

Cookbook for GRAYSON COUNTY MIDDLE SCHOOL

Created by HPS Menu Planner

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Oatmeal

Servings:	58.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13078

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GFS	12 1/2 Cup		240869
SUGAR CANE GRANUL 25 GFS	1 1/2 Cup		108642
1 % White Milk	1 2/5 Gallon	1 gallon + 6.5 cups	
SALT IODIZED 18-2.25 GCHC	1 1/2 Teaspoon		350732

Preparation Instructions

- 1.) Combine all ingredients, mix well.
- 2.) Spray hotel pan with nonstick cooking spray.
- 3.) Pour mixture in hotel pan.
- 4.) Cook at 212 degrees F on steam mode for 12-15 min.
- 5.) Stir mixture & test for doneness. Cook for additional 3-5 min until done.
- 6.) Oatmeal should be smooth and creamy.

SLE Components

Amount Per Serving

Meat	0.08
Grain	1.20
Fruit	0.39
GreenVeg	0.00
RedVeg	1.93
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 58.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	121.90		
Fat	2.04g		
SaturatedFat	0.79g		
Trans Fat	0.00g		
Cholesterol	5.79mg		
Sodium	56.52mg		
Carbohydrates	21.28g		
Fiber	1.72g		
Sugar	9.21g		
Protein	5.24g		
Vitamin A	3.86IU	Vitamin C	0.77mg
Calcium	11.59mg	Iron	0.78mg

Granola

Servings:	50.00	Category:	Grain
Serving Size:	2.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-13084

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
JUICE APPLE 100 8-64FLZ HV	1 Cup		175470
SHORTENING LIQ CLR 2-17.5 MEL-FRY	3 1/2 Tablespoon	READY_TO_EAT Ready to use.	697737
HONEY CLOVER 4-6 GCHC	33/100 Cup		225614
SALT IODIZED 25 CARG	1 Teaspoon		108286
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723
EXTRACT VANILLA PURE 1-PT GFS	2 Tablespoon		513873
OATS QUICK HOT CEREAL 12-42Z GFS	8 Cup		240869
DRIED CRANBERRIES PREM 4 P/L	4 Cup		741950

Preparation Instructions

1. In a large stock pot, add brown sugar, apple juice, canola oil, honey, salt, cinnamon, and vanilla extract. Heat uncovered over medium heat for 4 minutes. DO NOT BOIL. Set aside for step 2
2. Combine brown sugar mixture and oats in a large bowl. Toss to coat evenly.
3. Transfer 1 qt 1 1/2 cups (about 1 lb 10 oz) granola to a half sheet pan (18" x 13" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans, and so on.
4. Bake: Conventional oven: 250 °F for 1 hour 15 minutes. Convection oven: 200 °F for 1 hour 15 minutes.
5. Remove from oven. Add dried cranberries. Allow granola to sit at room temperature for at least 2 hours.
6. Portion 2oz

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.32
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 2.00			
Amount Per Serving			
Calories	110.89		
Fat	1.78g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	52.10mg		
Carbohydrates	22.44g		
Fiber	1.76g		
Sugar	11.13g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	1.79mg	Iron	0.59mg

Oven Omelet

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-13085

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX 6-5 GCHC	5 Pound		294586
MILK WHT FF 4-1GAL RGNLBRND	3 Cup		557862
SAUSAGE PTY WHL HOG 132-1.45Z	1 Pound		491126
PEPPERS GREEN DCD 1/4 2-3 RSS	3 Cup		198331
PEPPERS RED DCD 3/8 2-3 RSS	3 Cup		581992
ONION DCD 1/4 2-5 RSS	2 Cup		198307
SPICE NUTMEG GRND 16Z TRDE	1/4 Teaspoon		224944
SALT IODIZED 18-2.25 GCHC	3/4 Tablespoon		350732
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Pound		150250
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061

Preparation Instructions

- 1.) Break up cooked sausage patties into 1/4 inch pieces. Combine all ingredients in industrial mixing bowl with wire whisk attachment. Mix until blended.
- 2.) Pour 1/2 of mixture (about 7lbs) into one steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.
- 3.) Repeat step 2 for second steam table pan. (each pan makes 25 servings)
- 4.) Cover pans and place pans in cooler/refrigerator overnight.
- 5.) Take pans out of cooler/refrigerator, uncover. Stir each pan with hand held whisk until well blended.
- 6.) Cover each pan with aluminum foil, (shiny side up).
- 7.) Bake: Dry Heat, Conventional oven: 375 F for 30-45 minutes. Convection oven: 325 F for 20-30 minutes
- 8.) Critical control point: Heat to 165 F for 15 seconds
- 9.) Critical control point: Hold for hot service at 135 F
- 10.) Portion: Cut each pan 5 x 5, serve 1 piece

