

# Cookbook for Test School District 2

Created by HPS Menu Planner

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# Beans Baked MTG

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

Beans Baked MTG

## Nutrition Information

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

<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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# Bowl Asian Mashed Potato MTG

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

Bowl Asian Mashed Potato MTG

## Nutrition Information

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

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

Calzone Three Cheese MTG

## Nutrition Information

<b>Calories</b>	250.00	<b>Protein</b>	19.00g
<b>Fat</b>	5.00g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	10.00mg
<b>Carbohydrates</b>	33.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	420.00mg
<b>Iron</b>	2.70mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	200.00IU	<b>Calcium</b>	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

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

Cauliflower Parslied MTG

## Nutrition Information

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

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

Cavatini Cowboy MTG

## Nutrition Information

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

<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



# Fruit & Cheese Kabob MTG

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

Fruit & Cheese Kabob MTG

## Nutrition Information

<b>Calories</b>	56.28	<b>Protein</b>	0.30g
<b>Fat</b>	0.25g	<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.47mg
<b>Carbohydrates</b>	13.95g	<b>Fiber</b>	1.41g
<b>Sugar</b>	11.91g	<b>Sodium</b>	9.07mg
<b>Iron</b>	0.30mg	<b>Vitamin C</b>	151.88mg
<b>Vitamin A</b>	52.02IU	<b>Calcium</b>	18.14mg

## 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

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

Hamburger Deluxe MTG

## Nutrition Information

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



# Ravioli w/Sauce MTG

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

Ravioli w/Sauce MTG

## Nutrition Information

<b>Calories</b>	217.85	<b>Protein</b>	15.95g
<b>Fat</b>	4.92g	<b>SaturatedFat</b>	1.74g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	51.00mg
<b>Carbohydrates</b>	28.20g	<b>Fiber</b>	2.42g
<b>Sugar</b>	4.79g	<b>Sodium</b>	488.93mg
<b>Iron</b>	1.59mg	<b>Vitamin C</b>	0.57mg
<b>Vitamin A</b>	341.95IU	<b>Calcium</b>	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

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

Rolls Mini Cinnamon MTG

## Nutrition Information

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

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

Salad Cucumber Creamy MTG

## Nutrition Information

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

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

Salad Mixed Green MTG

## Nutrition Information

<b>Calories</b>	13.51	<b>Protein</b>	0.26g
<b>Fat</b>	0.03g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.88g	<b>Fiber</b>	1.10g
<b>Sugar</b>	0.73g	<b>Sodium</b>	1.15mg
<b>Iron</b>	0.69mg	<b>Vitamin C</b>	4.40mg
<b>Vitamin A</b>	4352.18IU	<b>Calcium</b>	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

,

# Scoops Fiesta

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

Scoops Fiesta

## Nutrition Information

<b>Calories</b>	338.94	<b>Protein</b>	15.61g
<b>Fat</b>	11.31g	<b>SaturatedFat</b>	3.59g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	21.93mg
<b>Carbohydrates</b>	44.15g	<b>Fiber</b>	9.70g
<b>Sugar</b>	2.92g	<b>Sodium</b>	587.72mg
<b>Iron</b>	2.67mg	<b>Vitamin C</b>	12.35mg
<b>Vitamin A</b>	8426.86IU	<b>Calcium</b>	171.75mg

## 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

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

Salad Spinach Side MTG

## Nutrition Information

<b>Calories</b>	10.02	<b>Protein</b>	0.17g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.18g	<b>Fiber</b>	1.16g
<b>Sugar</b>	0.13g	<b>Sodium</b>	25.49mg
<b>Iron</b>	0.79mg	<b>Vitamin C</b>	20.12mg
<b>Vitamin A</b>	3101.21IU	<b>Calcium</b>	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

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

Sandwich Bagel Turkey & Chs MTG

## Nutrition Information

<b>Calories</b>	283.24	<b>Protein</b>	24.16g
<b>Fat</b>	7.19g	<b>SaturatedFat</b>	3.33g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	59.26mg
<b>Carbohydrates</b>	30.10g	<b>Fiber</b>	4.30g
<b>Sugar</b>	4.80g	<b>Sodium</b>	368.08mg
<b>Iron</b>	2.66mg	<b>Vitamin C</b>	1.30mg
<b>Vitamin A</b>	733.16IU	<b>Calcium</b>	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

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

Sandwich Cheesy Bean Twister WGrain MTG

## Nutrition Information

<b>Calories</b>	328.15	<b>Protein</b>	14.11g
<b>Fat</b>	6.85g	<b>SaturatedFat</b>	1.51g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	6.00mg
<b>Carbohydrates</b>	52.30g	<b>Fiber</b>	9.66g
<b>Sugar</b>	3.54g	<b>Sodium</b>	850.64mg
<b>Iron</b>	3.65mg	<b>Vitamin C</b>	7.00mg
<b>Vitamin A</b>	438.54IU	<b>Calcium</b>	201.39mg

