

Cookbook for Test School District

Created by HPS Menu Planner

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Carrot-Raisin Salad

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 30 GFS	2 Gallon		285640
RAISINS DRD GOLDEN 1-5	2 1/2 Quart		559970
MILK PWD FF INST 6-5 P/L	1 Cup		311065
MAYONNAISE 4-1GAL HELM	1 Quart		106933
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
SPICE NUTMEG GRND 16Z TRDE	1 Teaspoon		224944
LEMON JUICE 100 12-30FLZ MINMD	1/4 Cup		270989

Preparation Instructions

Directions:

Place carrots and raisins in large bowl.

In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional). Pour dressing over carrots and raisins. Mix lightly. Spread 6 lb (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

Notes:

1: Comments:

2: *See Marketing Guide.

3: A new nutrient analysis will be coming.

4: Updated July 2014. Restandardization in progress.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	74.33		
Fat	6.64g		
SaturatedFat	0.96g		
Trans Fat	0.00g		
Cholesterol	3.35mg		
Sodium	108.69mg		
Carbohydrates	3.71g		
Fiber	1.43g		
Sugar	1.80g		
Protein	0.24g		
Vitamin A	6925.37IU	Vitamin C	1.15mg
Calcium	9.57mg	Iron	0.09mg

Kevin's Hamburger



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/MUSHRM 2.46Z 6-5 JTM	100 Each		657101
BUN BRIOCHE 4.25" 12-8CT TUR	1 Serving		704101

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	131.20		
Fat	8.13g		
SaturatedFat	3.12g		
Trans Fat	0.49g		
Cholesterol	32.05mg		
Sodium	219.00mg		
Carbohydrates	2.41g		
Fiber	1.31g		
Sugar	0.07g		
Protein	12.28g		
Vitamin A	0.00IU	Vitamin C	1.80mg

Calcium 30.60mg **Iron** 1.45mg

Opening Day Footlong Dog



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT FOOTLONG 6/ 2-5 GFS	1 Each		194263
BUN HOT DOG FOOTLONG SLCD 12-6CT GFS	1 Each		586854

Preparation Instructions

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SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		449.80	
Fat		24.90g	
SaturatedFat		7.70g	
Trans Fat		0.00g	
Cholesterol		55.00mg	
Sodium		1152.50mg	
Carbohydrates		41.00g	
Fiber		1.40g	
Sugar		6.00g	
Protein		15.10g	
Vitamin A	0.09IU	Vitamin C	0.01mg

Calcium 91.48mg **Iron** 3.37mg

Bulldog Fajita Turkey Honey Lime

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST OVN RST 2-8AVG BRICK	18 3/4 Pound		848786
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1 Cup		292702
HONEY CLOVER 4-6 GFS	1/2 Cup		225614
JUICE LIME FRSH 1-32FLZ NAT BRANDS	1/2 Cup		541711
SPICE CHILI POWDER MILD 16Z TRDE	1 33/100 Tablespoon		331473
SPICE GARLIC POWDER 21Z TRDE	1 33/100 Tablespoon		224839
PEPPERS GREEN LRG 5 P/L	5 Cup		592315
TORTILLA FLOUR ULTRGR 6 30-12CT	200 Each		882690
ONION DCD 1/2 2-5 RSS	3 Cup		426059

Preparation Instructions

WASH HANDS.

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

1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
2. Place turkey strips into steam table pan.
3. Add oil, honey, lime juice, chili powder, & garlic powder.
4. Mix well to combine.

5. Cover & marinate in the refrigerator for 2-3 hours.

6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.

CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.

8. Warm tortillas in a warmer or steamer.

9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

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

Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

Updated October 2013

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	298.94		
Fat	8.01g		
SaturatedFat	3.36g		
Trans Fat	0.04g		
Cholesterol	45.00mg		
Sodium	740.16mg		
Carbohydrates	33.93g		
Fiber	4.19g		
Sugar	5.19g		
Protein	20.60g		
Vitamin A	27.57IU	Vitamin C	6.28mg
Calcium	41.95mg	Iron	2.02mg

Beef Taco



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
TACO FILLING BEEF REDC FAT 6-5# COMM	18 3/4 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5# COMM	10 Pound		150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

SLE Components

Amount Per Serving

Meat	3.49
Grain	0.00
Fruit	0.00
GreenVeg	0.33
RedVeg	0.37
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	413.23		
Fat	21.44g		
SaturatedFat	12.60g		
Trans Fat	0.27g		
Cholesterol	81.12mg		
Sodium	782.58mg		
Carbohydrates	26.33g		
Fiber	3.83g		
Sugar	7.56g		
Protein	25.45g		
Vitamin A	1443.74IU	Vitamin C	6.33mg
Calcium	395.87mg	Iron	2.37mg