

# **Cookbook for Otsego Middle School**

**Created by HPS Menu Planner**

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**MEXICAN RICE**

# Pepperoni Pizza

<b>Servings:</b>	24.00	<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	3 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	3 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	12 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	48 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: 24.00

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

# Soft Shell Beef Taco

<b>Servings:</b>	100.00	<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-17496

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
TACO FILLING BEEF REDC FAT 6-5 COMM	18 3/4 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon	1/5# bags use scoop #30	150250

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.53
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.12
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	267.63
<b>Fat</b>	12.80g
<b>SaturatedFat</b>	6.84g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	52.32mg
<b>Sodium</b>	591.85mg
<b>Carbohydrates</b>	17.37g
<b>Fiber</b>	2.49g
<b>Sugar</b>	2.89g
<b>Protein</b>	18.99g



<b>Vitamin A</b>	802.41IU	<b>Vitamin C</b>	4.73mg
<b>Calcium</b>	178.16mg	<b>Iron</b>	1.89mg

# 3 Meat Pizza

<b>Servings:</b>	16.00	<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	2 Each		108930
PEPPERONI SLCD 14-16/Z 2-12.5 GFS	48 Slice		729973
SAUSAGE ITAL CRMBL CKD 4-5# FONT	8 Ounce		673540
BACON CRUMBLES CKD 12-1 GCHC	8 Ounce	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
SAUCE PIZZA W/BASL 6-10 REDPK	8 Cup	READY_TO_EAT None	256013
Cheese, Mozzarella light, Shred FRZ	2 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: 16.00

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

# Popcorn Chicken Salad

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18400

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	5 Cup		735787
TOMATO GRAPE SWT 12-2# P/L	1 1/4 Cup		184750
EGG HRD CKD DCD IQF 4-5 GFS	5 Tablespoon		192198
CHEESE CHED MLD SHRD 4-5 LOL	1 1/4 Cup		150250
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	55 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120

## Preparation Instructions

1. Chop Romine
2. Assemble ingredients one in each corner to present nicely (chicken should be served cold)
3. Serve with Dinner Roll or Bread Stick and choice of dressing

### SLE Components

Amount Per Serving

<b>Meat</b>	3.67
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<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

<b>Amount Per Serving</b>	
<b>Calories</b>	384.77
<b>Fat</b>	23.77g
<b>SaturatedFat</b>	9.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	111.67mg
<b>Sodium</b>	562.25mg
<b>Carbohydrates</b>	19.08g
<b>Fiber</b>	4.55g
<b>Sugar</b>	3.58g
<b>Protein</b>	24.40g
<b>Vitamin A</b>	674.85IU
<b>Vitamin C</b>	6.17mg

**Calcium** 260.83mg **Iron** 2.82mg

# Ham & Cheese Sandwich

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17706

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	20 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
School White Wheat Sandwich Bread	8		12385

## Preparation Instructions

- 1) Clean and sanitize work area. 2) Follow proper health & sanitation guidelines at all times.
- 3) Ingredients should be held at 41 degrees or below at all times to assure food safety. 4) Food temperatures should be taken before, during and after serving to assure proper holding temperatures. Any foods that exceed 41 degrees shall be disposed of after service and within 4 hours after the temperature rises above 41 degrees. 5) Unused ingredients should be returned to the cooler as soon as possible and cooled properly in shallow pans.
- 6) Foods should be clearly labeled and date marked with a 7-day discard date including the day first opened.

### 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: 4.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	276.26		
<b>Fat</b>	10.23g		
<b>SaturatedFat</b>	4.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	62.50mg		
<b>Sodium</b>	982.30mg		
<b>Carbohydrates</b>	25.90g		
<b>Fiber</b>	2.36g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	19.78g		
<b>Vitamin A</b>	150.02IU	<b>Vitamin C</b>	1.50mg
<b>Calcium</b>	114.18mg	<b>Iron</b>	2.24mg

# Breakfast Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17504

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	24 Each	<b>BAKE</b> 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	24 Slice		334450
SAUSAGE PTY CKD 250-1.2Z COMM	24 Each	<b>BAKE</b> 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	24 Each	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.50
<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: 24.00  
Serving Size: 1.00

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**Amount Per Serving**

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<b>Calories</b>	295.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	137.50mg
<b>Sodium</b>	785.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	18.50g

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<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	130.00mg	<b>Iron</b>	2.32mg



# 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>	25.00	<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: 25.00

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

# Dark Green Side Salad

<b>Servings:</b>	36.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	0.65		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	0.08g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	10.41IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	0.57mg	<b>Iron</b>	0.01mg

# MEXICAN RICE

<b>Servings:</b>	60.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18267

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	6 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
SALSA 103Z 6-10 REDG	3 3/5 Cup	<b>READY_TO_EAT</b> None	452841
CILANTRO CLEANED 4-1 RSS	3/5 Cup	1 POUND CHOPPED	219550
LEMON JUICE 100 12-32FLZ GCHC	1 4/5 Ounce	3 BOTTLES	311227
PEPPERS GREEN DCD 1/2 2- 3 RSS	3/10 Cup	DICED	283959
ONION RED JUMBO 25 MRKN	3/10 Cup	DICED	198722
SEASONING TACO 21Z TRDE	3 3/5 Ounce	2 CONTAINERS	413429
SPICE ONION POWDER 96Z TRDE	1 1/5 Ounce	1/2 PINT	195173
SPICE GARLIC POWDER 21Z TRDE	1 4/5 Teaspoon	1/2 PINT	224839
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/20 Pound	CUT IN PIECES AND DIVIDE IN 6 PANS	299405

## Preparation Instructions

PREP 6 DISPOSABLE TRAYS WITH 3 PINTS OF RICE TO 1 GALON OF WATER

1. MIX DRY INGREDIENTS (SPICES) AND ADD 1/2 PINT TO EACH PAN.
2. COOK ALL VEGETABLES IN A POT AND ADD CANNED SALSA , SIMMER FOR 30 MIN.
3. PUT 1 1/2 PINT OF SALSA PER PAN OF RICE . WHAT EVER IS LEFT DISTRIBUTR THIS IN ALL 6 PANS.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
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<b>Grain</b>	0.80
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.02
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00  
Serving Size: 3.00 Ounce

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**Amount Per Serving**

<b>Calories</b>	82.18
<b>Fat</b>	0.88g
<b>SaturatedFat</b>	0.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.40mg
<b>Sodium</b>	47.79mg
<b>Carbohydrates</b>	16.10g
<b>Fiber</b>	0.04g
<b>Sugar</b>	0.40g
<b>Protein</b>	1.66g

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<b>Vitamin A</b>	59.73IU	<b>Vitamin C</b>	1.33mg
<b>Calcium</b>	6.24mg	<b>Iron</b>	0.60mg