

Cookbook for Aurora City Schools

Created by HPS Menu Planner

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chicken and gravy

chicken and gravy

Beef & Cheese Nachos

Beef & Cheese Nachos

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

tortilla chips with seasoned ground beef and chedd

Nutrition Information

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

Beans Baked MTG

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

Beans Baked MTG

Nutrition Information

Calories	179.20	Protein	7.68g
Fat	1.28g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	37.12g	Fiber	6.40g
Sugar	15.36g	Sodium	704.00mg
Iron	2.30mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	51.20mg

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

Fries Sweet Potato Crinkle MTG

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

Fries Sweet Potato Crinkle MTG

Nutrition Information

Calories	119.62	Protein	1.99g
Fat	4.49g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	16.95g	Fiber	2.99g
Sugar	4.98g	Sodium	179.43mg
Iron	0.36mg	Vitamin C	2.39mg
Vitamin A	3488.96IU	Calcium	19.94mg

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

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	327.28	Protein	17.99g
Fat	15.11g	SaturatedFat	5.02g
Trans Fat	1.00g	Cholesterol	35.32mg
Carbohydrates	33.53g	Fiber	7.11g
Sugar	7.37g	Sodium	440.07mg
Iron	3.22mg	Vitamin C	6.97mg
Vitamin A	400.37IU	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 Fluid Ounce	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

Hot Dog on WG Bun MTG

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

Hot Dog on WG Bun MTG

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
100 Each	517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	
100 Each	570662	FRANK TKY/BEEF R/SOD 8/ 4-5 KE	
100 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

Salad Spinach Side MTG

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

Salad Spinach Side MTG

Nutrition Information

Calories	10.09	Protein	0.23g
Fat	0.06g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.20g	Fiber	1.28g
Sugar	0.73g	Sodium	26.07mg
Iron	0.81mg	Vitamin C	20.38mg
Vitamin A	3143.83IU	Calcium	24.03mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 1/4 Gallon	560545	SPINACH BABY CLND 2-2 RSS	
8 1/2 Cup	199001	TOMATO 6X6 LRG 10 MRKN	+/- 7 lbs
30 Cup	592323	CUCUMBER SELECT 6CT P/L	+/- 10 lbs

Preparation Instructions

WASH HANDS.

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

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

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

Sandwich Chicken Patty MTG

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

Sandwich Chicken Patty MTG

Nutrition Information

Calories	386.48	Protein	19.99g
Fat	15.08g	SaturatedFat	2.52g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	43.40g	Fiber	9.11g
Sugar	6.33g	Sodium	593.47mg
Iron	3.22mg	Vitamin C	6.97mg
Vitamin A	299.88IU	Calcium	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 4-7.7	
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

Scoops Fiesta MTG

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

Scoops Fiesta MTG

Nutrition Information

Calories	335.53	Protein	16.51g
Fat	11.36g	SaturatedFat	3.59g
Trans Fat	0.00g	Cholesterol	21.90mg
Carbohydrates	44.52g	Fiber	9.95g
Sugar	2.98g	Sodium	590.76mg
Iron	2.91mg	Vitamin C	12.40mg
Vitamin A	8440.88IU	Calcium	172.88mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Package	696871	CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	
11 1/4 Pound	776548	TACO FILLING BEEF 4-5 GFS	
1 3/5 Gallon	261475	BEAN PINTO 6-10 GFS	
1 3/5 Gallon	598002	BEAN KIDNY RD DK LO SOD 6-10 P/L	
25 Cup	592293	CARROT JUMBO 10 P/L	
1 3/5 Ounce	786543	TOMATO ROMA DCD 3/8 2-5 RSS	
1 3/5 Gallon	451730	LETTUCE ROMAINE RIBBONS 6-2 RSS	
6 1/4 Cup	191043	CHEESE CHED MLD SHRD FINE 4-5 GFS	

Preparation Instructions

Wash Hands

Wash all fresh, unpackaged produce under running water. Drain well.

