

Cookbook for Otsego Middle School

Created by HPS Menu Planner

Table of Contents

Pepperoni Pizza

Cheese Pizza

Chef Salad

Yogurt Parfait

Turkey and Cheese Panini

French Bread Pizza

RO - Turkey Julienne Salad

PBJ Sandwich

Breakfast Sandwich

sliced tomato

Sliced Cucumber

Green Pepper diced

diced onion

Pasta Salad

Pepperoni Pizza

Servings:	48.00	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	6 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	6 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	24 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	96 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: 48.00

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

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

Yogurt Parfait

Servings:	15.00	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	15 Cup		881161
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	7 1/2 Cup		226671
Variety of Fruit	15 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: 15.00

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

Turkey and Cheese Panini

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19284

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Deli Breast Sliced	210 Ounce		110554
BREAD ULTRA LOCO SQUARED 12-12CT TFT	140 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen THAW HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	220462
CHEESE COLBY JK SML HRN 2-6#AVG	140 Slice	READY_TO_EAT Use in your favorite recipes.	533842

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	563.00
Fat	25.00g
SaturatedFat	12.00g
Trans Fat	0.00g
Cholesterol	78.00mg
Sodium	844.00mg
Carbohydrates	55.00g

Fiber	6.00g		
Sugar	2.00g		
Protein	28.00g		
Vitamin A	600.00IU	Vitamin C	0.00mg
Calcium	560.00mg	Iron	2.88mg

French Bread Pizza

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18833

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	24 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	440.00mg		
Carbohydrates	33.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	750.00IU	Vitamin C	6.00mg
Calcium	360.00mg	Iron	2.60mg

RO - Turkey Julienne Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	5 Cup		182570
SPINACH BABY CLND 2-2 RSS	5 Cup		560545
TURKEY BRST DCD 2-5	15 Ounce		451300
EGG HRD CKD DCD IQF 4-5 GFS	13/20 Cup		192198
Grape Tomatoes	5 Serving		749041
ONION RED JUMBO 10 MRKN	5 Ounce		596973
CHEESE CHED MLD SHRD 4-5 LOL	16 13/20 Tablespoon	#20 scoop	150250

Preparation Instructions

Wash all produce

1. Chop romaine and red onion
2. Thaw turkey & egg
3. Place all ingredients together in salad container except for dinner roll
4. Offer with dinner roll & choice of dressing

SLE Components

Amount Per Serving

Meat	3.75
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	242.23
Fat	11.75g
SaturatedFat	6.42g
Trans Fat	0.00g
Cholesterol	183.85mg
Sodium	677.45mg
Carbohydrates	9.39g
Fiber	2.49g
Sugar	2.84g
Protein	26.08g

Vitamin A	250.32IU	Vitamin C	2.09mg
Calcium	235.51mg	Iron	2.39mg

PBJ Sandwich

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
USDA Commodity Smooth Peanut Butter	10 TBSP.		100396
JELLY APPLE-GRAPE 6-10 GCHC	5 Tablespoon		100927
Aunt Millie's Homestyle 100% Whole Wheat Bread	10 Slice	BAKE	336

Preparation Instructions

Offer with string cheese to count as 2 M/MA.

SLE Components

Amount Per Serving

Meat	1.00
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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	430.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	165.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breakfast Sandwich

Servings:	30.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17504

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	30 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE SLCD YEL 6-5 COMM	30 Slice		334450
SAUSAGE PTY CKD 250-1.2Z COMM	30 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	30 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

Preparation Instructions

Place oven on at 350. Place quantity of eggs, sausage on a pan. Cook to directions.

When all items are to temp place together. Bun, Egg, Sausage, Cheese, Bun.

Wrap in wax paper, Place back on flat pan, place in warmer till ready to serve

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: 30.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	295.00		
Fat	14.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	137.50mg		
Sodium	785.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	18.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	2.32mg

sliced tomato

Servings:	20.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19252

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO RANDOM 2 25 MRKN	20 Cup	Slice in uniform thin slices.	508616

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	32.40		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.00mg		
Carbohydrates	7.00g		
Fiber	2.20g		
Sugar	5.00g		
Protein	1.60g		
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	18.00mg	Iron	0.49mg

Sliced Cucumber

Servings:	30.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19255

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Green Pepper diced

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19258

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN 12CT P/L	10 Cup	dice peppers in medium size dices	100995

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	29.80		
Fat	0.30g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.50mg		
Carbohydrates	7.00g		
Fiber	2.50g		
Sugar	4.00g		
Protein	1.30g		
Vitamin A	551.30IU	Vitamin C	119.80mg
Calcium	14.90mg	Iron	0.51mg

diced onion

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19256

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	5 Ounce	dice onions in small dices	596973

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	11.31		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.14mg		
Carbohydrates	2.57g		
Fiber	0.49g		
Sugar	1.14g		
Protein	0.31g		
Vitamin A	0.57IU	Vitamin C	2.09mg
Calcium	6.51mg	Iron	0.06mg

Pasta Salad

Servings:	25.00	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	1 2/3 Pound		413340
PEPPERS GREEN LRG 5 MRKN	5/12 Each		592315
CARROT JUMBO 50 P/L	5/9 Cup	Shredded	198501
CUCUMBER SELECT 24CT MRKN	5/6 Each		418439
TOMATO 5X6 XL 5 MRKN	5/6 Each		438197
DRESSING ITAL 4-1GAL KE	5/24 Gallon		631420

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.07
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

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