SLE Components

Amount Per Serving

Meat	1.09
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: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	68.54		
Fat	4.73g		
SaturatedFat	3.04g		
Trans Fat	0.00g		
Cholesterol	21.11mg		
Sodium	123.01mg		
Carbohydrates	2.68g		
Fiber	0.12g		
Sugar	1.36g		
Protein	4.29g		
Vitamin A	413.55IU	Vitamin C	15.46mg
Calcium	120.00mg	Iron	0.18mg

Oven Omelet

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-13086

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX 6-5 GCHC	5 Pound		294586
MILK WHT FF 4-1GAL RGNLBRND	3 Cup		557862
PORK CRMBL CKD 45/Z W/TVP 2-5# BURK	1 Pound	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	461830
PEPPERS GREEN DCD 1/4 2-3 RSS	3 Cup		198331
PEPPERS RED DCD 3/8 2-3 RSS	3 Cup		581992
ONION DCD 1/4 2-5 RSS	2 Cup		198307
SPICE NUTMEG GRND 16Z TRDE	1/4 Teaspoon		224944
SALT IODIZED 18-2.25 GCHC	3/4 Tablespoon		350732
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Pound		150250
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061

Preparation Instructions

- 1.) Combine all ingredients in industrial mixing bowl with wire whisk attachment. Mix until blended.
- 2.) Pour 1/2 of mixture (about 7lbs) into one steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.
- 3.) Repeat step 2 for second steam table pan. (each pan makes 25 servings)
- 4.) Cover pans and place pans in cooler/refrigerator overnight.
- 5.) Take pans out of cooler/refrigerator, uncover. Stir each pan with hand held whisk until well blended.

- 6.) Cover each pan with aluminum foil, (shiny side up).
- 7.) Bake: Dry Heat, Conventional oven: 375 F for 30-45 minutes. Convection oven: 325 F for 20-30 minutes
- 8.) Critical control point: Heat to 165 F for 15 seconds
- 9.) Critical control point: Hold for hot service at 135 F
- 10.) Portion: Cut each pan 5 x 5, serve 1 piece

SLE Components

Amount Per Serving

Meat	1.09
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: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	72.20
Fat	4.96g
SaturatedFat	3.13g
Trans Fat	0.00g
Cholesterol	21.33mg
Sodium	144.23mg
Carbohydrates	2.87g
Fiber	0.22g
Sugar	1.44g
Protein	4.53g
Vitamin A 417.55IU	Vitamin C 15.47mg
Calcium 121.69mg	Iron 0.22mg

Vegetable Soup

Servings:	418.00	Category:	Entree
Serving Size:	8.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13087

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATER DISTILLED 4-1GAL GFS	3 Gallon		711143
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	1 Pound		110601
BUTTER SUB 24-4Z BTRBUDS	4 Ounce		209810
SALT IODIZED 18-2.25 GCHC	3/4 Cup		350732
SPICE PEPR BLK REST GRIND 16Z TRDE	1/3 Cup		225061
SAUCE TOMATO CALIF 6-10 GCHC	1236 Ounce	12 #10 cans	100269
SALSA 103Z 6-10 REDG	309 Ounce	3 #10 cans	452841
ONION DCD IQF 6-4 GFS	4 Cup		261521
PEAS & CARROT 30 GFS	408 Ounce	1 case	285730
VEG MIXED 30 KE	408 Ounce	1 case	283771
CORN CUT IQF 30 KE	408 Ounce	1 case	283730
POTATO DCD PLD FRSH 2-10 GFS	10 Pound		422169

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.01
Legumes	0.00

Nutrition Facts

Servings Per Recipe: 418.00

Serving Size: 8.00

Amount Per Serving**Calories** 380.64**Fat** 1.46g**SaturatedFat** 0.00g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 684.44mg**Carbohydrates** 70.42g**Fiber** 13.33g**Sugar** 16.61g**Protein** 11.87g**Vitamin A** 3954.82IU **Vitamin C** 23.76mg**Calcium** 37.91mg **Iron** 3.72mg