## 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

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

Sandwich Chicken Patty MTG

## Nutrition Information

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

## 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

<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

# Taco Walking MTG

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

Taco Walking MTG

## Nutrition Information

<b>Calories</b>	248.00	<b>Protein</b>	10.77g
<b>Fat</b>	11.76g	<b>SaturatedFat</b>	3.86g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	23.53mg
<b>Carbohydrates</b>	24.52g	<b>Fiber</b>	3.01g
<b>Sugar</b>	1.76g	<b>Sodium</b>	440.99mg
<b>Iron</b>	1.36mg	<b>Vitamin C</b>	4.52mg
<b>Vitamin A</b>	628.00IU	<b>Calcium</b>	109.88mg

## 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

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

Toasted Cheese Sandwich

## Nutrition Information

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

,

# WGrain Mini Strawberry WGrain MTG

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

WGrain Mini Strawberry WGrain MTG

## Nutrition Information

<b>Calories</b>	220.00	<b>Protein</b>	4.00g
<b>Fat</b>	6.00g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	40.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g	<b>Sodium</b>	130.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	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

<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:

# Turkey & Cheese Sub on Pretzel Bun

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	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.

# Rolls (Yeast)

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

Rolls (Yeast)

## Nutrition Information

<b>Calories</b>	133.51	<b>Protein</b>	3.59g
<b>Fat</b>	5.19g	<b>SaturatedFat</b>	0.88g
<b>Trans Fat</b>	0.08g	<b>Cholesterol</b>	0.45mg
<b>Carbohydrates</b>	19.13g	<b>Fiber</b>	1.55g
<b>Sugar</b>	4.99g	<b>Sodium</b>	299.75mg
<b>Iron</b>	0.82mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	15.00IU	<b>Calcium</b>	5.79mg

## Ingredients

- 3 Ounce** YEAST DRY 12-2 RDSTR
- 1 Gallon** FLOUR ULTRAGRAIN 50# HLCHC
- 3 Cup** MILK PWD FF INST 6-5# P/L
- 2 Cup** SUGAR CANE GRANUL 25# GFS
- 1/4 Cup** SALT IODIZED 24-26Z GFS
- 2 Cup** OIL SALAD VEG SOY CLR NT 6-1GAL GFS
- 2 Tablespoon** MARGARINE SLD 30-1 GFS

## Preparation Instructions

Directions:

Dissolve dry yeast in warm water. Let stand for 4-5 minutes

Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.

Add oil and blend for approximately 2 minutes on low speed.

Add water. Mix for 1 minute for 2 minutes on low speed.

Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

Add dissolved yeast and mix for 2 minutes on low speed.

Place dough in warm area (about 90° F) for 45-60 minutes

Punch down dough to remove air bubbles.

Form rolls from dough by pinching off 2 oz pieces and shaping. Place rolls in rows of 5 across and 10 down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place in a warm area (about 90° F) until double in size, 30-50 minutes.

Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-14 minutes

Optional: Brush lightly with melted margarine (approximately 1 Tbsp per pan) while warm.

Notes:

1: Special Tip:

2: To use high-activity (instant

3: ) yeast, follow di

4: rections below or manufacturer's

5: instructions.

6: For 50 servings, omit step 1. In step

7: 2, add ¼ cup high-activity (instant)

8: yeast. Continue with step

9: 3. In step 4, add 1 qt wa

10: ter (110° F). Omit step 5.

11: In step 6, knead for 10 minute

12: s. Continue with steps 7-12.

13: For 100 servings, omit step 1. In step

14: 2, add 2 ½ oz (½ cup) high-activity

15: (instant) yeast. Continue with step 3. In

16: step 4, add 2 qt water (110° F). Omit

17: step 5. In step 6, knead for 10

18: minutes. Continue with steps 7-12.

19: Variation:

20: A. Frankfurter Rolls

21: 50 and 100 servings: Follow steps 1-8. In step 9, shape 2 oz pieces of dough to approximately 2 1/2" x 6 1/2". Place rolls in rows of 8 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.

22: B. Hamburger Rolls

23: 50 and 100 servings: Follow steps 1-8. In step 9, shape and flatten 2 oz pieces of dough to approximately 4" in

diameter. Place rolls in rows of 6 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.

24: C. Wheat Rolls

25: 50 servings: Follow step 1. In step 2 use 1 lb 13 oz (1 2 1/2 cups) Whole wheat/enriched blend flour and 1 lb 13 oz (1 qt 2 3/4 cups) whole wheat flour. Continue with steps 3-12.

26: 100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) Whole wheat/enriched blend flour and 3 lb 10 oz (3 qt 1 1/2 cups) whole wheat flour. Continue with steps 3-12.

27: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress