

# Cookbook for Jackson County Youth Center

Created by HPS Menu Planner

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# Oven Bake Chicken

<b>Servings:</b>	50.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Oven Bake Chicken

## Nutrition Information

<b>Calories</b>	31.40	<b>Protein</b>	1.03g
<b>Fat</b>	0.10g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	6.60g	<b>Fiber</b>	0.28g
<b>Sugar</b>	0.00g	<b>Sodium</b>	0.30mg
<b>Iron</b>	0.42mg	<b>Vitamin C</b>	0.02mg
<b>Vitamin A</b>	39.61IU	<b>Calcium</b>	2.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 3/4 Cup	357250	FLOUR A/P 25# WINGOLD	
1 Tablespoon	24108	Black Pepper	BAKE
1 1/2 Teaspoon	518331	SPICE PAPRIKA 16Z TRDE	

## Preparation Instructions

Directions:

Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.

In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.

Coat oiled chicken with seasoned flour. Place 12-13 pieces on ungreased half-sheet pans (13" x 18" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

Bake until golden brown: Conventional oven: 400° F for 45-55 minutes. Convection oven: 350° F for 30-35 minutes. CCP: Heat to 165° F or higher.

CCP: Hold for hot service at 140° F or warmer. Portion is 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back.

Notes:

- 1: Serving bone-in poultry presents a choking hazard for young
- 2: children, especially ages 2-3. To
- 3: avoid children choking on bones,
- 4: remove the cooked poultry from
- 5: the bones prior to serving.

# chicken enchiladas

<b>Servings:</b>	50.00
<b>Serving Size:</b>	2.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

lunch or dinner entree

## Nutrition Information

<b>Calories</b>	293.69	<b>Protein</b>	19.33g
<b>Fat</b>	10.68g	<b>SaturatedFat</b>	5.16g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	55.98mg
<b>Carbohydrates</b>	31.66g	<b>Fiber</b>	4.74g
<b>Sugar</b>	6.23g	<b>Sodium</b>	911.07mg
<b>Iron</b>	1.57mg	<b>Vitamin C</b>	1.39mg
<b>Vitamin A</b>	443.24IU	<b>Calcium</b>	33.76mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 Pound		CHICKEN, DICED, COOKED, FROZEN	BAKE
60 Fluid Ounce	598461	SAUCE ENCHILADA MILD 4-1GAL GRSZ	
24 Ounce	593567	CHEESE CREAM BULK 30 GFS	
3 Quart	489239	SALSA MED THICK & CHNKY 4-138Z PACE	
90 Ounce	686741	Pinto Bean	
60 Piece	882700	TORTILLA FLOUR ULTRGR 8 18-12CT	
24 Ounce	448010	Cheese, Yellow, Reduced Fat - Shredded 6/5# COMM	

## Preparation Instructions

Spoon 1/2 cup enchilada sauce into a greased 13-in;x9-in baking dish. in a large sauce pan,cook and stir the cream cheese and salsa over medium heat for 2-3 mins or until blended Stir in chicken and beans Place about 1/3 cup of chicken mixture down the center of each tortillas Roll and place seam down Top with remaining enchilada

sauce;sprinkle with cheese. Cover and bake at 350 degrees for 25-30 minutes or until heated through. Serve with lettuce,tomato,sour cream if desired

# CHICKEN PATTY SANDWICH

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

WG BREADED CHICKEN PATTY ON WG BUN

## Nutrition Information

<b>Calories</b>	337.00	<b>Protein</b>	22.00g
<b>Fat</b>	10.50g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	35.00mg
<b>Carbohydrates</b>	39.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g	<b>Sodium</b>	706.00mg
<b>Iron</b>	10.00mg	<b>Vitamin C</b>	102.00mg
<b>Vitamin A</b>	161.00IU	<b>Calcium</b>	35.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50	1711	4" WG WHITE HAMBURGER BUN	
50 Each	802220	CHIX PTY BRD WGRAIN 3.05Z 6-5# GLDKST	

## Preparation Instructions

Directions:

HACCP STEP: WASH HANDS.

1. Cook chicken patty as directed on package.
2. Place cooked chicken patty 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= 3.0 oz eq grain and 2 oz meat.

Notes:

# Beans Baked MTG

<b>Servings:</b>	50.00
<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 MTG

## Nutrition Information

<b>Calories</b>	353.31	<b>Protein</b>	15.14g
<b>Fat</b>	2.52g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	73.19g	<b>Fiber</b>	12.62g
<b>Sugar</b>	30.28g	<b>Sodium</b>	1388.01mg
<b>Iron</b>	4.54mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	100.95mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Gallon	520098	BEAN BAKED 6-10 BUSH	

## 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



# Ravioli w/Sauce MTG

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Ravioli w/Sauce MTG

## Nutrition Information

<b>Calories</b>	217.85	<b>Protein</b>	15.95g
<b>Fat</b>	4.42g	<b>SaturatedFat</b>	1.74g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	28.21g	<b>Fiber</b>	2.42g
<b>Sugar</b>	4.79g	<b>Sodium</b>	488.93mg
<b>Iron</b>	1.59mg	<b>Vitamin C</b>	0.57mg
<b>Vitamin A</b>	341.96IU	<b>Calcium</b>	168.93mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Each	405170	PAN COAT SPRAY 6-21Z GFS	Spray to Coat

Measurement	DistPart #	Description	Preparation Instructions
150 Each	553982	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.
3/4 Gallon	416096	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

# Beef & Cheese Nachos

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

tortilla chips with seasoned ground beef and chedd

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	
1 Package	682210	TORTILLA YELLOW RND 40-2Z BRRLOFUN	
1/4 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.

# Hamburger Deluxe MTG

<b>Servings:</b>	50.00
<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>	352.12	<b>Protein</b>	18.07g
<b>Fat</b>	16.03g	<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	1.00g	<b>Cholesterol</b>	45.26mg
<b>Carbohydrates</b>	37.50g	<b>Fiber</b>	7.07g
<b>Sugar</b>	8.36g	<b>Sodium</b>	489.95mg
<b>Iron</b>	3.22mg	<b>Vitamin C</b>	7.05mg
<b>Vitamin A</b>	415.45IU	<b>Calcium</b>	96.93mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 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.
50 Each	517810	BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	
10 Cup	199001	TOMATO 6X6 LRG 10# MRKN	1 Slice
50 Ounce	307769	LETTUCE ICEBERG FS 4-6CT MRKN	1 Leaf
50 Package	571720	KETCHUP PKT 1000- 9GM FOH CRWNCOLL	

Measurement	DistPart #	Description	Preparation Instructions
4/5 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

# Salad Mixed Green MTG

<b>Servings:</b>	50.00
<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>	4350.56IU	<b>Calcium</b>	20.85mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
5 1/4 Pound	305812	LETTUCE ROMAINE 24CT MRKN	+/- 100 Shredded Cups
4 1/4 Cup	199001	TOMATO 6X6 LRG 10# MRKN	+/- 7 lbs
15 Cup	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.

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

# cheese omelet

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

cheesy easy omelet

## Nutrition Information

<b>Calories</b>	4.23	<b>Protein</b>	0.23g
<b>Fat</b>	0.33g	<b>SaturatedFat</b>	0.13g
<b>Trans Fat</b>	0.01g	<b>Cholesterol</b>	5.18mg
<b>Carbohydrates</b>	0.08g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.04g	<b>Sodium</b>	10.50mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	11.87IU	<b>Calcium</b>	3.16mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	462489	EGG OMELET CHS CHED 65-3.5Z GFS	heat and serve

## Preparation Instructions

just heat and serve