

Cookbook for Test School District

Created by HPS Menu Planner

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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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Hamburger Deluxe MTG

Servings:	100.00
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

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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Beans Baked

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

Beans Baked

Nutrition Information

Calories	186.08	Protein	7.62g
Fat	1.28g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	38.86g	Fiber	6.36g
Sugar	16.44g	Sodium	766.18mg
Iron	2.32mg	Vitamin C	0.13mg
Vitamin A	27.31IU	Calcium	51.89mg

Ingredients

6 Gallon BEAN BAKED 6-10 BUSH
3 Cup SAUCE BBQ 4-1GAL GFS

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

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

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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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

Carrot-Raisin Salad

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

Carrot-Raisin Salad

Nutrition Information

Calories	74.15	Protein	0.24g
Fat	6.64g	SaturatedFat	0.96g
Trans Fat	0.00g	Cholesterol	3.35mg
Carbohydrates	3.66g	Fiber	1.41g
Sugar	1.78g	Sodium	108.37mg
Iron	0.08mg	Vitamin C	1.13mg
Vitamin A	6826.98IU	Calcium	9.43mg

Ingredients

2 Gallon CARROT DCD 30 GFS
2 1/2 Quart RAISINS DRD GOLDEN 1-5
1 Cup MILK PWD FF INST 6-5# P/L
1 Quart MAYONNAISE 4-1GAL HELM
1 Teaspoon SALT IODIZED 24-26Z GFS
1 Teaspoon SPICE NUTMEG GRND 16Z TRDE
1/4 Cup LEMON JUICE 100 12-30FLZ MINMD

Preparation Instructions

Directions:

Place carrots and raisins in large bowl.

In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).

Pour dressing over carrots and raisins. Mix lightly. Spread 6 lb (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

Notes:

1: Comments:

2: *See Marketing Guide.

3: A new nutrient analysis will be coming.

4: Updated July 2014. Restandardization in progress.

breakfast pizza

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

egg bacon cheese pizza

Nutrition Information

Calories	1.19	Protein	0.02g
Fat	0.01g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.01mg
Carbohydrates	0.27g	Fiber	0.03g
Sugar	0.16g	Sodium	0.17mg
Iron	0.00mg	Vitamin C	0.11mg
Vitamin A	0.77IU	Calcium	0.10mg

Ingredients

- 1 128-2.85Z PIZZA BKFST EGG&BCN 63564
- 1 Each BANANA 40
- 1 1% Lowfat White Milk

Preparation Instructions

Kevin's Hamburger

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Double Cheese burger

Nutrition Information

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

Kevin's Yellow Jacket Dog

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

Hot Dog on WG Bun MTG

Nutrition Information

Calories	182.13	Protein	6.06g
Fat	16.03g	SaturatedFat	5.00g
Trans Fat	0.00g	Cholesterol	45.00mg
Carbohydrates	4.41g	Fiber	0.01g
Sugar	3.04g	Sodium	668.98mg
Iron	0.79mg	Vitamin C	0.00mg
Vitamin A	0.07IU	Calcium	40.79mg

Ingredients

100 Package KETCHUP PKT 1000-9GM FOH CRWNCOLL

1 Each BUN HOT DOG JMBO SLCD 4-6CT GFS

100 Each FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS

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

Bowl Asian Mashed Potato

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

Bowl Asian Mashed Potato

Nutrition Information

Calories	150.38	Protein	12.01g
Fat	8.01g	SaturatedFat	3.51g
Trans Fat	0.00g	Cholesterol	35.06mg
Carbohydrates	6.04g	Fiber	1.01g
Sugar	4.02g	Sodium	420.70mg
Iron	1.80mg	Vitamin C	0.56mg
Vitamin A	113.43IU	Calcium	20.03mg

Ingredients

300 3/4 Cup POTATO MASH CRMY DELUX 4-5 RESER
601 Ounce 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

2 17/50 Ounce PEPPERS RED DCD 3/8 2-3# RSS
4 22/25 Gallon BROCCOLI FLORETS 12-2 GFS

Preparation Instructions

Directions:

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

Source: Basic American Foods, www.baf.com

Notes:

Spartan Chicken or Turkey Taco

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken or Turkey Taco

Nutrition Information

Calories	8.21	Protein	0.25g
Fat	0.08g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.72g	Fiber	0.16g
Sugar	0.16g	Sodium	0.41mg
Iron	0.03mg	Vitamin C	0.20mg
Vitamin A	8.21IU	Calcium	0.00mg

Ingredients

2 3/4 Cup CORN SUPER SWT 30 GFS

Preparation Instructions

Directions:

Combine onions, corn, garlic powder, salt, pepper, tomato paste, water, and seasonings in a large stock pot. Heat uncovered over medium heat for 5 minutes. Stir well. Bring to a boil.

