

# Cookbook for Test School District 2

Created by HPS Menu Planner

# Table of Contents

Fajita Turkey Honey Lime MTG

Fries Sweet Potato Crinkle MTG

Hot Dog on WG Bun MTG

Sandwich Turkey Burger MTG

Chicken Wings Boneless WGrain

# Fajita Turkey Honey Lime MTG

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

Fajita Turkey Honey Lime MTG

## Nutrition Information

|                      |         |                     |          |
|----------------------|---------|---------------------|----------|
| <b>Calories</b>      | 299.85  | <b>Protein</b>      | 20.65g   |
| <b>Fat</b>           | 8.04g   | <b>SaturatedFat</b> | 3.36g    |
| <b>Trans Fat</b>     | 0.04g   | <b>Cholesterol</b>  | 45.09mg  |
| <b>Carbohydrates</b> | 34.05g  | <b>Fiber</b>        | 4.21g    |
| <b>Sugar</b>         | 5.23g   | <b>Sodium</b>       | 741.35mg |
| <b>Iron</b>          | 2.02mg  | <b>Vitamin C</b>    | 6.64mg   |
| <b>Vitamin A</b>     | 27.68IU | <b>Calcium</b>      | 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

|                       |                  |
|-----------------------|------------------|
| <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

# Hot Dog on WG Bun MTG

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

Hot Dog on WG Bun MTG

## 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

**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



# Sandwich Turkey Burger MTG

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

Sandwich Turkey Burger MTG

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 276.58   | <b>Protein</b>      | 19.41g   |
| <b>Fat</b>           | 11.00g   | <b>SaturatedFat</b> | 2.50g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 40.00mg  |
| <b>Carbohydrates</b> | 29.42g   | <b>Fiber</b>        | 6.41g    |
| <b>Sugar</b>         | 5.01g    | <b>Sodium</b>       | 367.07mg |
| <b>Iron</b>          | 2.62mg   | <b>Vitamin C</b>    | 4.60mg   |
| <b>Vitamin A</b>     | 399.88IU | <b>Calcium</b>      | 63.73mg  |

## 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

# Chicken Wings Boneless WGrain

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

Chicken Wings Boneless WGrain

## Nutrition Information

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