

# Cookbook for Test School District 2

Created by HPS Menu Planner

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# Hamburger Deluxe MTG

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

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each	517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package	571720
MAYONNAISE LT 4-1GAL GFS	1 5/8 Quart	429406

## 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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 352.07

**Fat** 16.10g

**SaturatedFat** 5.02g

**Trans Fat** 1.00g

**Cholesterol** 45.24mg

**Sodium** 489.65mg

**Carbohydrates** 37.49g

<b>Fiber</b>		7.11g	
<b>Sugar</b>		8.36g	
<b>Protein</b>		17.99g	
<b>Vitamin A</b>	415.42IU	<b>Vitamin C</b>	7.05mg
<b>Calcium</b>	96.93mg	<b>Iron</b>	3.22mg

# Cauliflower Parslied MTG

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

## Ingredients

Description	Measurement	DistPart #
CAULIFLOWER 6-4 GFS	30 Cup	610882
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	3/4 Cup	299405
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup	513989

## 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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 19.50

**Fat** 1.32g

**SaturatedFat** 0.84g

**Trans Fat** 0.00g

**Cholesterol** 3.60mg

**Sodium** 7.50mg

<b>Carbohydrates</b>	1.20g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	0.60g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	9.60IU	<b>Vitamin C</b>	6.30mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg