

Cookbook for Otsego High School

Created by HPS Menu Planner

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Sweet and sour chicken

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18809

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	Convection Oven 6-8 minutes at 375°F from frozen.	327120
RICE BRN PARBL WGRAIN 25 GCHC	100 Cup	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.	516371
SAUCE SWT & SOUR 6-64Z MINR	25 Cup		534811

Preparation Instructions

1. Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher
2. Mix sweet n' sour, pineapple & water together
3. Coat chicken with sauce mixture
4. Serve chicken over top 1 cup cooked brown rice

SLE Components

Amount Per Serving

Meat	2.18
Grain	3.09
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	1010.91		
Fat	21.18g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	21.82mg		
Sodium	581.82mg		
Carbohydrates	175.27g		
Fiber	7.27g		
Sugar	15.09g		
Protein	31.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.38mg

Slide Bacon Cheeseburger

Servings:	30.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17684

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	30 Each	<p>BAKE</p> <p>Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.</p>	203270
3.5" Whole Grain White Hamburger Bun Small Barb	30 Each	Pre-packaged, ready to serve	1589
CHEESE SLCD YEL 6-5 COMM	15 Slice	Pre-packaged, cut into 1/2 slices	334450
BACON LAYOUT 18/22 LO-SALT 15 HRML	30 Slice		462788

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00

Amount Per Serving	
Calories	307.50
Fat	25.75g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	51.25mg
Sodium	687.50mg
Carbohydrates	25.50g
Fiber	3.00g
Sugar	4.25g

Protein	23.25g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Chicken Fajita Salad

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	6 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
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	39/100 Cup		129631
CHIP TORTL CRN YEL RND REST 72-1.5Z	3		133273
CRACKER GLDFSH CHED WGRAIN 300-.75Z	3 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.18
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	385.98
Fat	13.90g
SaturatedFat	3.19g
Trans Fat	0.00g
Cholesterol	43.53mg
Sodium	677.64mg
Carbohydrates	48.09g

Fiber	5.29g		
Sugar	2.83g		
Protein	17.80g		
Vitamin A	694.92IU	Vitamin C	3.21mg
Calcium	128.34mg	Iron	1.42mg

Yogurt Parfait

Servings:	10.00	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	10 Cup		881161
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	5 Cup		226671
Variety of Fruit	10 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: 10.00

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

RO - Turkey & Cheese Wrap

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18108

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	4 Each		713340
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	20 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 Cup		678791

Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 5 chicken tenders, 1 slice of cheese & 1/2 cup of lettuce into 10" tortilla
3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

SLE Components

Amount Per Serving

Meat	2.17
Grain	2.29
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	334.17		
Fat	13.25g		
SaturatedFat	5.83g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	924.58mg		
Carbohydrates	33.00g		
Fiber	1.25g		
Sugar	2.75g		
Protein	20.67g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	122.50mg	Iron	2.30mg

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 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

2 - Bosco Sticks

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	150 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Stick breadsticks on a baking sheet. THAWED: 6-8 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Stick breadsticks covered while thawing. Bosco Stick breadsticks may be thawed in packaging. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. 	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	75 Each	<p>READY_TO_EAT None</p>	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	480.00
Fat	14.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	820.00mg
Carbohydrates	62.00g
Fiber	4.00g
Sugar	6.00g
Protein	26.00g
Vitamin A 362.00IU	Vitamin C 6.00mg
Calcium 314.00mg	Iron 3.60mg

Dark Green Side Salad

Servings:	36.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18399

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1 Cup	Wash, Drain, and chop 4 pounds of romaine lettuce and place 1 cup in an 8 oz tray	702609
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12-2 GFS	13/100 Cup	Wash, drain, and chop 1.1 pounds of carrots and add 1/8 of a cup to lettuce and tomato	273902

Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 40*

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	0.14g		
Fiber	0.05g		
Sugar	0.08g		
Protein	0.04g		
Vitamin A	10.41IU	Vitamin C	0.17mg
Calcium	0.57mg	Iron	0.01mg

Pasta Salad

Servings:	90.00	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	6 Pound		413340
PEPPERS GREEN LRG 5 MRKN	1 1/2 Each		592315
CARROT JUMBO 50 P/L	2 Cup	Shredded	198501
CUCUMBER SELECT 24CT MRKN	3 Each		418439
TOMATO 5X6 XL 5 MRKN	3 Each		438197
DRESSING ITAL 4-1GAL KE	3/4 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: 90.00

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

Pico de Gallo

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 GCHC	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.47
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

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