

Cookbook for Test School District 2

Created by HPS Menu Planner

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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

Fries Sweet Potato Crinkle MTG

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

Fries Sweet Potato Crinkle MTG

Nutrition Information

Calories	119.86	Protein	2.00g
Fat	4.49g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	16.98g	Fiber	3.00g
Sugar	4.99g	Sodium	179.79mg
Iron	0.36mg	Vitamin C	2.40mg
Vitamin A	3495.90IU	Calcium	19.98mg

Ingredients

19 3/4 Pound FRIES SWT POT DP GROOVE 7/16 6-2.5#

Preparation Instructions

Directions:

- ,1: Wash hands.
- ,2: Bake french fries according to manufacturer's instructions.
- ,3.17 oz svg = 1/2 c. red/orange vegetable

Hot Dog on WG Bun MTG

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

Hot Dog on WG Bun MTG

Nutrition Information

Calories	260.00	Protein	11.00g
Fat	12.50g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	28.00g	Fiber	4.00g
Sugar	7.00g	Sodium	500.00mg
Iron	1.60mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	110.67mg

Ingredients

100 Each BUN HOT DOG WHEAT WHL 12-12CT GFS

100 Each FRANK TKY/BEEF R/SOD 8/ 4-5 KE

100 Package KETCHUP PKT 1000-9GM FOH CRWNCOLL

Preparation Instructions

WASH HANDS.

,1. Place 1 hot dog in each bun.

,Convection oven: 350°F

,Conventional oven: 400°F

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

,2. Serve within 3 hours.

,3. Serve with ketchup packet (optional).

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

,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

,Updated January 2016

Ravioli w/Sauce MTG

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

Ravioli w/Sauce MTG

Nutrition Information

Calories	217.85	Protein	15.95g
Fat	4.92g	SaturatedFat	1.74g
Trans Fat	0.00g	Cholesterol	51.00mg
Carbohydrates	28.20g	Fiber	2.42g
Sugar	4.79g	Sodium	488.93mg
Iron	1.59mg	Vitamin C	0.57mg
Vitamin A	341.95IU	Calcium	168.93mg

Ingredients

1 Each PAN COAT SPRAY 6-21Z GFS

Spray to Coat

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

BOIL

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

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

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

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

Preparation Instructions

WASH HANDS.

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

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

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

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

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

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

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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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

Chicken Wings Boneless WGrain

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

Chicken Wings Boneless WGrain

Nutrition Information

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

Ingredients

750 Each CHIX BNLS WNG GLDNCRSP WGRAIN 6-105CT

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

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

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

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

150 Each DRESSING HNY MSTRD PKT 100-1FLZ

READY_TO_EAT

fully cooked

Preparation Instructions

Directions:

WASH HANDS.

APPLIANCES VARY, ADJUST ACCORDINGLY.

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

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

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

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

2. Serve and allow student to select condiment preference.

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

Updated December 2014

Notes: