

Cookbook for Test School District 2

Created by HPS Menu Planner

Table of Contents

[Beans Green Sesame MTG](#)

[Fries Sweet Potato Crinkle MTG](#)

[Turkey & Cheese Sub on Pretzel Bun](#)

[Beef & Cheese Nachos](#)

Beans Green Sesame MTG

Servings:	100.00
Serving Size:	1.00 Serving
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

Measurement	DistPart #	Description	Preparation Instructions
30 Cup	857424	BEAN GREEN BUSHEL 26# P/L	+/- 10 lbs
1 1/4 Tablespoon	348630	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	432061	OIL OLIVE PURE 4- 3LTR GFS	
2 Teaspoon	748590	SALT SEA 36Z TRDE	
1 1/4 Tablespoon	513806	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.

,

,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

,

,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

,

Fries Sweet Potato Crinkle MTG

Servings:	100.00
Serving Size:	1.00 Serving
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	3495.89IU	Calcium	19.98mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
19 3/4 Pound	628100	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

Turkey & Cheese Sub on Pretzel Bun

Servings:	100.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Turkey and American cheese sandwich on a pretzel b

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

Measurement	DistPart #	Description	Preparation Instructions
100 Each	500162	ROLL PRETZEL WGRAIN 120-2.2Z J&J	
200 Ounce	244190	TURKEY BRST SLCD WHT 1/2Z 12-1# JENNO	
50 Ounce	666204	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

Servings:	150.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

tortilla chips with seasoned ground beef and chedd

Nutrition Information

Calories	485.43	Protein	23.11g
Fat	27.64g	SaturatedFat	9.20g
Trans Fat	0.27g	Cholesterol	63.12mg
Carbohydrates	42.73g	Fiber	5.89g
Sugar	1.89g	Sodium	686.25mg
Iron	3.50mg	Vitamin C	5.11mg
Vitamin A	896.14IU	Calcium	279.85mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
450 Ounce	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	
150 Package	682210	TORTILLA YELLOW RND 40-2Z BRRLOFUN	
37 1/2 Cup	150250	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.