

# 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>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	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	30 Cup	+/- 10 lbs	857424
OIL SESAME PURE 10- 56Z ROLN	1 1/4 Tablespoon	<b>SAUTE</b> 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.	348630
OIL OLIVE PURE 4-3LTR GFS	1 1/4 Tablespoon		432061
SALT SEA 36Z TRDE	2 Teaspoon		748590
SPICE SESAME SEED HULLED 19Z TRDE	1 1/4 Tablespoon		513806

## 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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	13.23		
<b>Fat</b>	0.38g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.98mg		
<b>Carbohydrates</b>	2.40g		
<b>Fiber</b>	1.11g		
<b>Sugar</b>	0.60g		
<b>Protein</b>	0.60g		
<b>Vitamin A</b>	227.70IU	<b>Vitamin C</b>	5.38mg
<b>Calcium</b>	12.21mg	<b>Iron</b>	0.34mg

# 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	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	30 Cup	+/- 17 lbs	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** 18.00

**Fat** 1.32g

**SaturatedFat** 0.84g

**Trans Fat** 0.00g

**Cholesterol** 3.60mg

**Sodium** 6.00mg

<b>Carbohydrates</b>	1.20g		
<b>Fiber</b>	0.60g		
<b>Sugar</b>	0.60g		
<b>Protein</b>	0.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.70mg	<b>Iron</b>	0.00mg

# Fries Sweet Potato Crinkle 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	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound		628100

## Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3: 3.17 oz svg = 1/2 c. red/orange vegetable

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

# 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	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	<b>BAKE</b> 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.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	1 Leaf	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

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### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

**Amount Per Serving**



<b>Calories</b>	352.07		
<b>Fat</b>	16.10g		
<b>SaturatedFat</b>	5.02g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	45.24mg		
<b>Sodium</b>	487.98mg		
<b>Carbohydrates</b>	37.49g		
<b>Fiber</b>	7.44g		
<b>Sugar</b>	8.02g		
<b>Protein</b>	17.32g		
<b>Vitamin A</b>	399.88IU	<b>Vitamin C</b>	4.57mg
<b>Calcium</b>	93.60mg	<b>Iron</b>	2.98mg

# Salad Cucumber Creamy 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	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	3 Quart		429406
VINEGAR WHT DISTILLED 5 4-1GAL GFS	1 Cup		629640
SPICE DILL WEED 5Z TRDE	1/2 Cup		513938
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
SPICE ONION MINCED 12Z TRDE	1/2 Cup		513997
SUGAR CANE GRANUL 25 GFS	11 Tablespoon		108642
CUCUMBER SELECT SUPER 45 MRKN	64 Cup	+/- 22 lbs	198587

## Preparation Instructions

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 57.93

**Fat** 1.98g

<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	19.19mg		
<b>Sodium</b>	96.61mg		
<b>Carbohydrates</b>	10.28g		
<b>Fiber</b>	0.19g		
<b>Sugar</b>	3.88g		
<b>Protein</b>	0.19g		
<b>Vitamin A</b>	34.94IU	<b>Vitamin C</b>	0.93mg
<b>Calcium</b>	5.32mg	<b>Iron</b>	0.10mg

# Salad Mixed Green 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	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT SUPER 45 MRKN	30 Cup	+/- 10 lbs	198587

## 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.

,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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 13.49

**Fat** 0.06g

**SaturatedFat** 0.01g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 1.07mg

**Carbohydrates** 2.88g

<b>Fiber</b>		1.12g	
<b>Sugar</b>		0.73g	
<b>Protein</b>		0.23g	
<b>Vitamin A</b>	143.83IU	<b>Vitamin C</b>	2.38mg
<b>Calcium</b>	20.83mg	<b>Iron</b>	0.69mg

# Sandwich Turkey Burger 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	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	100 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	897690
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Ounce	1 leaf	307769

## 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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 276.58

**Fat** 11.08g

<b>SaturatedFat</b>	2.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	366.85mg		
<b>Carbohydrates</b>	29.42g		
<b>Fiber</b>	6.45g		
<b>Sugar</b>	5.01g		
<b>Protein</b>	19.32g		
<b>Vitamin A</b>	399.88IU	<b>Vitamin C</b>	4.57mg
<b>Calcium</b>	63.70mg	<b>Iron</b>	2.62mg