

Cookbook for Otsego Middle School

Created by HPS Menu Planner

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Caesar Salad

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17497

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD 4-2.5 TYS	12 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 20 - 22 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 10 - 12 minutes. GRILL Appliances vary, adjust accordingly. Flat Grill Griddle Preheat grill to 350°F. Grill frozen fajita meat for 10 to 12 minutes. Turn meat over half-way through total heating time. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Place no more than 1 3 bag of frozen fajita meat on a microwave safe plate. Heat on HIGH for 5 to 6 minutes. Rotate plate half-way through total heating time.	655139
TOMATO GRAPE SWT 10 MRKN	3 Cup		129631
LETTUCE ROMAINE RIBBONS 6-2 RSS	12 Cup		451730
CHEESE PARM SHRD FCY 10-2 PG	6 Ounce		460095

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.17
Grain	0.00

Fruit	0.00
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 6.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	226.20	
Fat	9.87g	
SaturatedFat	5.38g	
Trans Fat	0.00g	
Cholesterol	68.33mg	
Sodium	717.83mg	
Carbohydrates	8.50g	
Fiber	4.10g	
Sugar	4.50g	
Protein	27.13g	
Vitamin A	749.70IU	Vitamin C 12.33mg
Calcium	307.00mg	Iron 0.25mg

Garden Salad

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17448

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	3/5 Cup	1 cup dished=1/2 cup served wash all vegetables	15D44
Carrots, baby	1/10 Cup	Wash all vegetables	18D69
Grape Tomatoes	3 1/5 Each		749041
CUCUMBER 1-24CT P/L	3/25 Slice	Wash and slice thin	238653
BEAN GARBANZO 6-10 GCHC	1/100 Cup	drain and rinse	118753

Preparation Instructions

Wash all vegetables, arrange vegetables on top of salad lettuce

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.08
RedVeg	1.21
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	3.49		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.66mg		
Carbohydrates	0.65g		
Fiber	0.03g		
Sugar	0.03g		
Protein	0.04g		
Vitamin A	0.55IU	Vitamin C	0.01mg
Calcium	0.44mg	Iron	0.01mg

Yogurt Parfait

Servings:	15.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	15 Cup		881161
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	7 1/2 Cup		226671
Variety of Fruit	15 1/2 cup		

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	460.60		
Fat	5.22g		
SaturatedFat	2.24g		
Trans Fat	0.00g		
Cholesterol	14.93mg		
Sodium	375.67mg		
Carbohydrates	94.63g		
Fiber	6.24g		
Sugar	57.54g		
Protein	12.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	323.88mg	Iron	1.07mg

Ham & Cheese Sandwich

Servings:	5.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17706

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	25 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	5 Slice		150260
School White Wheat Sandwich Bread	10		12385

Preparation Instructions

- 1) Clean and sanitize work area. 2) Follow proper health & sanitation guidelines at all times.
- 3) Ingredients should be held at 41 degrees or below at all times to assure food safety. 4) Food temperatures should be taken before, during and after serving to assure proper holding temperatures. Any foods that exceed 41 degrees shall be disposed of after service and within 4 hours after the temperature rises above 41 degrees. 5) Unused ingredients should be returned to the cooler as soon as possible and cooled properly in shallow pans.
- 6) Foods should be clearly labeled and date marked with a 7-day discard date including the day first opened.

SLE Components

Amount Per Serving

Meat	2.17
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: 5.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	276.26		
Fat	10.23g		
SaturatedFat	4.09g		
Trans Fat	0.00g		
Cholesterol	62.50mg		
Sodium	982.30mg		
Carbohydrates	25.90g		
Fiber	2.36g		
Sugar	3.50g		
Protein	19.78g		
Vitamin A	150.02IU	Vitamin C	1.50mg
Calcium	114.18mg	Iron	2.24mg

Pepperoni Pizza

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	2.22
Grain	3.41
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Slice

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

Cheese Stromboli

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17446

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16 22-24Z DELSUPR	2 Each		570826
SAUCE PIZZA W/BASL 6-10 REDPK	2 Cup	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	8 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

Meat	2.00
Grain	2.60
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Slice

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

Calcium 410.00mg **Iron** 2.79mg