

# **Cookbook for Test High School**

**Created by HPS Menu Planner**

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# Hamburger Deluxe MTG

NO IMAGE

<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	<b>Recipe ID:</b>	R-60

## 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 3/5 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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.20
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## 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>	4.93mg
<b>Calcium</b>	93.60mg	<b>Iron</b>	2.98mg

# Sandwich Bagel Turkey & Chs MTG

NO IMAGE

<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	<b>Recipe ID:</b>	R-68

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 4-5 GCHC	100 Slice		271411
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	20 Cup	1 leaf of lettuce (5 Heads of Lettuce)	702595
TOMATO RANDOM 2 25 MRKN	20 Each	1 thin slice of tomato	508616
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	100 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	12 1/2 Pound		211729

## Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

- ,1. Slice turkey.
- ,2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
- ,3. Place other half of bagel over top.
- ,4. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

,Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

,Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

## SLE Components

### Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.20
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		282.56	
<b>Fat</b>		7.27g	
<b>SaturatedFat</b>		3.35g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		59.17mg	
<b>Sodium</b>		388.82mg	
<b>Carbohydrates</b>		31.10g	
<b>Fiber</b>		4.54g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		24.25g	
<b>Vitamin A</b>	1033.04IU	<b>Vitamin C</b>	5.59mg
<b>Calcium</b>	121.19mg	<b>Iron</b>	2.68mg

# Salad Mixed Green MTG

NO IMAGE

<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	<b>Recipe ID:</b>	R-70

## 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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.30
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	21.89
<b>Fat</b>	0.06g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.07mg
<b>Carbohydrates</b>	4.56g
<b>Fiber</b>	1.96g
<b>Sugar</b>	2.41g
<b>Protein</b>	1.91g

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<b>Vitamin A</b>	143.83IU	<b>Vitamin C</b>	2.53mg
<b>Calcium</b>	30.91mg	<b>Iron</b>	0.69mg



# Fajita Turkey Honey Lime MTG

NO IMAGE

<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	<b>Recipe ID:</b>	R-74

## 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 GCHC	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
ONION SPANISH COLOSS 50 MRKN	20 Ounce		198706
PEPPERS GREEN LRG 5 MRKN	5 Cup		592315
TORTILLA FLOUR ULTRGR 6 30-12CT	200 Each		882690

## 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

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.05
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	299.61		
<b>Fat</b>	8.01g		
<b>SaturatedFat</b>	3.36g		
<b>Trans Fat</b>	0.04g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	740.32mg		
<b>Carbohydrates</b>	34.12g		
<b>Fiber</b>	4.24g		
<b>Sugar</b>	5.21g		
<b>Protein</b>	20.64g		
<b>Vitamin A</b>	27.68IU	<b>Vitamin C</b>	6.70mg
<b>Calcium</b>	42.15mg	<b>Iron</b>	2.03mg

# breakfast pizza

NO IMAGE

<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>	Breakfast	<b>Recipe ID:</b>	R-80

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
128-2.85Z PIZZA BKFST EGG&BCN 63564	1 Serving		663905
BANANA 40	1 Each		609540
1% Lowfat White Milk	1 1 carton		51796

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

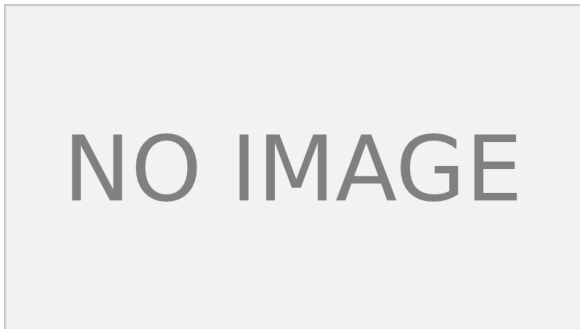
Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	2.15		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.10mg		
<b>Sodium</b>	1.31mg		
<b>Carbohydrates</b>	0.40g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.26g		
<b>Protein</b>	0.09g		
<b>Vitamin A</b>	0.86IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	0.36mg	<b>Iron</b>	0.00mg

# Kevin's Hamburger



<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	<b>Recipe ID:</b>	R-83

## 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

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	131.20		
<b>Fat</b>	8.13g		
<b>SaturatedFat</b>	3.12g		
<b>Trans Fat</b>	0.49g		
<b>Cholesterol</b>	32.05mg		
<b>Sodium</b>	219.00mg		
<b>Carbohydrates</b>	2.41g		
<b>Fiber</b>	1.31g		
<b>Sugar</b>	0.07g		
<b>Protein</b>	12.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	30.60mg	<b>Iron</b>	1.45mg

# Kevin's Yellow Jacket Dog



<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	<b>Recipe ID:</b>	R-91

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720
BUN HOT DOG JMBO SLCD 4-6CT GFS	1 Each		195563
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	100 Each		304913

## Preparation Instructions

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

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### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	182.13
<b>Fat</b>	16.03g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	668.98mg
<b>Carbohydrates</b>	4.41g
<b>Fiber</b>	0.01g
<b>Sugar</b>	3.04g
<b>Protein</b>	6.06g

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<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.79mg	<b>Iron</b>	0.79mg

# Bowl Asian Mashed Potato

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-112

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH CRMY DELUX 4-5 RESER	300 3/4 Cup		498842
BEEF DIPPERS WONDER BITE 400-.7Z PIER	601 Ounce	<b>BAKE</b> Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817
PEPPERS RED DCD 3/8 2-3 RSS	2 17/50 Ounce		581992
BROCCOLI FLORETS 12-2 GFS	4 22/25 Gallon		673366

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.
2. Bake the beef according to manufacturer instructions.

CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

3. Steam or saute the bell peppers until tender.
4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.
5. Serve warm.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable

Source: Basic American Foods, www.baf.com

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	150.84
<b>Fat</b>	8.02g
<b>SaturatedFat</b>	3.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.06mg
<b>Sodium</b>	420.74mg
<b>Carbohydrates</b>	6.17g
<b>Fiber</b>	1.03g
<b>Sugar</b>	4.10g
<b>Protein</b>	12.04g
<b>Vitamin A</b> 162.56IU	<b>Vitamin C</b> 3.63mg
<b>Calcium</b> 20.22mg	<b>Iron</b> 1.81mg



# Spartan Chicken or Turkey Taco

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-142

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GFS	2 3/4 Cup		358991

## Preparation Instructions

### Directions:

Combine onions, corn, garlic powder, salt, pepper, tomato paste, water, and seasonings in a large stock pot. Heat uncovered over medium heat for 5 minutes. Stir well. Bring to a boil.

Add chicken. Reduce heat and simmer for 25-30 minutes, stirring occasionally.

Critical Control Point: Heat to 165 °F for 15 seconds or higher.

Critical Control Point: Hold for hot service at 140 °F or higher.

See B-03 for recipe ingredients and directions. Set rice aside for step 9.

For topping: Combine lettuce and tomatoes. Toss slightly. Set mixture aside for step 12.

Set cheese aside for step 13.

Assembly (2 tacos per serving):

First layer: Using a No. 8 scoop, divide equally between two tacos, 1/2 cup (about 4 oz) rice on bottom of taco shells.

Second layer: Using a No. 30 scoop, spread 1/8 cup (about 1 1/2 oz) chicken mixture in each taco shell.

Transfer tacos to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Third layer: Using a No. 10 scoop, divide equally between two tacos, 3/8 cup (about 1 1/2 oz) lettuce and tomato mixture on top of chicken mixture.

Fourth layer: Using a No. 40 scoop, divide equally between two tacos, 1 Tbsp 1 tsp (about 1/3 oz) shredded cheese on top of lettuce and tomato mixture.

OR

Instruct students to "build" their own tacos.

Serve each student:

2 tacos; 3/8 cup (about 1 1/2 oz - use No. 10 scoop) lettuce and tomato mixture in individual souffle cups; 1 Tbsp 1 tsp (about 1/3 oz - use No. 40 scoop) shredded cheese in individual souffle cups.