1. Mix together meat, beans, carrots and tomatoes.

CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

2. Pour contents of an .875 oz. bag of Baked Tostitos Scoops on a serving plate. Add 1 3/8 cup of the chili mixture, and cover with shredded cheese, lettuce and other desired toppings.

CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

Optional: Create a walking taco by serving the chili mixture and toppings (cheese, lettuce and optional toppings) in the .875 oz bag of Baked Tostitos Scoops. Pull open the bag from the top or cut open along one

side and spoon in chili mixture and add toppings.

1 Serving provides: 1.25 oz eq grain, 1.5 oz meat/meat alternate, 1/2 cup red/orange vegetable, 1/2 cup beans/legumes vegetable and 1/8 cup dark green vegetable

Updated March 2012

Sandwich Turkey Burger MTG

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

Sandwich Turkey Burger MTG

Nutrition Information

Calories	276.58	Protein	19.33g
Fat	11.08g	SaturatedFat	2.52g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	29.42g	Fiber	6.45g
Sugar	5.01g	Sodium	366.87mg
Iron	2.62mg	Vitamin C	4.60mg
Vitamin A	399.88IU	Calcium	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.

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 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Taco Walking MTG

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

Taco Walking MTG

Nutrition Information

Calories	247.86	Protein	10.76g
Fat	11.75g	SaturatedFat	3.85g
Trans Fat	0.00g	Cholesterol	23.50mg
Carbohydrates	24.52g	Fiber	3.01g
Sugar	1.77g	Sodium	439.76mg
Iron	1.36mg	Vitamin C	4.53mg
Vitamin A	626.91IU	Calcium	109.91mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Package	696871	CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	
12 1/2 Pound	776548	TACO FILLING BEEF 4-5 GFS	
6 1/4 Cup	191043	CHEESE CHED MLD SHRD FINE 4-5 GFS	
7 Pound	452841	SALSA 103Z 6-10 REDG	READY_TO_EAT
1 3/5 Ounce	242489	LETTUCE SHRD TACO 1/8CUT 4-5 RSS	

Preparation Instructions

WASH HANDS.

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

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Toasted Cheese Sandwich

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

Toasted Cheese Sandwich

Nutrition Information

Calories	304.00	Protein	11.00g
Fat	13.64g	SaturatedFat	6.68g
Trans Fat	0.00g	Cholesterol	32.20mg
Carbohydrates	37.00g	Fiber	4.00g
Sugar	7.00g	Sodium	711.60mg
Iron	2.27mg	Vitamin C	0.00mg
Vitamin A	370.00IU	Calcium	247.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 1/2 Cup	191205	BUTTER PRINT SLTD GRD AA 36-1 GFS	
200 Slice	204822	BREAD WGRAIN HNY WHT 16-24Z GFS	
200 Slice	150260	CHEESE AMER 160CT SLCD 6-5 COMM	

Preparation Instructions

Directions:

1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

3: Top each slice of bread with 2 slices (2 oz) of cheese.

4: Cover with remaining bread slices.

5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

6: CCP: Heat to 140° F or higher.

7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes:

1: Comments:

2: *See Marketing Guide.

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.

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

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

Spaghetti with Meatballs

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

Spaghetti with Marinara and Meatballs

Nutrition Information

Calories	418.14	Protein	21.86g
Fat	13.36g	SaturatedFat	3.50g
Trans Fat	0.60g	Cholesterol	36.00mg
Carbohydrates	54.57g	Fiber	7.86g
Sugar	9.71g	Sodium	673.14mg
Iron	3.80mg	Vitamin C	9.57mg
Vitamin A	559.29IU	Calcium	106.86mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	221460	PASTA SPAG 51 WGRAIN 2-10	
4 Each	785860	MEATBALL CKD .65Z 6-5 COMM	
4 Ounce	592714	SAUCE MARINARA A/P 6-10 REDPK	READY_TO_EAT None

Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

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.

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.

