

# **Cookbook for Otsego Middle School**

**Created by HPS Menu Planner**

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# Pepperoni Pizza

<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17444

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	4 3/8 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	4 3/8 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	17 1/2 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	70 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

<b>Meat</b>	2.22
<b>Grain</b>	3.41
<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: 35.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	214.69
<b>Fat</b>	12.39g
<b>SaturatedFat</b>	7.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.47mg
<b>Sodium</b>	448.44mg
<b>Carbohydrates</b>	8.38g
<b>Fiber</b>	1.13g
<b>Sugar</b>	4.25g
<b>Protein</b>	15.22g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 412.50mg	<b>Iron</b> 0.77mg

# Cheese Pizza

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	1.60
<b>Grain</b>	3.00
<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: 16.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	439.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	9.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.00mg
<b>Sodium</b>	745.00mg
<b>Carbohydrates</b>	39.60g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.60g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 1790.00IU	<b>Vitamin C</b> 36.00mg
<b>Calcium</b> 580.00mg	<b>Iron</b> 2.38mg

# Chef Salad

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	1.58
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.15
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	199.06
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.00mg
<b>Sodium</b>	295.42mg
<b>Carbohydrates</b>	18.02g
<b>Fiber</b>	2.42g

<b>Sugar</b>	1.88g
<b>Protein</b>	10.84g
<b>Vitamin A</b> 7335.49IU	<b>Vitamin C</b> 4.09mg
<b>Calcium</b> 143.03mg	<b>Iron</b> 2.17mg

# Yogurt Parfait

<b>Servings:</b>	15.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<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: 15.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	460.60		
<b>Fat</b>	5.22g		
<b>SaturatedFat</b>	2.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	14.93mg		
<b>Sodium</b>	375.67mg		
<b>Carbohydrates</b>	94.63g		
<b>Fiber</b>	6.24g		
<b>Sugar</b>	57.54g		
<b>Protein</b>	12.69g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	323.88mg	<b>Iron</b>	1.07mg

# 3 Meat Pizza

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19263

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BALL PIZZA 18-20Z PG	3 Each		108930
PEPPERONI SLCD 14-16/Z 2-12.5 GFS	72 Slice		729973
SAUSAGE ITAL CRMBL CKD 4-5# FONT	12 Ounce		673540
BACON CRUMBLES CKD 12-1 GCHC	12 Ounce	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
SAUCE PIZZA W/BASL 6-10 REDPK	12 Cup	READY_TO_EAT None	256013
Cheese, Mozzarella light, Shred FRZ	3 Pound		100034

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	418.84		
<b>Fat</b>	26.43g		
<b>SaturatedFat</b>	9.65g		
<b>Trans Fat</b>	0.10g		
<b>Cholesterol</b>	68.50mg		
<b>Sodium</b>	1323.40mg		
<b>Carbohydrates</b>	18.76g		
<b>Fiber</b>	4.08g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	13.01g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	3.00mg



**Calcium** 20.46mg **Iron** 3.03mg

# Caesar Salad

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17497

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD 4-2.5 TYS	10 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 20 - 22 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 10 - 12 minutes. <b>GRILL</b> Appliances vary, adjust accordingly. Flat Grill Griddle Preheat grill to 350°F. Grill frozen fajita meat for 10 to 12 minutes. Turn meat over half-way through total heating time. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Place no more than 1 3 bag of frozen fajita meat on a microwave safe plate. Heat on HIGH for 5 to 6 minutes. Rotate plate half-way through total heating time.	655139
TOMATO GRAPE SWT 10 MRKN	2 1/2 Cup		129631
LETTUCE ROMAINE RIBBONS 6-2 RSS	10 Cup		451730
CHEESE PARM SHRD FCY 10-2 PG	5 Ounce		460095

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	0.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	274.80
<b>Fat</b>	10.47g
<b>SaturatedFat</b>	5.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.33mg
<b>Sodium</b>	731.33mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	7.40g
<b>Sugar</b>	12.00g
<b>Protein</b>	29.53g