Notes:

- 1: \*Remove salt from B-03 Cooking Rice ingredients when including dish in D-13C Chicken or Turkey Taco Recipe.
- 2: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
- 3: Cooking Process #2: Same Day Service
- 4: Serving
- 5: NSLP/SBP Crediting Information: 2 tacos provide 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.
- 6: CACFP Crediting Information: 2 tacos provide 2 oz meat/meat alternate, 3/8 cup vegetable, and 2 servings grains/bread.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.04

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	8.21		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.41mg		
<b>Carbohydrates</b>	1.72g		
<b>Fiber</b>	0.16g		
<b>Sugar</b>	0.16g		
<b>Protein</b>	0.25g		
<b>Vitamin A</b>	8.21IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.03mg

# Spartan Beef or Pork Taco



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-150

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY GROUND RAW 85 LEAN 4-5	6 10/27 Pound		256322

## Preparation Instructions

### Directions:

Brown ground beef or pork. Drain. Continue immediately.

Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 165 ° F or higher.

CCP: Hold for hot service at 140° F or warmer.

Topping: Reserve cheese for step 5. Combine tomatoes and lettuce. Toss lightly and reserve for step 5.

Portion is 2 tacos.

### Notes:

1: \* See Marketing Guide

2: Serving suggestions:

3: A. Before serving, fill each taco shell with a

4: No. 30 scoop (2 Tbsp) meat mixture. On

5: each plate serve 2 tacos, No. 10 scoop

6: (

7:

8: cup) lettuce and tomato mixture, and

9: ½ oz

10: (2 Tbsp) shredded cheese.

11: OR

12: B1. Pre-portion No. 10 scoop (

- 13:  
 14: cup) lettuce-  
 15: tomato mixture and ½ oz (2 Tbsp)  
 16: shredded cheese into individual soufflé  
 17: cups. Refrigerate until service.  
 18: B2. Transfer meat mixture and taco shells to  
 19: steamtable pans or place on tables.  
 20: For each child, serve 2 unfilled taco shells,  
 21: 2 No. 30 scoops (¼ cup ½ tsp) meat  
 22: mixture, 1 pre-portioned soufflé cup of  
 23: lettuce-tomato mixture, and 1 pre-portioned  
 24: soufflé cu  
 25: p of shredded cheese. Instruct  
 26: children to "build" their own tacos.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	117.21		
<b>Fat</b>	7.64g		
<b>SaturatedFat</b>	2.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.32mg		
<b>Sodium</b>	38.22mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.19mg	<b>Iron</b>	0.73mg

# Spartan Fajita Turkey Honey Lime

NO IMAGE

<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	<b>Recipe ID:</b>	R-151

## 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 GCHC	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
ONION SPANISH COLOSS 50 MRKN	20 Ounce		198706
PEPPERS GREEN LRG 5 MRKN	5 Cup		592315
TORTILLA FLOUR ULTRGR 6 30-12CT	200 Each		882690

## 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

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.05
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	299.61		
<b>Fat</b>	8.01g		
<b>SaturatedFat</b>	3.36g		
<b>Trans Fat</b>	0.04g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	740.32mg		
<b>Carbohydrates</b>	34.12g		
<b>Fiber</b>	4.24g		
<b>Sugar</b>	5.21g		
<b>Protein</b>	20.64g		
<b>Vitamin A</b>	27.68IU	<b>Vitamin C</b>	6.70mg
<b>Calcium</b>	42.15mg	<b>Iron</b>	2.03mg

# Spartan Taco Walking

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-355

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	150 Package	Open Bag	696871
TURKEY TACO MEAT FC 4-7 JENNO	18 3/4 Pound	Heat and Serve	768230
CHEESE CHED MLD SHRD FINE 4-5 GCHC	9 19/50 Cup		191043
SALSA 103Z 6-10 REDG	10 1/2 Pound	READY_TO_EAT None	452841
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 17/50 Gallon		451730
SOUR CREAM CUP 100-1Z PAULY	150 Each		126400

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	1.57
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.19
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	280.42		
<b>Fat</b>	13.05g		
<b>SaturatedFat</b>	5.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.81mg		
<b>Sodium</b>	475.70mg		
<b>Carbohydrates</b>	25.31g		
<b>Fiber</b>	1.25g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	14.56g		
<b>Vitamin A</b>	473.95IU	<b>Vitamin C</b>	1.49mg
<b>Calcium</b>	129.91mg	<b>Iron</b>	1.01mg



