

Cookbook for Otsego Elementary

Created by HPS Menu Planner

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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

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