

# **Cookbook for Otsego High School**

**Created by HPS Menu Planner**

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# Chicken & Cheese Quesadilla

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17459

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	40 Serving	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
CHIX DCD 1/2 WHT/DARK CKD 2- 5 TYSON	40 Ounce	Thaw Chicken	570533
CHEESE MOZZ SHRD 4-5 LOL	10 Cup	Approx 1/4 cup per serving	645170

## Preparation Instructions

1. Thaw chicken
2. Lay 1 tortilla flat out on counter
3. On one half of the tortilla, sprinkle 1 oz of thawed chicken and 1/4 cup of cheese.
4. Fold tortilla over to make a hot dog bun. (This is one serving). Place on baking sheet.
5. Brush a little bit of oil over top of tortilla.
6. Place in oven at 350F until chicken is warm and cheese is melted
7. Cut tortilla into three equal pieces and serve warm

### SLE Components

Amount Per Serving

<b>Meat</b>	1.67
<b>Grain</b>	1.75
<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: 40.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 283.48

**Fat** 11.67g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 33.33mg

**Sodium** 401.67mg

**Carbohydrates** 25.33g

**Fiber** 2.00g

**Sugar** 3.00g

**Protein** 17.00g

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

**Calcium** 307.33mg      **Iron** 1.77mg

# Chef Salad

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17447

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools	9 Cup		16P33
CARROT SHRD MED 2-5 RSS	1 1/2 Ounce		313408
CUCUMBER 6CT P/L	12 Slice		100435
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	12 Ounce		244190
EGG HARD CKD PLD DRY PK 12-12CT PAP	3 Each		853800
CHEESE CHED SHRD 6-5 COMM	1 1/2 Ounce		199720
CRACKER GLDFSH CHED WGRAIN 300-.75Z	6 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

<b>Meat</b>	1.58
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.15
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

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

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

# Popcorn Chicken Salad

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18400

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	6 Cup		735787
TOMATO GRAPE SWT 12-2# P/L	1 1/2 Cup		184750
EGG HRD CKD DCD IQF 4-5 GFS	6 Tablespoon		192198
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Cup		150250
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	66 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120

## Preparation Instructions

1. Chop Romine
2. Assemble ingredients one in each corner to present nicely (chicken should be served cold)
3. Serve with Dinner Roll or Bread Stick and choice of dressing

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<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: 6.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	384.77
<b>Fat</b>	23.77g
<b>SaturatedFat</b>	9.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	111.67mg
<b>Sodium</b>	562.25mg
<b>Carbohydrates</b>	19.08g
<b>Fiber</b>	4.55g
<b>Sugar</b>	3.58g
<b>Protein</b>	24.40g
<b>Vitamin A</b>	655.85IU
<b>Vitamin C</b>	6.17mg

**Calcium** 263.83mg **Iron** 3.01mg



# Yogurt Parfait

<b>Servings:</b>	15.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<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: 15.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Soft Shell Beef Taco

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17496

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	60 Each		702633
TACO FILLING BEEF REDC FAT 6-5# COMM	11 1/4 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5# COMM	3/5 Gallon	1/5# bags use scoop #30	150250

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.53
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.12
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	267.63		
<b>Fat</b>	12.80g		
<b>SaturatedFat</b>	6.84g		
<b>Trans Fat</b>	0.27g		
<b>Cholesterol</b>	52.32mg		
<b>Sodium</b>	591.85mg		
<b>Carbohydrates</b>	17.37g		
<b>Fiber</b>	2.49g		
<b>Sugar</b>	2.89g		
<b>Protein</b>	18.99g		
<b>Vitamin A</b>	802.41IU	<b>Vitamin C</b>	4.73mg

**Calcium** 178.16mg **Iron** 1.89mg

# Chicken Fajita Nachos

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	7.25 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17516

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	136 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	80 Ounce	PLACE SEALED BAGS IN A STEAMER OR 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. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
CHIP CORN 104-1Z SSV FRITOS	40 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.	105040

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<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: 40.00

Serving Size: 7.25 1

#### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	8.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	104.00mg
<b>Sodium</b>	1209.00mg
<b>Carbohydrates</b>	20.00g

<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 229.00mg	<b>Iron</b> 0.00mg

# Cole Slaw

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18396

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1 13/27 Pound		293148
DRESSING COLE SLAW 4-1GAL GCHC	2/27 Gallon		106992

## Preparation Instructions

1. Gradually toss coleslaw dressing with cabbage and mix until well coated.

\*Only use as much dressing as necessary; may not need to use full amount.

CCP: Hold at 41 F or below.

2. For smaller batches (~65 servings), use 1- 5# bag of cabbage to ~1 qt. dressing.

\*\*Allergens: Egg

### 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	61.21		
<b>Fat</b>	3.66g		
<b>SaturatedFat</b>	0.61g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.07mg		
<b>Sodium</b>	104.79mg		
<b>Carbohydrates</b>	7.27g		
<b>Fiber</b>	0.79g		
<b>Sugar</b>	5.67g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.04mg	<b>Iron</b>	0.00mg

# Summer Corn Salad

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17470

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL R/SOD 6-10 P/L	10 67/100 Cup	Drain liquid. 1 can = 20 (1/2 c) servings drained	222011
TOMATO GRAPE SWT 10 MRKN	2 1/2 Cup	Halved	129631
PEPPERS COLORED MIXED ASST 12CT P/L	1 Cup	Seeded & Diced	491012
PEPPERS GREEN LRG 5 MRKN	1 1/2 Cup	Seeded & Diced	592315
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	33/100 Cup		732900
JUICE LIME KEY WEST 4-1GAL NL&JO	3 Fluid Ounce		332381
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

## Preparation Instructions

1. Drain corn. (If using frozen corn, let thaw).
2. Cut grape tomatoes into halves.
3. Dice Bell peppers.
4. Transfer all vegetables to a large bowl.
5. Add in lime juice, olive oil, pepper (and 1/4 tsp salt if using frozen corn).
6. Toss salad until all flavors and colors are combined. CCP: Hold for cold service at 41 F or below.

\*\*Allergens: None

### 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>	0.13
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00

**Nutrition Facts**

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

**Amount Per Serving****Calories** 125.23**Fat** 4.85g**SaturatedFat** 0.28g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 140.31mg**Carbohydrates** 16.84g**Fiber** 1.61g**Sugar** 8.69g**Protein** 2.49g**Vitamin A** 428.76IU **Vitamin C** 23.70mg**Calcium** 3.98mg **Iron** 0.45mg



# MEXICAN RICE

<b>Servings:</b>	75.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18267

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	7 1/2 Cup	<b>BOIL</b> 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	4 1/2 Cup	<b>READY_TO_EAT</b> None	452841
CILANTRO CLEANED 4-1 RSS	3/4 Cup	1 POUND CHOPPED	219550
LEMON JUICE 100 12-32FLZ GFS	2 1/4 Ounce	3 BOTTLES	311227
PEPPERS GREEN DCD 1/2 2- 3 RSS	3/8 Cup	DICED	283959
ONION RED JUMBO 25 MRKN	3/8 Cup	DICED	198722
SEASONING TACO 21Z TRDE	4 1/2 Ounce	2 CONTAINERS	413429
SPICE ONION POWDER 96Z TRDE	1 1/2 Ounce	1/2 PINT	195173
SPICE GARLIC POWDER 21Z TRDE	2 1/4 Teaspoon	1/2 PINT	224839
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/16 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

<b>Meat</b>	0.00
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<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00  
Serving Size: 3.00 Ounce

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**Amount Per Serving**

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

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<b>Vitamin A</b>	59.73IU	<b>Vitamin C</b>	1.33mg
<b>Calcium</b>	6.24mg	<b>Iron</b>	0.60mg

# Pico de Gallo

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17471

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CILANTRO CLEANED 4-1 RSS	10/17 Pound		219550
ONION RED JUMBO 25 MRKN	1 3/17 Each		198722
LEMON JUICE 100 12-32FLZ GFS	15 5/17 Ounce		311227
TOMATO 6X6 LRG 25 MRKN	23 9/17 Each		199036
CHILIES GREEN DCD 12-26Z ORTG	10/17 #1 CAN		131460

## 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>	0.47
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	17.09
<b>Fat</b>	0.19g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	19.54mg
<b>Carbohydrates</b>	3.61g
<b>Fiber</b>	1.05g
<b>Sugar</b>	2.51g
<b>Protein</b>	0.76g
<b>Vitamin A</b> 705.63IU	<b>Vitamin C</b> 12.02mg
<b>Calcium</b> 11.21mg	<b>Iron</b> 0.28mg