

# Cookbook for Test School District

Created by HPS Menu Planner

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# Mini Strawberry Pancake

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

Mini Strawberry Pancake

## 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

# Beans Baked

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

Beans Baked

## Nutrition Information

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

<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

# 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.

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,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 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

# Hot Dog on WG Bun

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

Hot Dog on WG Bun

## 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

**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



# Opening Day Footlong Dog

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Hot dog on a bun

## Nutrition Information

<b>Calories</b>	449.80	<b>Protein</b>	15.10g
<b>Fat</b>	24.90g	<b>SaturatedFat</b>	7.70g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	55.00mg
<b>Carbohydrates</b>	41.00g	<b>Fiber</b>	1.40g
<b>Sugar</b>	6.00g	<b>Sodium</b>	1152.50mg
<b>Iron</b>	3.37mg	<b>Vitamin C</b>	0.01mg
<b>Vitamin A</b>	0.09IU	<b>Calcium</b>	91.48mg

## Ingredients

1 Each FRANKS 3 MEAT FOOTLONG 6/ 2-5 GFS

1 Each BUN HOT DOG FOOTLONG SLCD 12-6CT GFS

## Preparation Instructions

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# Bull dog Calzone Three Cheese

<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.

Notes:

# BBCH Nachos

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Turkey Nachos

## Nutrition Information

<b>Calories</b>	415.00	<b>Protein</b>	24.00g
<b>Fat</b>	23.00g	<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	85.00mg
<b>Carbohydrates</b>	32.00g	<b>Fiber</b>	3.50g
<b>Sugar</b>	0.00g	<b>Sodium</b>	799.00mg
<b>Iron</b>	11.63mg	<b>Vitamin C</b>	15.00mg
<b>Vitamin A</b>	2781.00IU	<b>Calcium</b>	234.00mg

## Ingredients

**3 3/50 Ounce** TACO FILLN TURKEY FC 4-7#  
**1/4 Cup** CHEESE CHED MLD SHRD 4-5# COMM  
**1 Package** CHIP YEL RND TORTL 80-1.5Z BARREO FUN  
**1/2 Cup** LETTUCE ROMAINE RIBBONS 6-2# RSS

## Preparation Instructions