

Cookbook for Otsego Elementary

Created by HPS Menu Planner

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Breakfast Bowl with biscuit

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19008

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	9 3/8 Pound	Thaw in refrigerator. Do not thaw at room temperature. CONVECTION OVEN: Heat oven to 250F. Place scrambled eggs in full size steamer pan sprayed with non-stick spray. Cover tightly with foil. Stir as necessary (OPTIONAL: Add 1/2 cup to 3/4 cup of water to pan. Thawed 15-20 minutes. Frozen 20-25 minutes)	584584
BACON CRUMBLES CKD 12-1 GCHC	2 1/4 Pound	Ready to use	357220
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	75 Each	READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782

Preparation Instructions

1. Thaw scrambled eggs and loco bread 1 day prior to service. Thaw scrambled eggs under refrigeration, thaw loco bread at room temperature
2. Cut loco bread into quarters and place in Robot Coupe until full. Process until 0.5x0.5 inch pieces are created. Do not over blend.
3. Combine 12.5lb scrambled eggs, 3lb bacon, and 50 chopped loco bread into a hotel pan. Mix with gloved hands until well blended.
4. Place hotel pan in heated oven at 350F for 20-25 minutes or until internal temperature reaches 140F.
5. Scoop heaping 6oz portion of scrambled egg mixture into a deli container.
6. Sprinkle each container with 1/2oz of cheese. Place lid on deli container and hold in warmer at 135F until service.

SLE Components

Amount Per Serving

Meat	3.69
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: 75.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		127.27	
Fat		6.06g	
SaturatedFat		3.89g	
Trans Fat		0.00g	
Cholesterol		47.50mg	
Sodium		296.63mg	
Carbohydrates		14.38g	
Fiber		0.00g	
Sugar		0.38g	
Protein		4.36g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	74.39mg	Iron	0.74mg

Hot Dog on a Bun

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17436

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	50 Each		517830
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1/2 Each		154792

Preparation Instructions

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

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SLE Components

Amount Per Serving

Meat	0.02
Grain	1.50
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 Serving

Amount Per Serving

Calories	111.80		
Fat	1.67g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.35mg		
Sodium	110.80mg		
Carbohydrates	20.02g		
Fiber	3.00g		
Sugar	3.01g		
Protein	4.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 45.08mg **Iron** 1.01mg

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

Tator Tots

Servings:	150.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17775

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	600 Ounce		563840

Preparation Instructions

Place on single layer on sheet pan. Bake at 425 degrees F for 17-25 min or until internal temperature reaches 165 degrees F or greater.

Hold at 135 degrees F or higher.

Serving size: 12 ea

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.79

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	142.86		
Fat	5.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	269.84mg		
Carbohydrates	22.22g		
Fiber	3.17g		
Sugar	0.00g		
Protein	1.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.57mg

Dark Green Side Salad

Servings:	25.00	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	25/36 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	25/144 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12-2 GFS	13/144 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: 25.00

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