# Turkey and Cheese Tuesday Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-356

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Ounce		244190
American Cheese Sliced RF	1/2 Ounce		666204

## Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.17
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	214.17		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.96g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.75mg		
<b>Sodium</b>	268.33mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.25g		
<b>Protein</b>	12.42g		
<b>Vitamin A</b>	15.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 70.00mg **Iron** 1.92mg

# Bulldog Fajita Turkey Honey Lime

NO IMAGE

<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	<b>Recipe ID:</b>	R-361

## 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 GCHC	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

## SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.05
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	297.65		
<b>Fat</b>	8.01g		
<b>SaturatedFat</b>	3.36g		
<b>Trans Fat</b>	0.04g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	740.09mg		
<b>Carbohydrates</b>	33.70g		
<b>Fiber</b>	4.14g		
<b>Sugar</b>	5.01g		
<b>Protein</b>	20.58g		
<b>Vitamin A</b>	27.57IU	<b>Vitamin C</b>	6.28mg
<b>Calcium</b>	41.06mg	<b>Iron</b>	2.01mg

# Sandwich Chicken Patty 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	<b>Recipe ID:</b>	R-487

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810

## Preparation Instructions

Directions:

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= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

<b>SLE Components</b>	
Amount Per Serving	
<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 130.00

**Fat** 2.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 125.00mg

**Carbohydrates** 25.00g

**Fiber** 5.00g

**Sugar** 3.00g

**Protein** 5.00g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 40.00mg      **Iron** 1.08mg

# Aggie's Walking Taco

NO IMAGE

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-807

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	200 Cup		451730
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	200 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
TURKEY TACO MEAT FC 4-7 JENNO	25 Pound		768230
CHEESE CHED MLD SHRD FINE 4-5 GCHC	12 1/2 Cup		191043
SALSA 103Z 6-10 REDG	14 Pound	READY_TO_EAT None	452841

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	1.57
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.19
<b>OtherVeg</b>	1.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 200.00

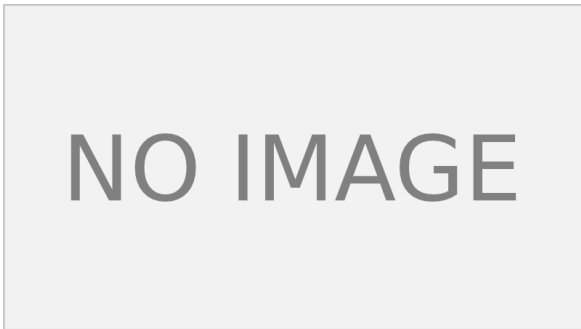
Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	237.91		
<b>Fat</b>	8.05g		
<b>SaturatedFat</b>	2.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.80mg		
<b>Sodium</b>	445.67mg		
<b>Carbohydrates</b>	24.81g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.75g		
<b>Protein</b>	15.31g		
<b>Vitamin A</b>	273.91IU	<b>Vitamin C</b>	1.49mg
<b>Calcium</b>	121.89mg	<b>Iron</b>	1.01mg



# Panther Walking Taco



<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	<b>Recipe ID:</b>	R-919

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
Turkey Taco Meat	12 1/2 Pound		722450
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Cup		191043
SALSA 103Z 6-10 REDG	7 Pound	READY_TO_EAT None	452841
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 14/25 Ounce		242489
ONION DCD 1/2 2-5 RSS	1 Cup		426059

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.
3. Crush individual bags of chips and open.
3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.
4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	0.33
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.19
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	154.34		
<b>Fat</b>	5.04g		
<b>SaturatedFat</b>	1.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.40mg		
<b>Sodium</b>	260.15mg		
<b>Carbohydrates</b>	21.63g		
<b>Fiber</b>	1.02g		
<b>Sugar</b>	0.77g		
<b>Protein</b>	4.33g		
<b>Vitamin A</b>	216.18IU	<b>Vitamin C</b>	1.49mg
<b>Calcium</b>	96.23mg	<b>Iron</b>	0.37mg