

Cookbook for Test High School 2

Created by HPS Menu Planner

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Bulldog Fajita Turkey Honey Lime

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-361

Ingredients

Description	Measurement	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 MRKN	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

Beef Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1953

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each	702633
TACO FILLING BEEF REDC FAT 6-5# COMM	18 3/4 Pound	722330
CHEESE CHED MLD SHRD 4-5# COMM	10 Pound	150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	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.

Eggs Scrambled USDA 2

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4349

Ingredients

Description	Measurement	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	100 Each	206539
MILK PWD FF INST 6-5 P/L	6 1/2 Ounce	311065
SALT KOSHER 12-3 DIAC	1 Tablespoon	424307

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.

Updated October 2013

Notes:

799 SNACK KIDS MIX WG LUNCH

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5800

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	12 Each	786801
YOGURT VAN L/F PARFPR 6-4 YOPL	48 Ounce	811500
SNACK MUNCHIE MIX 104-SSV QUAK	12 Package	251670

Preparation Instructions

No Preparation Instructions available.

Spartan - Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8066

Ingredients

Description	Measurement	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun	1 bun	3159
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	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

BREAKFAST PIZZA

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8067

Ingredients

Description	Measurement	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	503660

Preparation Instructions

No Preparation Instructions available.

2 - Bosco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9166

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.