3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

4. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

Turkey & Cheese Sub on Pretzel Bun

Servings:	1.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Turkey and American cheese sandwich on a pretzel b

Nutrition Information

Calories	196.67	Protein	10.67g
Fat	4.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	15.00mg
Carbohydrates	29.00g	Fiber	3.00g
Sugar	2.00g	Sodium	153.33mg
Iron	1.92mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	500162	ROLL PRETZEL WGRAIN 120-2.2Z J&J	
2 Ounce	244190	TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	
1/2 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.

Chicken Nuggets K-8

Servings:	100.00
Serving Size:	5.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Whole Grain Tyson Chicken Nuggets

Nutrition Information

Calories	240.00	Protein	13.00g
Fat	14.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	16.00g	Fiber	3.00g
Sugar	1.00g	Sodium	470.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
500 1 each	558040	CHIX CHUNKS BRD WGRAIN .66Z 4-7	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>8 - 10 minutes at 400°F from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>8-10 minutes at 350°F on breaded, fried, light coloring setting for rational from frozen.</p> <p>Cook till temp reaches 135 for 15 seconds.</p> <p>Batch cook item and put</p> <p>in 4 inch full pan for serving.</p> <p>5 pc = 2mt 1 grain</p>

Preparation Instructions

HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

Beef & Cheese Nachos

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

tortilla chips with seasoned ground beef and chedd

Nutrition Information

Calories	850.63	Protein	38.23g
Fat	30.94g	SaturatedFat	10.70g
Trans Fat	0.27g	Cholesterol	78.12mg
Carbohydrates	111.73g	Fiber	9.81g
Sugar	21.81g	Sodium	1660.35mg
Iron	7.43mg	Vitamin C	25.23mg
Vitamin A	1586.09IU	Calcium	358.99mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 6 oz spoodle	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	
1	451720	LETTUCE AMER BLND MXD 4-5 RSS	
1	100362	Beans, Refried, Low sodium, canned	BAKE Open can and heat according to recipe or instructions on can
1	473006	RICE MEXICAN FIESTA 6- 25.9Z UBEN	
1		1 % White Milk	

Measurement	DistPart #	Description	Preparation Instructions
1	100514	APPLE, RED DELICIOUS, FRESH	READY_TO_EAT

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.

chicken and gravy

Servings:	100.00
Serving Size:	6.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

chicken and gravy over mashed potatoes

Nutrition Information

Calories	2.05	Protein	0.03g
Fat	0.02g	SaturatedFat	0.02g
Trans Fat	0.00g	Cholesterol	0.06mg
Carbohydrates	0.43g	Fiber	0.11g
Sugar	0.28g	Sodium	6.76mg
Iron	0.00mg	Vitamin C	0.01mg
Vitamin A	0.88IU	Calcium	0.22mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 1/2 c	100307	Green Beans cnd	BAKE
1	817541	LETTUCE BLND ROMAINE 4-5 CULVR	
1 1/2c	836762	POTATO MASHED DELUX 4-6# SIMPLYPOT	
1 12gm	582530	DRESSING ITALIAN FF 200-12GM HHL	
1	12913	CHICKEN GRAVY	BAKE
1		1/2 pint milk chocolate skim	BAKE
1	100224	Pears, Sliced, Extra Light Syrup, Canned	READY_TO_EAT

Preparation Instructions

chicken and gravy

Servings:	100.00
Serving Size:	6.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

chicken and gravy over mashed potatoes

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1	100224	Pears, Sliced, Extra Light Syrup, Canned	READY_TO_EAT

Preparation Instructions

Beef & Cheese Nachos

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

tortilla chips with seasoned ground beef and chedd

Nutrition Information

Calories	850.63	Protein	38.23g
Fat	30.94g	SaturatedFat	10.70g
Trans Fat	0.27g	Cholesterol	78.12mg
Carbohydrates	111.73g	Fiber	9.81g
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Measurement	DistPart #	Description	Preparation Instructions
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Preparation Instructions

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