

Cookbook for Test School District

Created by HPS Menu Planner

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Fries Sweet Potato Crinkle MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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.
- 3.17 oz svg = 1/2 c. red/orange vegetable

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
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	119.62
Fat	4.49g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	179.43mg
Carbohydrates	16.95g
Fiber	2.99g
Sugar	4.98g
Protein	1.99g

Vitamin A	3488.96IU	Vitamin C	2.39mg
Calcium	19.94mg	Iron	0.36mg

Hot Dog on a Bun



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	100 Each	fkjjkgljkqkj	517830
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	100 Each		570662
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720

Preparation Instructions

Directions:

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.

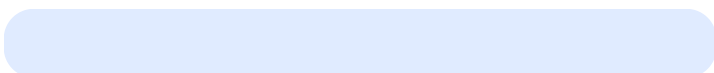
3. Serve with ketchup packet (optional).

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

Notes:



SLE Components

Amount Per Serving

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

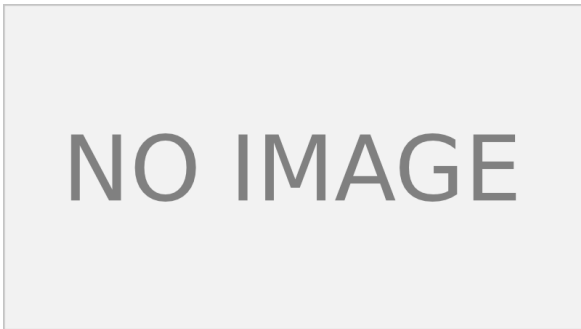
Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		260.00	
Fat		12.50g	
SaturatedFat		4.00g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		500.00mg	
Carbohydrates		28.00g	
Fiber		4.00g	
Sugar		7.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.67mg	Iron	1.60mg

Spartan Cheeseburger



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun	1 bun	BAKE	3159
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

1. Heat burgers according to package directions. CCP: Hold hot at 135F
2. Place cooked burger on top of hamburger bun
3. Add one slice american cheese

SLE Components

Amount Per Serving

Meat	2.50
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: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	363.00
Fat	14.50g
SaturatedFat	6.10g
Trans Fat	0.60g
Cholesterol	51.50mg
Sodium	494.00mg
Carbohydrates	3.00g
Fiber	1.00g

Sugar			0.50g
Protein			17.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	114.50mg	Iron	2.00mg

Spartan Grilled Breakfast Burrito



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
CHEESE CHED SHRD 6-5 COMM	1/4 Cup	#16 Scoop	199720
EGG SCRMBD CKD FZ 4-5# CARG	1 Ounce	#10 Scoop BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275Â°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300Â°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330

Preparation Instructions

1. Cook egg according to directions. CCP: Hold hot at 135F or higher
2. Add egg, ham & one cheese off cheese to 10" tortilla.
3. Fold in side and wrap like a burrito
4. Grill & serve hot.

SLE Components

Amount Per Serving

Meat	2.25
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 Sandwich

Amount Per Serving			
Calories		313.08	
Fat		12.49g	
SaturatedFat		5.75g	
Trans Fat		0.00g	
Cholesterol		132.40mg	
Sodium		829.12mg	
Carbohydrates		33.50g	
Fiber		1.00g	
Sugar		2.00g	
Protein		15.73g	
Vitamin A	100.00IU	Vitamin C	0.60mg
Calcium	69.97mg	Iron	2.70mg

Spartan Bacon Cheeseburger



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun	1 bun	BAKE	3159
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BACON CKD 3-100CT FAST N EASY	1 Slice		125141

Preparation Instructions

1. Heat burgers according to package directions. CCP: Hold hot at 135F
2. Heat bacon according to directions. CCP: Hold hot at 135F
3. Place cooked burger on top of hamburger bun
4. Add one slice american cheese & 1 slice of bacon

SLE Components

Amount Per Serving

Meat	2.50
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: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		433.00	
Fat		20.50g	
SaturatedFat		8.10g	
Trans Fat		0.60g	
Cholesterol		71.50mg	
Sodium		744.00mg	
Carbohydrates		3.00g	
Fiber		1.00g	
Sugar		0.50g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	114.50mg	Iron	2.00mg

Spartan Spicy Chicken Tenders



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	3 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
Whole Grain Dinner Rolls	1 Roll	READY_TO_EAT	4372

Preparation Instructions

- Cook chicken tenders according to directions:
Convection Oven 6-8 minutes at 375°F from frozen.
CCP: Hold hot at 135 F or higher
- Serve with dinner roll

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.36
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: 4.00 Piece

Amount Per Serving	
Calories	350.00
Fat	16.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	390.00mg
Carbohydrates	34.00g

Fiber		5.00g	
Sugar		3.00g	
Protein		19.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Spartan - Chicken Patty Sandwich



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun	1 bun	BAKE	3159
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480

Preparation Instructions

1. BAKE Appliances vary, adjust accordingly.

CONVECTION Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.

CCP: Hold hot at 135F

2. Place cooked patty on top of bun & serve

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
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 Sandwich

Amount Per Serving

Calories	360.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	290.00mg		
Carbohydrates	9.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Spartan Walking Taco in a Bag



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	#16 scoop	722330
CHEESE CHED MLD SHRD 4-5# COMM	3 Tablespoon	#20 scoop	150250
SALSA 103Z 6-10 REDG	1/4 Cup	#16 Scoop	452841
SAUCE TACO PKT 500- 9GM SALSA DEL SOL	1 Each		612855
SOUR CREAM L/F 4-5 RGNLBRND	2 Tablespoon	#30 scoop	534331
LETTUCE SHRD 3/8 CUT 4- 5 RSS	13/100 Cup	Garnish	678791
CHIP TORTL TOP N GO WGRAIN 21-1.4Z	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	865622

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Cut open "taco in a bag" chips.
2. Portion #16 scoop of meat, #20 scoop of cheese inside bag.
3. Offer with lettuce, salsa. taco sauce & sour cream

SLE Components

Amount Per Serving

Meat	2.01
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.42
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	404.08		
Fat	19.34g		
SaturatedFat	8.14g		
Trans Fat	0.18g		
Cholesterol	54.58mg		
Sodium	720.98mg		
Carbohydrates	39.16g		
Fiber	4.39g		
Sugar	4.73g		
Protein	17.58g		
Vitamin A	647.43IU	Vitamin C	7.27mg
Calcium	291.45mg	Iron	1.85mg

Spartan- Chef Salad

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	3/4 Cup		182570
SPINACH BABY CLND 2-2 RSS	3/4 Cup		560545
Grape Tomatoes	3 Each		749041
CHEESE CHED MLD SHRD 4-5# COMM	3 Tablespoon	#20scoop	150250
TURKEY BRST DCD 2-5	3 Ounce		451300
CROUTON HMSTYL SEAS 10-2 GFS	6 Piece		748500
Whole Grain Dinner Rolls	1 1 roll	BAKE	4372

Preparation Instructions

1. Cut romaine
2. Place 3/4 cup romaine, 3/4 cup spinach in clam shell
3. Top with cherry tomatoes, turkey, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

SLE Components

Amount Per Serving

Meat	2.28
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Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 1.00 salad

Amount Per Serving

Calories	292.63
Fat	10.02g
SaturatedFat	4.88g
Trans Fat	0.00g
Cholesterol	49.29mg
Sodium	781.86mg
Carbohydrates	29.30g
Fiber	3.50g
Sugar	3.00g
Protein	23.28g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	211.86mg	Iron	7.36mg