

# Cookbook for Test School District

Created by HPS Menu Planner

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# Hamburger Deluxe MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<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

Measurement	DistPart #	Description	Preparation Instructions
100 Each	100650	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	517810	BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	
20 Cup	199001	TOMATO 6X6 LRG 10# MRKN	1 Slice
100 Ounce	307769	LETTUCE ICEBERG FS 4-6CT MRKN	1 Leaf
100 Package	571720	KETCHUP PKT 1000- 9GM FOH CRWNCOLL	

Measurement	DistPart #	Description	Preparation Instructions
1 3/5 Quart	429406	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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# Mini Strawberry Pancake

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<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

Measurement	DistPart #	Description	Preparation Instructions
100 Package	269230	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>Serving Size:</b>	1.00 Serving
<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>	766.17mg
<b>Iron</b>	2.32mg	<b>Vitamin C</b>	0.13mg
<b>Vitamin A</b>	27.31IU	<b>Calcium</b>	51.89mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 Gallon	520098	BEAN BAKED 6-10 BUSH	
3 Cup	734136	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.

,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>Serving Size:</b>	1.00 Serving
<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

Measurement	DistPart #	Description	Preparation Instructions
100 Each	230264	BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	
12 1/2 Pound	211729	TURKEY PULLED WHT CKD 2-5# GFS	
100 Slice	271411	CHEESE AMER 160CT SLCD 4-5# GFS	
20 Cup	702595	LETTUCE LEAF GRN WASHED TRMD 2-5# RSS	1 leaf of lettuce (5 Heads of Lettuce)
20 Each	508616	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

# Cauliflower Parslied MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<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

Measurement	DistPart #	Description	Preparation Instructions
30 Cup	610882	CAULIFLOWER 6-4 GFS	+/- 17 lbs
3/4 Cup	299405	BUTTER PRINT UNSLTD GRD AA 36-1# GFS	
3/4 Cup	513989	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.

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,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.

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,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

# Salad Mixed Green MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<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

Measurement	DistPart #	Description	Preparation Instructions
<b>10 1/2 Pound</b>	305812	LETTUCE ROMAINE 24CT MRKN	+/- 100 Shredded Cups
<b>8 1/2 Cup</b>	199001	TOMATO 6X6 LRG 10# MRKN	+/- 7 lbs
<b>30 Cup</b>	198587	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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# Cavatini Cowboy MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<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

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	551321	PASTA PENNE PLUS 2-10# BARILLA	BOIL Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes
17 Pound	158704	BEEF GRND 80/20 3-10 GFS	
2 1/2 Gallon	306347	SAUCE TOMATO MW 6-10 GFS	
1/4 Cup	748570	SEASONING ANCHO CHILI 21Z TRDE	
4 3/4 Cup	421812	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

# Sandwich Chicken Patty MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<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

Measurement	DistPart #	Description	Preparation Instructions
100 Each	517810	BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	
100 Each	558061	CHIX PTY BRD WGRAIN 3.26Z 6-5#	
20 Cup	199001	TOMATO 6X6 LRG 10# MRKN	1 slice
100 Ounce	307769	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

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# Fries Sweet Potato Crinkle MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<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>	3495.89IU	<b>Calcium</b>	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

# Hot Dog on WG Bun

<b>Servings:</b>	150.00
<b>Serving Size:</b>	1.00 Serving
<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

Measurement	DistPart #	Description	Preparation Instructions
150 Each	517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	
150 Each	570662	FRANK TKY/BEEF R/SOD 8/ 4-5 KE	
150 Package	571720	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

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# Sandwich Turkey Burger

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sandwich Turkey Burger

## 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

Measurement	DistPart #	Description	Preparation Instructions
100 Each	517810	BUN HAMB SLCD WHEAT WHL 4 10- 12 GFS	
100 Each	897690	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	199001	TOMATO 6X6 LRG 10# MRKN	1 slice
1 Ounce	307769	LETTUCE ICEBERG FS 4- 6CT MRKN	1 leaf

## Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

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,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.

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,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013