

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

<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>	Same Day Service

Hamburger Deluxe MTG

## Nutrition Information

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

<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

Salad Mixed Green MTG

## Nutrition Information

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

<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>	Same Day Service

Sandwich Bagel Turkey & Chs MTG

## Nutrition Information

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

# Sandwich Turkey Burger MTG

<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>	Same Day Service

Sandwich Turkey Burger MTG

## Nutrition Information

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

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,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.

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,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

# Marinated Cole Slaw

<b>Servings:</b>	150.00
<b>Serving Size:</b>	1.00 Cup
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Vinegar based coleslaw

## Nutrition Information

<b>Calories</b>	163.78	<b>Protein</b>	1.18g
<b>Fat</b>	11.63g	<b>SaturatedFat</b>	1.77g
<b>Trans Fat</b>	0.20g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	14.22g	<b>Fiber</b>	2.11g
<b>Sugar</b>	12.47g	<b>Sodium</b>	104.41mg
<b>Iron</b>	0.32mg	<b>Vitamin C</b>	26.19mg
<b>Vitamin A</b>	168.84IU	<b>Calcium</b>	33.71mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 Cup	430795	VINEGAR APPLE CIDER 5 4-1GAL GFS	
7 1/2 Cup	107999	OIL SALAD VEG CLR NT 35 GFS	
7 1/2 Cup	151343	SUGAR CANE GRANUL XTRA FINE 25#	
10 Teaspoon	430947	SEASONING SALT 32Z BADIA	
10 Tablespoon	430989	SPICE PEPR BLK GRND TABLE 16Z BADIA	
10 Teaspoon	224928	SPICE MUSTARD GRND 14Z TRDE	
10 Teaspoon	224677	SPICE CELERY SEED WHOLE 16Z TRDE	
100 Cup	607740	CABBAGE GREEN SHRD 5-3	
7 1/2 Cup	414951	ONION RED MED/LRG 5-10	Thinly sliced

Measurement	DistPart #	Description	Preparation Instructions
7 1/2 Cup	100995	PEPPERS GREEN 12CT P/L	Thinly sliced

## Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

# Eggs Scrambled USDA

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

Eggs Scrambled USDA

## Nutrition Information

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