

Cookbook for Otsego Middle School

Created by HPS Menu Planner

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Pasta Salad

Beef & Cheese Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17488

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	300 Ounce		722330
TORTILLA YELLOW RND 40-2Z BRRLOFUN	100 Package		682210
CHEESE CHED MLD SHRD 4-5# COMM	25 Cup		150250

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

SLE Components

Amount Per Serving

Meat	2.89
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
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	485.43		
Fat	24.64g		
SaturatedFat	9.20g		
Trans Fat	0.27g		
Cholesterol	63.12mg		
Sodium	686.25mg		
Carbohydrates	45.73g		
Fiber	5.89g		
Sugar	1.89g		
Protein	23.11g		
Vitamin A	910.41IU	Vitamin C	4.73mg
Calcium	241.80mg	Iron	2.89mg

Strawberry Spinach Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	1 1/5 Cup		596973
SPINACH BABY CLND 2-2 RSS	33/50 Pound		560545
STRAWBERRY CLAMSHELL 8 MRKN	1 1/20 Pound		212768

Preparation Instructions

1. Place all ingredients in bowl and toss

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.02
GreenVeg	0.07
RedVeg	0.00
OtherVeg	0.84
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00

Amount Per Serving

Calories	135.02		
Fat	0.35g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	16.74mg		
Carbohydrates	30.70g		
Fiber	5.94g		
Sugar	13.66g		
Protein	3.85g		
Vitamin A	7.34IU	Vitamin C	28.02mg
Calcium	81.08mg	Iron	0.86mg

Chef Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17447

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools	7 1/2 Cup		16P33
CARROT SHRD MED 2-5 RSS	1 1/4 Ounce		313408
CUCUMBER 6CT P/L	10 Slice		100435
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	10 Ounce		244190
EGG HARD CKD PLD DRY PK 12-12CT PAP	2 1/2 Each		853800
CHEESE CHED SHRD 6-5 COMM	1 1/4 Ounce		199720
CRACKER GLDFSH CHED WGRAIN 300-.75Z	5 Package		736280

Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

SLE Components

Amount Per Serving

Meat	1.58
Grain	1.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.07
OtherVeg	0.15
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	199.06
Fat	9.00g
SaturatedFat	3.42g
Trans Fat	0.00g
Cholesterol	100.00mg
Sodium	295.42mg
Carbohydrates	18.02g
Fiber	2.42g

Sugar	1.88g
Protein	10.84g
Vitamin A 7335.49IU	Vitamin C 4.09mg
Calcium 143.03mg	Iron 2.17mg

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

Chicken Bacon Wrap

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17508

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	21 Ounce	Weigh out 3.5 oz to see what scoop size is used on each wrap	570533
BACON TKY CKD 12-50CT JENNO	12 Slice		834770
DRESSING RNCH BTRMLK 4-1GAL GCHC	12 Tablespoon		426598
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Cup	Added to recipe if choose to use - Mark on record if you don't use	150250
TORTILLA FLOUR 12 SFST 12-12CT GRSZ	6 Each		713370

Preparation Instructions

This ENTREE counts as 3.0 m/ma and 3.50 grains and 1/2 c. dark vegetable See notes after prep instructions

Layer on each tortilla:

3 ½ oz chicken

2 slices turkey bacon

2 tbl ranch dressing

¼ c. shr. cheese (Optional, see note in cheese prep instructions)

1 c. Romaine lettuce, green leaf, or spinach

*Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain.

Can take milk - All Wraps count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	4.40
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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	752.17
Fat	41.83g
SaturatedFat	13.75g
Trans Fat	0.00g
Cholesterol	109.17mg
Sodium	1425.83mg
Carbohydrates	54.17g
Fiber	2.00g
Sugar	4.00g
Protein	39.00g
Vitamin A 281.00IU	Vitamin C 0.00mg
Calcium 282.17mg	Iron 4.36mg

Cheese Pizza

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Crust	16 Each		
Sauce pizza	8 Ounce		
Mozzerella Cheese	25 3/5 Ounce		105077

Preparation Instructions

Prepare as directed during smart mouth training.

CCP: Hold at 135 degrees or higher for hot service.

