

Cookbook for Chassell Township Schools

Created by HPS Menu Planner

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Cavatini Cowboy MTG

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

Cavatini Cowboy MTG

Nutrition Information

Calories	238.48	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	574.19mg
Iron	2.37mg	Vitamin C	3.79mg
Vitamin A	826.66IU	Calcium	55.56mg

Ingredients

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

BOIL

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

25 1/2 Pound BEEF GRND 80/20 3-10 GFS

3 3/4 Gallon SAUCE TOMATO MW 6-10 GFS

19/50 Cup SEASONING ANCHO CHILI 21Z TRDE

7 3/23 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

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

Updated January 2016

Beans Baked MTG

Servings:	150.00
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

6 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.

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

Hot Dog on WG Bun MTG

Servings:	150.00
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

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

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

Calzone Three Cheese MTG

Servings:	150.00
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

150 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.

Notes:

Hamburger Deluxe MTG

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

Hamburger Deluxe MTG

Nutrition Information

Calories	354.03	Protein	18.27g
Fat	16.13g	SaturatedFat	5.20g
Trans Fat	1.01g	Cholesterol	48.31mg
Carbohydrates	37.50g	Fiber	7.07g
Sugar	8.36g	Sodium	492.43mg
Iron	3.30mg	Vitamin C	7.05mg
Vitamin A	415.42IU	Calcium	100.53mg

Ingredients

150 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.

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

30 Cup TOMATO 6X6 LRG 10# MRKN

1 Slice

150 Ounce LETTUCE ICEBERG FS 4-6CT MRKN

1 Leaf

150 Package KETCHUP PKT 1000-9GM FOH CRWNCOLL

2 2/5 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

Sandwich Chicken Patty MTG

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

Sandwich Chicken Patty MTG

Nutrition Information

Calories	386.48	Protein	20.07g
Fat	15.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	43.40g	Fiber	9.07g
Sugar	6.33g	Sodium	593.67mg
Iron	3.22mg	Vitamin C	6.97mg
Vitamin A	299.88IU	Calcium	96.93mg

Ingredients

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

150 Each CHIX PTY BRD WGRAIN 3.26Z 6-5#

30 Cup TOMATO 6X6 LRG 10# MRKN

1 slice

150 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

Taco Walking MTG

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

Taco Walking MTG

Nutrition Information

Calories	155.00	Protein	4.19g
Fat	5.19g	SaturatedFat	1.41g
Trans Fat	0.00g	Cholesterol	8.50mg
Carbohydrates	21.70g	Fiber	2.07g
Sugar	0.82g	Sodium	260.63mg
Iron	0.42mg	Vitamin C	1.70mg
Vitamin A	234.40IU	Calcium	84.54mg

Ingredients

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

18 3/4 Pound TACO FILLING BEEF 4-5# GFS

9 19/50 Cup CHEESE CHED MLD SHRD FINE 4-5# GFS

10 1/2 Pound SALSA 103Z 6-10 REDG

READY_TO_EAT

2 2/5 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

Taco Walking MTG

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

Taco Walking MTG

Nutrition Information

Calories	155.00	Protein	4.19g
Fat	5.19g	SaturatedFat	1.41g
Trans Fat	0.00g	Cholesterol	8.50mg
Carbohydrates	21.70g	Fiber	2.07g
Sugar	0.82g	Sodium	260.63mg
Iron	0.42mg	Vitamin C	1.70mg
Vitamin A	234.40IU	Calcium	84.54mg

Ingredients

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

18 3/4 Pound TACO FILLING BEEF 4-5# GFS

9 19/50 Cup CHEESE CHED MLD SHRD FINE 4-5# GFS

10 1/2 Pound SALSA 103Z 6-10 REDG

READY_TO_EAT

2 2/5 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

Beef & Cheese Nachos

Servings:	1.00
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

3 Ounce TACO FILLING BEEF REDC FAT 6-5# COMM
1 Package TORTILLA YELLOW RND 40-2Z BRRLOFUN
1/4 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.

Salad Cucumber Creamy MTG

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

Salad Cucumber Creamy MTG

Nutrition Information

Calories	4.29	Protein	0.17g
Fat	0.06g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.10g	Fiber	0.17g
Sugar	0.55g	Sodium	0.55mg
Iron	0.08mg	Vitamin C	0.80mg
Vitamin A	30.03IU	Calcium	4.58mg

Ingredients

55 Cup CUCUMBER 1-24CT P/L

Preparation Instructions

Directions:

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 41°F.

Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Notes:

Turkey Ala King

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

turkey gravy with mash potatoes

Nutrition Information

Calories	3.35	Protein	0.14g
Fat	0.06g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.33mg
Carbohydrates	0.56g	Fiber	0.04g
Sugar	0.00g	Sodium	15.01mg
Iron	0.01mg	Vitamin C	0.23mg
Vitamin A	0.07IU	Calcium	0.27mg

Ingredients

4 Ounce TURKEY & GRAVY 4-7# COMM

BOIL IN THE BAG: FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS OF PRODUCT IN BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 TO 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. STEAMER: PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN AND PLACE INTO STEAMER. HEAT FOR 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.

3 41/50 Ounce POTATO PRLS GLDN X-RICH 6-3.7# BAMER

STEP 1) POUR BOILING WATER INTO A MIXING BOWL. STEP 2) ADD 1 CARTON POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES WHILE STIRRING CONSTANTLY WITH A WHISK. STEP 3) TRANSFER POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND SERVE. 4) RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

Preparation Instructions

Mash Potatoes:STEP 1) POUR BOILING WATER INTO A MIXING BOWL. STEP 2) ADD 1 CARTON POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES WHILE STIRRING CONSTANTLY WITH A WHISK. STEP 3) TRANSFER POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND SERVE. 4) RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

Turkey gravy:BOIL IN THE BAG: FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR

THAWED BAGS OF PRODUCT IN BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 TO 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. STEAMER: PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN AND PLACE INTO STEAMER. HEAT FOR 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.

Sloppy Joe

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

Sloppy Joe

Nutrition Information

Calories	5.34	Protein	0.28g
Fat	0.12g	SaturatedFat	0.02g
Trans Fat	0.00g	Cholesterol	0.41mg
Carbohydrates	0.85g	Fiber	0.18g
Sugar	0.15g	Sodium	7.66mg
Iron	0.05mg	Vitamin C	0.06mg
Vitamin A	4.25IU	Calcium	1.91mg

Ingredients

3 9/25 Ounce SLOPPY JOE REDUCED FAT 6-5# COMM

132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve. Open bags place in 2 inch pan heat to 140.

4 Each BUN HAMB WHLWHE 3.5 R/SOD 10-12CT

Remove from freezer day before. Place amount needed for day in plastic container to be ready for service

Preparation Instructions

Directions:

Pour ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Portion is 1 sandwich.

Notes:

1: * See Marketing Guide