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<b>Vitamin A</b>	2998.80IU	<b>Vitamin C</b>	49.32mg
<b>Calcium</b>	334.00mg	<b>Iron</b>	0.98mg

# Sandwich Bagel Turkey & Chs MTG

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19141

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	5 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	13/20 Pound		211729
CHEESE AMER 160CT SLCD 4-5 GCHC	5 1/20 Slice		271411

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 5.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	278.13
<b>Fat</b>	6.22g
<b>SaturatedFat</b>	2.53g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	63.24mg
<b>Sodium</b>	409.95mg
<b>Carbohydrates</b>	29.51g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.51g

<b>Protein</b>	25.65g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	132.17mg	<b>Iron</b>	2.69mg

# Fish Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17454

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	25 Each	COOK FROM FROZEN. CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 15-18 MINUTES. CONVENTIONAL OVEN: BAKE AT 425 DEGREES F FOR 20-26 MINUTES	327162

## Preparation Instructions

1. Prepare fish
2. Right before serving place fish on hamburger bun
3. Have tartar sauce available for students to take if they want

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	1.00mg

# sliced tomato

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

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

# Sliced Cucumber

<b>Servings:</b>	15.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19255

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<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: 15.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

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



# Green Pepper diced

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<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: 10.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

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

# diced onion

<b>Servings:</b>	5.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.07
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

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

# Summer Corn Salad

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17470

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL R/SOD 6-10 P/L	10 67/100 Cup	Drain liquid. 1 can = 20 (1/2 c) servings drained	222011
TOMATO GRAPE SWT 10 MRKN	2 1/2 Cup	Halved	129631
PEPPERS COLORED MIXED ASST 12CT P/L	1 Cup	Seeded & Diced	491012
PEPPERS GREEN LRG 5 MRKN	1 1/2 Cup	Seeded & Diced	592315
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	33/100 Cup		732900
JUICE LIME KEY WEST 4-1GAL NL&JO	3 Fluid Ounce		332381
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

## Preparation Instructions

1. Drain corn. (If using frozen corn, let thaw).
2. Cut grape tomatoes into halves.
3. Dice Bell peppers.
4. Transfer all vegetables to a large bowl.
5. Add in lime juice, olive oil, pepper (and 1/4 tsp salt if using frozen corn).
6. Toss salad until all flavors and colors are combined. CCP: Hold for cold service at 41 F or below.

\*\*Allergens: None

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00

**Nutrition Facts**

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

**Amount Per Serving****Calories** 137.38**Fat** 5.00g**SaturatedFat** 0.32g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 143.69mg**Carbohydrates** 19.46g**Fiber** 2.43g**Sugar** 10.57g**Protein** 3.09g**Vitamin A** 991.04IU **Vitamin C** 32.94mg**Calcium** 10.73mg **Iron** 0.63mg

# Baked Apples

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17482

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GFS	2 28/65 #10 CAN		117773
SPICE CINNAMON GRND 15Z TRDE	3 1/8 Tablespoon	1 cup + 2 Tbsp.	224723
FLOUR ULTRAGRAIN 50 HLCHC	48/79 Cup		515002
SUGAR BROWN LT 12-2 GFS	72/79 Cup		314641
SUGAR BEET GRANUL 25 GFS	1 14/65 Cup		108588

## Preparation Instructions

MAKES 7-2B PANS IN EACH PAN: (SPRAY PANS WELL!!)

2-#10 Cans Sliced/Dcd. Apples

2 TBLSP. Cinnamon NOTE: Mix this amount all together in a large mixing bowl

½ C. Flour and then pour into a 2-B pan. Do this 7 times to make

¾ C. Brown Sugar your 7 pans.

1 C. White Sugar

Serving ½ C. or #8 scoop

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.05
<b>Fruit</b>	0.63
<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: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	98.64		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.60mg		
<b>Carbohydrates</b>	24.34g		
<b>Fiber</b>	2.62g		
<b>Sugar</b>	19.49g		
<b>Protein</b>	0.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.42mg **Iron** 0.06mg