SLE Components

Amount Per Serving

Meat	1.60
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	439.00
Fat	21.00g
SaturatedFat	9.60g
Trans Fat	0.00g
Cholesterol	56.00mg
Sodium	745.00mg
Carbohydrates	39.60g
Fiber	4.00g
Sugar	5.60g
Protein	24.00g
Vitamin A 1790.00IU	Vitamin C 36.00mg
Calcium 580.00mg	Iron 2.38mg

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

BBQ Chicken Pizza

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17445

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	2 Each	Cut pizza into 8 even slices	570818
SAUCE BBQ 5GAL SWTBRAY	2 Cup		262595
CHEESE MOZZ SHRD 4-5 LOL	8 Cup		645170
ONION RED JUMBO 10 MRKN	1/2 Cup	Chop onion.	596973
CHIX PULLED WHT & DRK BLND 2-5 TYS	16 Ounce	UNSPECIFIED Not Currently Available	467802

Preparation Instructions

1. Thaw dough over night & proof.
 2. Thaw chicken over night.
 2. Preheat oven to 325 F
 3. Chop onion
 4. Place 1 cup sauce and 4 cups cheese over proofed dough
 5. Evenly spread chicken & onion over pizza.
 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	2.67
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: 16.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	324.75
Fat	13.90g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	51.67mg
Sodium	727.99mg
Carbohydrates	27.63g
Fiber	0.87g
Sugar	20.99g
Protein	20.44g

Vitamin A	0.86IU	Vitamin C	3.19mg
Calcium	424.08mg	Iron	0.65mg

Beans, Refried

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17489

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	50 Serving	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753

Preparation Instructions

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water

and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

Serving Size: #8 Scoop

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00		
Fat	1.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	610.00mg		
Carbohydrates	30.00g		
Fiber	10.00g		
Sugar	0.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.88mg
Calcium	50.88mg	Iron	2.29mg

MEXICAN RICE

Servings:	100.00	Category:	Grain
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	10 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
SALSA 103Z 6-10 REDG	6 Cup	READY_TO_EAT None	452841
CILANTRO CLEANED 4-1 RSS	1 Cup	1 POUND CHOPPED	219550
LEMON JUICE 100 12-32FLZ GFS	3 Ounce	3 BOTTLES	311227
PEPPERS GREEN DCD 1/2 2- 3 RSS	1/2 Cup	DICED	283959
ONION RED JUMBO 25 MRKN	1/2 Cup	DICED	198722
SEASONING TACO 21Z TRDE	6 Ounce	2 CONTAINERS	413429
SPICE ONION POWDER 96Z TRDE	2 Ounce	1/2 PINT	195173
SPICE GARLIC POWDER 21Z TRDE	3 Teaspoon	1/2 PINT	224839
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Pound	CUT IN PIECES AND DIVIDE IN 6 PANS	299405

Preparation Instructions

PREP 6 DISPOSABLE TRAYS WITH 3 PINTS OF RICE TO 1 GALON OF WATER

1. MIX DRY INGREDIENTS (SPICES) AND ADD 1/2 PINT TO EACH PAN.
2. COOK ALL VEGETABLES IN A POT AND ADD CANNED SALSA , SIMMER FOR 30 MIN.
3. PUT 1 1/2 PINT OF SALSA PER PAN OF RICE . WHAT EVER IS LEFT DISTRIBUTR THIS IN ALL 6 PANS.

SLE Components

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 3.00 Ounce

Amount Per Serving

Calories	82.18
Fat	0.88g
SaturatedFat	0.56g
Trans Fat	0.00g
Cholesterol	2.40mg
Sodium	47.79mg
Carbohydrates	16.10g
Fiber	0.04g
Sugar	0.40g
Protein	1.66g

Vitamin A	59.73IU	Vitamin C	1.33mg
Calcium	6.48mg	Iron	0.60mg

Pasta Salad

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI RAINBOW 4-5 GCHC	3 1/3 Pound		413340
PEPPERS GREEN LRG 5 MRKN	5/6 Each		592315
CARROT JUMBO 50 P/L	1 1/9 Cup	Shredded	198501
CUCUMBER SELECT 24CT MRKN	1 2/3 Each		418439
TOMATO 5X6 XL 5 MRKN	1 2/3 Each		438197
DRESSING ITAL 4-1GAL KE	5/12 Gallon		631420

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.00
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: 0.50 Cup

Amount Per Serving

Calories	131.29		
Fat	1.63g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	615.20mg		
Carbohydrates	25.28g		
Fiber	1.30g		
Sugar	3.63g		
Protein	3.86g		
Vitamin A	653.29IU	Vitamin C	3.04mg
Calcium	13.11mg	Iron	1.06mg