

Cookbook for Otsego High School

Created by HPS Menu Planner

Table of Contents

Pepperoni Pizza

Cheese Pizza

Chef Salad

Yogurt Parfait

Cheesy Potatoes w/ Diced Ham

3 Meat Pizza

Chicken Fajita Salad

Tuna Croissant Sandwich

Grilled Ham & Cheese Sandwich

sliced tomato

Sliced Cucumber

Green Pepper diced

diced onion

Dark Green Side Salad

Baked Apples

Pepperoni Pizza

Servings:	24.00	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	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

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: 24.00

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

Cheesy Potatoes w/ Diced Ham

Servings:	75.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17511

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 GCHC	3 3/13 Package		316334
SOUR CREAM 4-5 GCHC	3 15/26 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	3 3/13 Pound	UNPREPARED	100012
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 8/13 Pound		840860
Ham, Cubed Frozen	4 11/13 Pound		100188-H

Preparation Instructions

In each of 7 pans mix:

2-(3#) bags hashbrowns (THAW OVERNIGHT)

4 cups sour cream

8 cups shredded cheddar cheese

1# melted margarine

3 # diced ham

Carefully stir all together in a 10B pan-then put in a 4B pan, COVER and bake @ 275 degrees for 45 minutes. Then increase the temperature to 300 degrees and bake 45 minutes longer. Stir gently and continue baking until 170 degrees.

USE 3 OVENS- 3 PANS PER OVEN.

SLE Components

Amount Per Serving

Meat	1.50
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: 75.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 252.48

Fat 16.06g

SaturatedFat 9.15g

Trans Fat 0.00g

Cholesterol 43.01mg

Sodium 334.92mg

Carbohydrates 14.81g

Fiber 1.38g

Sugar 2.24g

Protein 11.14g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 42.52mg **Iron** 0.50mg

3 Meat Pizza

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

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

Calcium 20.46mg **Iron** 3.03mg

Chicken Fajita Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	10 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
LETTUCE ROMAINE CHOP 6-2 RSS	5 Cup		735787
TOMATO GRAPE SWT 10 MRKN	13/20 Cup		129631
CHIP TORTL CRN YEL RND REST 72-1.5Z	5		133273
CRACKER GLDFSH CHED WGRAIN 300-.75Z	5 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.18
Grain	2.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
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	398.61
Fat	14.06g
SaturatedFat	3.23g
Trans Fat	0.00g
Cholesterol	43.53mg
Sodium	681.15mg
Carbohydrates	50.82g

Fiber	6.14g		
Sugar	4.78g		
Protein	18.42g		
Vitamin A	1279.69IU	Vitamin C	12.82mg
Calcium	135.36mg	Iron	1.61mg

Tuna Croissant Sandwich

Servings:	4.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19303

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT POUCH 6-43Z STARK	1/3 Package	OPEN & USE. COMES OUT OF POUCH EASIER IF CHILLED. NO MESSY DRAINING W/LOSS OF PRODUCT,	852554
DRESSING SALAD 4-1GAL MIR WHIP	1 Cup	REFRIGERATE AFTER OPENING.	251066
CROISSANT SLCD 2Z 6-12CT GCHC	1/3 Each	FOR OPTIMAL FLAVOR, WARM CROISSANTS IN CONVENTIONAL OVEN @ 350 DEGREES FOR 3-5 MINUTES. SERVE WARM.	600410

Preparation Instructions

Combine 1 package of Tuna with 3 cups of miracle whip.
6 ounces of tuna spread on a croissant roll

SLE Components

Amount Per Serving

Meat	0.67
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: 4.00

Serving Size: 12.00 Each

Amount Per Serving			
Calories	219.90		
Fat	20.83g		
SaturatedFat	4.36g		
Trans Fat	0.01g		
Cholesterol	21.11mg		
Sodium	447.51mg		
Carbohydrates	10.33g		
Fiber	0.08g		
Sugar	4.33g		
Protein	0.85g		
Vitamin A	32.33IU	Vitamin C	0.00mg
Calcium	5.07mg	Iron	0.14mg

Grilled Ham & Cheese Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17463

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Pound		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5/6 Pound		100036
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	11/12 Pound		840860
380 - Aunt Millie's WG Honey White Bread	50 Each		380

Preparation Instructions

Per Sandwich:

1.5 oz (3 slices) Shaved Ham

1 slice (.5 oz) Cheese

Melt margarine in 4-B pan. Line cookie sheets with parchment paper. Put ¼ cup melted margarine on paper lined cookie sheet. Spread margarine with brush. Lay out bread slices, then 1 slice cheese and 3 slices ham on bread. Dip the top of a piece of bread in the melted margarine and put on top of sandwich.

Bake at 475* for 5 minutes until toasted. WATCH CLOSELY!!!!

SLE Components

Amount Per Serving

Meat	1.84
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	388.78		
Fat	20.23g		
SaturatedFat	8.20g		
Trans Fat	0.00g		
Cholesterol	31.57mg		
Sodium	913.16mg		
Carbohydrates	37.69g		
Fiber	4.00g		
Sugar	8.37g		
Protein	15.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 5.34mg **Iron** 12.00mg

sliced tomato

Servings:	15.00	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	15 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: 15.00

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:	15.00	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: 15.00

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:	10.00	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	10 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: 10.00

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

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

Baked Apples

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.05
Fruit	0.63
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Calcium 0.42mg **Iron** 0.06mg