

Cookbook for Otsego Elementary

Created by HPS Menu Planner

Table of Contents

Peanutbutter & Jelly Jamwich

Cheeseburger on Bun

Chicken Tender with dinner roll

Cole Slaw

Peanutbutter & Jelly Jamwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17710

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	50 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
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: 1.00

Amount Per Serving			
Calories	300.00		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.44mg

Cheeseburger on Bun

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE 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.	203270
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10- 12 GFS	1 Each		517810

Preparation Instructions

BAKE

Place 24 burger patties on each sheet pan. Cook in preheated 350 oven 8-10 min.

Place 1 beef patty and 1 slice of Cheese on 1 each hamburger bun. Wrap in foil wrapper. Hold at 135 degrees F until service

Serving size: 1 sandwich

SLE Components

Amount Per Serving

Meat	2.50
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	5.70
Fat	0.18g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.85mg
Sodium	12.60mg
Carbohydrates	0.56g

Fiber	0.10g		
Sugar	0.09g		
Protein	0.45g		
Vitamin A	2.00IU	Vitamin C	0.00mg
Calcium	3.58mg	Iron	0.06mg

Chicken Tender with dinner roll

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17461

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Dinner Rolls	50 Roll		4372
CHIX TNRD WGRAIN FC 4-8 TYS	150 Piece	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

- Cook chicken tenders according to directions:
Convection Oven 6-8 minutes at 375°F from frozen.
CCP: Hold hot at 135 F or higher
- Serve with dinner roll

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.36
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: 3.00 Piece

Amount Per Serving

Calories	350.00		
Fat	16.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	33.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg

Cole Slaw

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1 23/27 Pound		293148
DRESSING COLE SLAW 4-1GAL GCHC	5/54 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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

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