

Cookbook for Test School District 2

Created by HPS Menu Planner

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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.

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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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Cauliflower Parslied MTG

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

Cauliflower Parslied MTG

Nutrition Information

Calories	19.50	Protein	0.30g
Fat	1.32g	SaturatedFat	0.84g
Trans Fat	0.00g	Cholesterol	3.60mg
Carbohydrates	1.20g	Fiber	0.30g
Sugar	0.60g	Sodium	7.50mg
Iron	0.00mg	Vitamin C	6.30mg
Vitamin A	48.00IU	Calcium	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.

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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

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	352.07	Protein	17.99g
Fat	16.10g	SaturatedFat	5.02g
Trans Fat	1.00g	Cholesterol	45.24mg
Carbohydrates	37.49g	Fiber	7.11g
Sugar	8.36g	Sodium	489.65mg
Iron	3.22mg	Vitamin C	7.05mg
Vitamin A	415.42IU	Calcium	96.93mg

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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Salad Mixed Green MTG

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

Salad Mixed Green MTG

Nutrition Information

Calories	13.49	Protein	0.23g
Fat	0.06g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.88g	Fiber	1.12g
Sugar	0.73g	Sodium	1.07mg
Iron	0.69mg	Vitamin C	4.40mg
Vitamin A	4343.83IU	Calcium	20.83mg

Ingredients

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

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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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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	282.56	Protein	24.25g
Fat	7.27g	SaturatedFat	3.35g
Trans Fat	0.00g	Cholesterol	59.17mg
Carbohydrates	30.10g	Fiber	4.54g
Sugar	5.00g	Sodium	368.82mg
Iron	2.68mg	Vitamin C	5.87mg
Vitamin A	1033.04IU	Calcium	121.19mg

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 GCHC	
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

Eggs Scrambled USDA

Servings:	100.00
Serving Size:	1.00 #16 Scoop
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Eggs Scrambled USDA

Nutrition Information

Calories	55.20	Protein	5.08g
Fat	2.89g	SaturatedFat	0.89g
Trans Fat	0.00g	Cholesterol	117.65mg
Carbohydrates	2.36g	Fiber	0.00g
Sugar	2.36g	Sodium	114.56mg
Iron	0.50mg	Vitamin C	0.00mg
Vitamin A	166.67IU	Calcium	11.12mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	206539	EGG SHL LRG A GRD 6-30CT GCHC	
6 1/2 Ounce	311065	MILK PWD FF INST 6-5 P/L	
1 Tablespoon	424307	SALT KOSHER 12-3 DIAC	

Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.

6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)

7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

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Notes: