

Cookbook for Otsego High School

Created by HPS Menu Planner

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Sloppy Joes

Servings:	60.00	Category:	Entree
Serving Size:	2.67 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	12 Pound	Brown ground beef, drain.	110520
ONION DEHY CHPD 15 P/L	41/102 Cup		263036
SPICE GARLIC POWDER 16Z BADIA	1 1/5 Tablespoon		708481
TOMATO PASTE 24-6Z HUNTS	33 3/5 Ounce		366733
KETCHUP 12-38Z HNZ	34 1/5 Ounce		290062
VINEGAR WHT DISTILLED 4 4-1GAL	3/5 Cup		517582
Black Pepper	1 1/5 Teaspoon	BAKE	24108
brown sugar	9/20 Cup	READY_TO_EAT	
SPICE MUSTARD DRY 1 COLMANS	3/20 Cup		400018

Preparation Instructions

1. Brown ground beef. Drain.
2. Add onions and garlic powder.
3. Cook for 5 minutes
4. Add tomato Paste, ketchup, water, vinegar, dry mustard, pepper and brown sugar.
5. Mix well and simmer for 25-30 minutes.
6. Heat at 156 degrees F or higher for 15 seconds.
7. Use a #12 scoop onto a hamburger bun

SLE Components

Amount Per Serving

Meat	2.39
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: 60.00			
Serving Size: 2.67 Ounce			
Amount Per Serving			
Calories		197.13	
Fat		14.33g	
SaturatedFat		4.78g	
Trans Fat		2.39g	
Cholesterol		62.09mg	
Sodium		60.14mg	
Carbohydrates		0.37g	
Fiber		0.04g	
Sugar		0.06g	
Protein		16.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.53mg	Iron	0.01mg

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

Crispy Chicken Salad

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	40 Cup		735787
TOMATO GRAPE SWT 10 MRKN	10 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	10 Cup		198587
CARROTS, CHL, BABY, WHL PEEL 100/3 OZ PG	40 Ounce		812540
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	60 Piece		533830
Whole Grain Dinner Roll	20 roll	BAKE	4372

Preparation Instructions

ADD 2 CUPS CHOPPED ROMAINE, 4 SLICES OF CUCUMBER, 4 CHERRY TOMATOES, 4 BABY CARROTS AND 3 CHICKEN STRIPS CUT INTO STRIPS.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.75
Fruit	0.00
GreenVeg	2.00
RedVeg	0.83
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	389.97		
Fat	12.32g		
SaturatedFat	2.30g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	579.20mg		
Carbohydrates	42.17g		
Fiber	8.42g		
Sugar	12.67g		
Protein	26.78g		
Vitamin A	8595.79IU	Vitamin C	14.53mg
Calcium	63.31mg	Iron	3.17mg

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

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

BBQ Chicken Pizza

Servings:	8.00	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	1 Each	Cut pizza into 8 even slices	570818
SAUCE BBQ 5GAL SWTBRAY	1 Cup		262595
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
ONION RED JUMBO 10 MRKN	1/4 Cup	Chop onion.	596973
CHIX PULLED WHT & DRK BLND 2-5 TYS	8 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: 8.00

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

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