

# **Cookbook for Otsego Middle School**

**Created by HPS Menu Planner**

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# Chicken Enchiladas

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17705

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENCHILADA CHIX WGRAIN 112-2.5Z	1 Each		402332

## Preparation Instructions

Wash hands. Place protective paper on large pan. Place Enchilada on pan. Conventional oven: 300 degrees F for 20-25 min from Frozen, 15-20 minutes from thawed. Convection Oven: 300 degrees F for 12-18 minutes from Frozen, 9-12 minutes from thawed. Internal temperature should reach 160 Degrees F.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<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

#### Amount Per Serving

<b>Calories</b>	1.40		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.20mg		
<b>Sodium</b>	2.10mg		
<b>Carbohydrates</b>	0.18g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	0.80mg	<b>Iron</b>	0.03mg

# Cheese Stromboli

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17446

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16 22-24Z DELSUPR	3 Each		570826
SAUCE PIZZA W/BASL 6-10 REDPK	3 Cup	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	12 Cup		645170

## Preparation Instructions

1. Thaw dough over night & proof
2. Preheat oven to 325 F
3. Roll the dough out and stretch it out
4. Spread the pizza sauce leaving about 2 inches from the edge. Place 1 cup sauce and 4 cups cheese over proofed dough
5. Roll up the dough up like a cinnamon roll and pinch the edges to seal and fold where the seam is. Lay the stromboli seam side down. Brush with the egg and cut small slats in the top. Top with ¼ cup cheese and sprinkle with fresh parsley.
6. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.  
CCP: 165F

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.60
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	395.00
<b>Fat</b>	13.88g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	805.00mg
<b>Carbohydrates</b>	43.75g
<b>Fiber</b>	2.25g
<b>Sugar</b>	5.25g
<b>Protein</b>	20.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 410.00mg **Iron** 2.79mg

# Pepperoni Pizza

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17444

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	5 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	5 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	20 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	80 Serving		729981

## Preparation Instructions

1. Thaw dough over night & proof.
  2. Preheat oven to 325 F
  3. Place 1 cup sauce and 4 cups cheese over proofed dough
  4. Place 16 pepperoni evenly over pizza
  5. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.
- CCP: 165F

### SLE Components

Amount Per Serving

<b>Meat</b>	2.22
<b>Grain</b>	3.41
<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: 40.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	214.69
<b>Fat</b>	12.39g
<b>SaturatedFat</b>	7.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.47mg
<b>Sodium</b>	448.44mg
<b>Carbohydrates</b>	8.38g
<b>Fiber</b>	1.13g
<b>Sugar</b>	4.25g
<b>Protein</b>	15.22g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 412.50mg	<b>Iron</b> 0.77mg