 2 slices (2 oz) of cheese.

,4: Cover with remaining bread slices.

,5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

,6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

,6: CCP: Heat to 140° F or higher.

,7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

,

, Notes:

,1: Comments:

,2: *See Marketing Guide.

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WGrain Mini Strawberry WGrain MTG

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

WGrain Mini Strawberry WGrain MTG

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

Chicken Wings Boneless WGrain

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

Chicken Wings Boneless WGrain

Nutrition Information

Calories	250.00	Protein	17.50g
Fat	11.75g	SaturatedFat	2.38g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	18.50g	Fiber	2.70g
Sugar	6.00g	Sodium	527.50mg
Iron	0.90mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

750 Each CHIX BNLS WNG GLDNCRSP WGRAIN 6-105CT

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.

150 Each DRESSING HNY MSTRD PKT 100-1FLZ

READY_TO_EAT

fully cooked

Preparation Instructions

Directions:

WASH HANDS.

APPLIANCES VARY, ADJUST ACCORDINGLY.

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

2. Serve and allow student to select condiment preference.

Child Nutrition: 5 pieces provides= 2 oz meat and 1 oz eq grain

Updated December 2014

Notes:

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

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

Servings:	150.00
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

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.