

# **Cookbook for RUTH FOX MIDDLE SCHOOL**

**Created by HPS Menu Planner**

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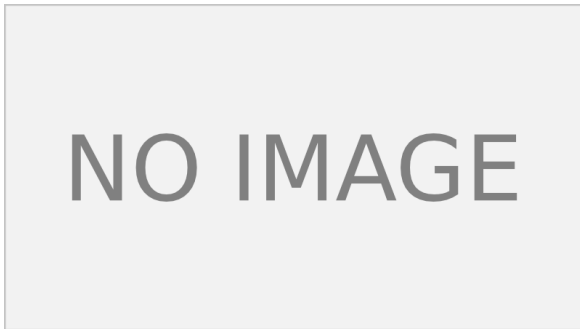
**Michigan Salad**

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# Beef & Cheese Nachos



<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6856

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	300 Ounce	Use #12 scoop or 1/3 cup.	722330
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	150 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS CHED POUCH 6- 106Z LOL	300 Ounce		135261

## Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Heat bagged cheese sauce in steamer in bag.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz of taco meat (1/3 cup or #12 scoop) and 1/4 cup cheese sauce.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.18
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<b>Grain</b>	2.00
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<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	361.82		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	6.25g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	40.39mg		
<b>Sodium</b>	710.30mg		
<b>Carbohydrates</b>	34.90g		
<b>Fiber</b>	4.26g		
<b>Sugar</b>	1.26g		
<b>Protein</b>	15.65g		
<b>Vitamin A</b>	406.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	257.17mg	<b>Iron</b>	1.86mg

# Turkey & Cheese on WB Bun



<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13503

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	40 Each		517810
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	200 Slice		244190
American Cheese Sliced RF	40 Slice		666204

## Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.17
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	266.67		
<b>Fat</b>	7.75g		
<b>SaturatedFat</b>	2.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	668.33mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	22.67g		
<b>Vitamin A</b>	30.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 163.00mg **Iron** 1.30mg

# Michigan Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7229

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	Cut chicken breast in strips and put on top of salad.	561331
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
APPLE VARIETY BULK 113-138CT 40	1 Each		810730
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
WALNUT PCS MED 30 GFS	1 Tablespoon		585041
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701
MARGARINE SPREAD 600-5GM SMRT BAL	2 Each	READY_TO_EAT Ready to use.	620821
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each		824970

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid. Put walnuts in small souffle cup with lid.
5. Put lettuce, then veggies, and rest of ingredients in plastic container.
6. Cut chicken breast in long strips and put on top of lettuce.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	1.50
<b>GreenVeg</b>	1.50
<b>RedVeg</b>	0.67
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	693.92		
<b>Fat</b>	19.82g		
<b>SaturatedFat</b>	5.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	1130.30mg		
<b>Carbohydrates</b>	98.17g		
<b>Fiber</b>	13.77g		
<b>Sugar</b>	60.67g		
<b>Protein</b>	29.36g		
<b>Vitamin A</b>	9027.10IU	<b>Vitamin C</b>	8.32mg
<b>Calcium</b>	242.73mg	<b>Iron</b>	5.14mg



# Veggie Bar Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13176

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/8 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
TOMATO 6X6 LRG 25 MRKN	1/8 Cup		199036
PEPPERS RED DOMESTIC 23 MRKN	1/8 Cup		560715
CAULIFLOWER CALIF 12-1CT MRKN	1/8 Cup		198528
CUCUMBER SELECT 24CT MRKN	1/8 Cup		418439
CELERY JUMBO 16-24CT 40 MARKON	1/8 Cup		198536

## Preparation Instructions

- Wash hands thoroughly.
- Wash and chop all vegetables and put in individual containers on the salad bar.
- Put clean tongs or spoons into each container.
- Change out utensils for clean ones for every lunch.

<b>SLE Components</b>	
Amount Per Serving	
<b>Meat</b>	0.00

<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.70
<b>RedVeg</b>	0.59
<b>OtherVeg</b>	0.39
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

<b>Calories</b>	40.47
<b>Fat</b>	0.23g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	47.58mg
<b>Carbohydrates</b>	8.75g
<b>Fiber</b>	3.30g
<b>Sugar</b>	4.67g
<b>Protein</b>	2.39g

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<b>Vitamin A</b>	4775.04IU	<b>Vitamin C</b>	51.34mg
<b>Calcium</b>	48.67mg	<b>Iron</b>	1.08mg

# Refried Beans with Salsa

NO IMAGE

<b>Servings:</b>	200.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	7 5/8 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	11 1/2 Teaspoon	Mix with beans.	605062
CHEESE CHED SHRD 6-5 COMM	3 3/4 Cup		199720
BEAN REFRD 6-10 GRSZ	7 5/8 #10 CAN		293962

## Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165\* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.
8. Serve refried beans in souffle cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.15
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 200.00  
Serving Size: 1.00 1

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**Amount Per Serving**

<b>Calories</b>	160.32
<b>Fat</b>	3.37g
<b>SaturatedFat</b>	1.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.62mg
<b>Sodium</b>	578.42mg
<b>Carbohydrates</b>	23.61g
<b>Fiber</b>	6.00g
<b>Sugar</b>	1.20g
<b>Protein</b>	8.88g

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<b>Vitamin A</b>	36.51IU	<b>Vitamin C</b>	0.41mg
<b>Calcium</b>	48.26mg	<b>Iron</b>	2.02mg

# Roasted Broccoli

NO IMAGE

<b>Servings:</b>	200.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8140

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	200 Cup	1-5# bag = 10 cups	549292
MARGARINE SLD 30-1 GCHC	7 5/8 Cup		733061
SEASONING SALT NO MSG 5 TRDE	30 3/4 Tablespoon		514039
SPICE GARLIC GRANULATED 24Z TRDE	30 3/4 Tablespoon		513881
SALT IODIZED 25 CARG	15 3/8 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	7 5/8 Teaspoon		225037

## Preparation Instructions

Put frozen broccoli on paper lined sheet pan sprayed with pan release spray, make sure you spray the edges of the pan. Then sprinkle with 1/2 cup melted margarine. Then sprinkle with seasoning mixture. Bake at 425\* for 10 minutes.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 6.00 1

### Amount Per Serving

<b>Calories</b>	118.34
<b>Fat</b>	6.77g
<b>SaturatedFat</b>	2.77g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	958.53mg
<b>Carbohydrates</b>	11.85g
<b>Fiber</b>	6.18g
<b>Sugar</b>	2.00g
<b>Protein</b>	6.18g
<b>Vitamin A</b> 461.54IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 1.56mg	<b>Iron</b> 0.09mg