

Cookbook for Test School District

Created by HPS Menu Planner

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Hamburger Deluxe MTG

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

Hamburger Deluxe MTG

Nutrition Information

Calories	354.03	Protein	18.27g
Fat	16.13g	SaturatedFat	5.20g
Trans Fat	1.01g	Cholesterol	48.31mg
Carbohydrates	37.50g	Fiber	7.07g
Sugar	8.36g	Sodium	492.43mg
Iron	3.30mg	Vitamin C	7.05mg
Vitamin A	415.42IU	Calcium	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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Sandwich Bagel Turkey & Chs MTG

Servings:	100.00
Serving Size:	1.00 Serving
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

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

Hot Dog on WG Bun

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

Hot Dog on WG Bun

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

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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Bull dog Calzone Three Cheese

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

Calzone Three Cheese MTG

Nutrition Information

Calories	250.00	Protein	19.00g
Fat	5.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	10.00mg
Carbohydrates	33.00g	Fiber	4.00g
Sugar	4.00g	Sodium	420.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	400.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	658591	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

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

Turkey Nachos

Nutrition Information

Calories	422.10	Protein	25.30g
Fat	23.59g	SaturatedFat	8.53g
Trans Fat	0.00g	Cholesterol	83.55mg
Carbohydrates	32.06g	Fiber	3.50g
Sugar	0.00g	Sodium	773.10mg
Iron	3.28mg	Vitamin C	15.00mg
Vitamin A	2781.00IU	Calcium	232.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 3/50 Ounce	232921	TACO FILLN TURKEY FC 4-7#	
1/4 Cup	150250	CHEESE CHED MLD SHRD 4-5# COMM	
1 Package	643621	CHIP YEL RND TORTL 80-1.5Z BARREO FUN	
1/2 Cup	451730	LETTUCE ROMAINE RIBBONS 6-2# RSS	

Preparation Instructions