

# Cookbook for Test School District 2

Created by HPS Menu Planner

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# Beans Green Sesame 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

Beans Green Sesame MTG

## Nutrition Information

<b>Calories</b>	13.23	<b>Protein</b>	0.60g
<b>Fat</b>	0.38g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.40g	<b>Fiber</b>	1.11g
<b>Sugar</b>	0.60g	<b>Sodium</b>	45.98mg
<b>Iron</b>	0.34mg	<b>Vitamin C</b>	5.38mg
<b>Vitamin A</b>	227.70IU	<b>Calcium</b>	12.21mg

## Ingredients

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

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,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

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

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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

# Turkey & Cheese Sub on Pretzel Bun

<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>	No Cook

Turkey and American cheese sandwich on a pretzel b

## Nutrition Information

<b>Calories</b>	196.67	<b>Protein</b>	10.67g
<b>Fat</b>	4.00g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	29.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g	<b>Sodium</b>	153.33mg
<b>Iron</b>	1.92mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	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

<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

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
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.