

Cookbook for Test High School

Created by HPS Menu Planner

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Beans Green Sesame MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-59

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	SAUTE 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.

,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

,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
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	13.23		
Fat	0.41g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.98mg		
Carbohydrates	2.40g		
Fiber	0.90g		
Sugar	1.20g		
Protein	0.60g		
Vitamin A	227.70IU	Vitamin C	4.03mg
Calcium	12.21mg	Iron	0.34mg

Hamburger Deluxe MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-60

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	BAKE 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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
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	352.07		
Fat	16.10g		
SaturatedFat	5.02g		
Trans Fat	1.00g		
Cholesterol	45.24mg		
Sodium	487.98mg		
Carbohydrates	37.49g		
Fiber	7.44g		
Sugar	8.02g		
Protein	17.32g		
Vitamin A	399.88IU	Vitamin C	4.93mg
Calcium	93.60mg	Iron	2.98mg

Beans Baked



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-65

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ 4-1GAL GFS	3 Cup	asdfasffdsfadf	734136
BEAN BAKED 6-10 BUSH	6 Gallon	sadfasdfasdfsadf	520098

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

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

,Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

,Updated December 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.64

Starch

0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 188.50

Fat 1.30g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 775.15mg

Carbohydrates 39.36g

Fiber 6.45g

Sugar 16.64g

Protein 7.73g

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

Calcium 51.20mg **Iron** 2.30mg

Sandwich Bagel Turkey & Chs MTG



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

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
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		282.56	
Fat		7.27g	
SaturatedFat		3.35g	
Trans Fat		0.00g	
Cholesterol		59.17mg	
Sodium		388.82mg	
Carbohydrates		31.10g	
Fiber		4.54g	
Sugar		6.00g	
Protein		24.25g	
Vitamin A	1033.04IU	Vitamin C	5.59mg
Calcium	121.19mg	Iron	2.68mg

Salad Mixed Green MTG

NO IMAGE

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

Meat	0.00
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.30
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

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

Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	30.91mg	Iron	0.69mg

Fajita Turkey Honey Lime MTG

NO IMAGE

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

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Carrot-Raisin Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-76

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 30 GFS	2 Gallon		285640
RAISINS DRD GOLDEN 1-5	2 1/2 Quart		559970
MILK PWD FF INST 6-5 P/L	1 Cup		311065
MAYONNAISE 4-1GAL HELM	1 Quart		106933
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
SPICE NUTMEG GRND 16Z TRDE	1 Teaspoon		224944
LEMON JUICE 100 12-30FLZ MINMD	1/4 Cup		270989

Preparation Instructions

Directions:

Place carrots and raisins in large bowl.

In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).

Pour dressing over carrots and raisins. Mix lightly. Spread 6 lb (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

Notes:

1: Comments:

2: *See Marketing Guide.

3: A new nutrient analysis will be coming.

4: Updated July 2014. Restandardization in progress.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.24
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	74.33		
Fat	6.64g		
SaturatedFat	0.96g		
Trans Fat	0.00g		
Cholesterol	3.35mg		
Sodium	108.69mg		
Carbohydrates	3.71g		
Fiber	1.43g		
Sugar	1.80g		
Protein	0.24g		
Vitamin A	6925.37IU	Vitamin C	1.15mg
Calcium	9.57mg	Iron	0.09mg

breakfast pizza

NO IMAGE

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

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

Nutrition Facts

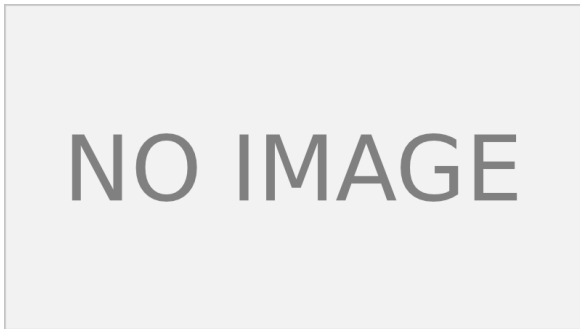
Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Kevin's Hamburger



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

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

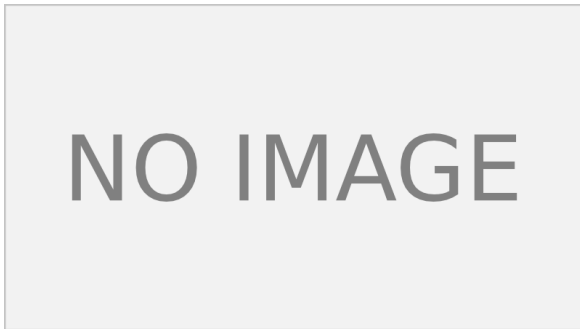
Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Kevin's Yellow Jacket Dog



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

Meat	2.00
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: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

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

Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	40.79mg	Iron	0.79mg

Bowl Asian Mashed Potato

NO IMAGE

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	BAKE 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

Meat	2.00
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: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Spartan Chicken or Turkey Taco



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.04

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

Spartan Beef or Pork Taco



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
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 Serving

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

Spartan 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-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

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Spartan Taco Walking

NO IMAGE

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	1.57
Grain	1.25
Fruit	0.00
GreenVeg	0.12
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Turkey and Cheese Tuesday Sandwich

NO IMAGE

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

Meat	1.17
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 Serving

Amount Per Serving

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

Calcium 70.00mg **Iron** 1.92mg

Bulldog Fajita Turkey Honey Lime

NO IMAGE

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	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

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Sandwich Chicken Patty MTG



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

SLE Components

Amount Per Serving

Meat	0.00
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: 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

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	1.57
Grain	1.25
Fruit	0.00
GreenVeg	0.50
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Panther Walking Taco



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

Meat	0.33
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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