Add chicken. Reduce heat and simmer for 25-30 minutes, stirring occasionally.

Critical Control Point: Heat to 165 °F for 15 seconds or higher.

Critical Control Point: Hold for hot service at 140 °F or higher.

See B-03 for recipe ingredients and directions. Set rice aside for step 9.

For topping: Combine lettuce and tomatoes. Toss slightly. Set mixture aside for step 12.

Set cheese aside for step 13.

Assembly (2 tacos per serving):

First layer: Using a No. 8 scoop, divide equally between two tacos, 1/2 cup (about 4 oz) rice on bottom of taco shells.

Second layer: Using a No. 30 scoop, spread 1/8 cup (about 1 1/2 oz) chicken mixture in each taco shell.

Transfer tacos to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Third layer: Using a No. 10 scoop, divide equally between two tacos, 3/8 cup (about 1 1/2 oz) lettuce and tomato mixture on top of chicken mixture.

Fourth layer: Using a No. 40 scoop, divide equally between two tacos, 1 Tbsp 1 tsp (about 1/3 oz) shredded cheese on top of lettuce and tomato mixture.

OR

Instruct students to "build" their own tacos.

Serve each student:

2 tacos; 3/8 cup (about 1 1/2 oz - use No. 10 scoop) lettuce and tomato mixture in individual souffle cups; 1 Tbsp 1 tsp (about 1/3 oz - use No. 40 scoop) shredded cheese in individual souffle cups.

Notes:

- 1: *Remove salt from B-03 Cooking Rice ingredients when including dish in D-13C Chicken or Turkey Taco Recipe.
- 2: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
- 3: Cooking Process #2: Same Day Service
- 4: Serving
- 5: NSLP/SBP Crediting Information: 2 tacos provide 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.
- 6: CACFP Crediting Information: 2 tacos provide 2 oz meat/meat alternate, 3/8 cup vegetable, and 2 servings grains/bread.

Spartan Beef or Pork Taco

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service
Beef or Pork Taco	

Nutrition Information

Calories	117.44	Protein	10.72g
Fat	7.66g	SaturatedFat	2.30g
Trans Fat	0.00g	Cholesterol	43.40mg
Carbohydrates	0.00g	Fiber	0.00g
Sugar	0.00g	Sodium	38.30mg
Iron	0.74mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	10.21mg

Ingredients

6 10/27 Pound TURKEY GROUND RAW 85% LEAN 4-5#

Preparation Instructions

Directions:

Brown ground beef or pork. Drain. Continue immediately.

Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 165 ° F or higher.

CCP: Hold for hot service at 140° F or warmer.

Topping: Reserve cheese for step 5. Combine tomatoes and lettuce. Toss lightly and reserve for step 5.

Portion is 2 tacos.

Notes:

1: * See Marketing Guide

2: Serving suggestions:

3: A. Before serving, fill each taco shell with a

4: No. 30 scoop (2 Tbsp) meat mixture. On

5: each plate serve 2 tacos, No. 10 scoop

6: (

7:

8: cup) lettuce and tomato mixture, and

9: ½ oz

10: (2 Tbsp) shredded cheese.

11: OR

12: B1. Pre-portion No. 10 scoop (

13:

14: cup) lettuce-

15: tomato mixture and ½ oz (2 Tbsp)

16: shredded cheese into individual soufflé

17: cups. Refrigerate until service.

18: B2. Transfer meat mixture and taco shells to

19: steamtable pans or place on tables.

20: For each child, serve 2 unfilled taco shells,

21: 2 No. 30 scoops (¼ cup ½ tsp) meat

22: mixture, 1 pre-portioned soufflé cup of

23: lettuce-tomato mixture, and 1 pre-portioned

24: soufflé cu

25: p of shredded cheese. Instruct

26: children to "build" their own tacos.

Spartan Fajita Turkey Honey Lime

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

Spartan Taco Walking

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

Taco Walking

Nutrition Information

Calories	273.95	Protein	14.33g
Fat	12.73g	SaturatedFat	5.24g
Trans Fat	0.00g	Cholesterol	60.57mg
Carbohydrates	25.97g	Fiber	2.25g
Sugar	1.75g	Sodium	536.52mg
Iron	1.49mg	Vitamin C	8.88mg
Vitamin A	1638.48IU	Calcium	134.12mg

Ingredients

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

Open Bag

18 3/4 Pound TURKEY TACO MEAT FC 4-7# JENNO

Heat and Serve

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

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

READY_TO_EAT

None

2 17/50 Gallon LETTUCE ROMAINE RIBBONS 6-2# RSS

150 Each SOUR CREAM CUP 100-1Z PAULY

Preparation Instructions

Directions:

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

Notes:

Turkey and Cheese Tuesday Sandwich

Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Turkey and American cheese sandwich on a pretzel bun

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

- 1 Each ROLL PRETZEL WGRAIN 120-2.2Z J&J
- 2 Ounce TURKEY BRST SLCD WHT 1/2Z 12-1# JENNO
- 1/2 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.

Bulldog Fajita Turkey Honey Lime

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

Fajita Turkey Honey Lime

Nutrition Information

Calories	299.49	Protein	20.63g
Fat	8.04g	SaturatedFat	3.36g
Trans Fat	0.04g	Cholesterol	45.09mg
Carbohydrates	33.96g	Fiber	4.19g
Sugar	5.21g	Sodium	741.33mg
Iron	2.02mg	Vitamin C	6.59mg
Vitamin A	27.57IU	Calcium	41.95mg

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
5 Cup PEPPERS GREEN LRG 5# P/L
200 Each TORTILLA FLOUR ULTRGR 6 30-12CT
3 Cup ONION DCD 1/2 2-5# RSS

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

Sandwich Chicken Patty MTG

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

Sandwich Chicken Patty MTG

Nutrition Information

Calories	130.00	Protein	5.00g
Fat	2.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	25.00g	Fiber	5.00g
Sugar	3.00g	Sodium	125.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	40.00mg

Ingredients

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

Preparation Instructions

Directions:

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

Notes:

Aggie's Walking Taco

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

Fritos Walking Taco

Nutrition Information

Calories	221.47	Protein	14.33g
Fat	7.73g	SaturatedFat	2.24g
Trans Fat	0.00g	Cholesterol	40.57mg
Carbohydrates	23.48g	Fiber	2.00g
Sugar	0.75g	Sodium	506.49mg
Iron	1.31mg	Vitamin C	1.50mg
Vitamin A	208.17IU	Calcium	109.17mg

Ingredients

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

12 1/2 Pound TURKEY TACO MEAT FC 4-7# JENNO

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

7 Pound SALSA 103Z 6-10 REDG

READY_TO_EAT

None

1 14/25 Gallon LETTUCE ROMAINE RIBBONS 6-2 FRSHW

Preparation Instructions

Directions:

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

Notes:

Panther Walking Taco

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

Taco Walking

Nutrition Information

Calories	149.47	Protein	3.77g
Fat	4.75g	SaturatedFat	1.25g
Trans Fat	0.00g	Cholesterol	7.50mg
Carbohydrates	21.67g	Fiber	2.03g
Sugar	0.83g	Sodium	248.66mg
Iron	0.37mg	Vitamin C	1.62mg
Vitamin A	208.17IU	Calcium	83.22mg

Ingredients

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

READY_TO_EAT

Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering

box lunches. Contact PepsiCo Foodservice for display equipment options.

12 1/2 Pound Turkey Taco Meat

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

7 Pound SALSA 103Z 6-10 REDG

READY_TO_EAT

None

1 14/25 Ounce LETTUCE SHRD TACO 1/8CUT 4-5# RSS

1 Cup ONION DCD 1/2 2-5# RSS

Preparation Instructions

Directions:

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

Notes: