

Cookbook for Otsego High School

Created by HPS Menu Planner

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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

French Toast Sticks

Servings:	80.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17697

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 12-2# RICH	320 Piece	BAKE: Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internat temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.	661062

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00

Amount Per Serving

Calories	260.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	6.00g		
Vitamin A	22.00IU	Vitamin C	0.00mg
Calcium	34.00mg	Iron	1.82mg

Cheese Stromboli

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17446

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16 22-24Z DELSUPR	1 Each		570826
SAUCE PIZZA W/BASL 6-10 REDPK	1 Cup	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170

Preparation Instructions

1. Thaw dough over night & proof
2. Preheat oven to 325 F
3. Roll the dough out and stretch it out
4. Spread the pizza sauce leaving about 2 inches from the edge. Place 1 cup sauce and 4 cups cheese over proofed dough
5. Roll up the dough up like a cinnamon roll and pinch the edges to seal and fold where the seam is. Lay the stromboli seam side down. Brush with the egg and cut small slats in the top. Top with ¼ cup cheese and sprinkle with fresh parsley.
6. 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	2.00
Grain	2.60
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	382.50
Fat	13.88g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	780.00mg
Carbohydrates	40.00g
Fiber	2.25g
Sugar	5.25g
Protein	20.75g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 410.00mg **Iron** 2.79mg

Popcorn Chicken Salad

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

Meat	3.67
Grain	1.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00

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

Calcium 260.83mg **Iron** 2.82mg

Ham & Cheese Sandwich

Servings:	4.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	2.17
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: 4.00

Serving Size: 1.00 1

Amount Per Serving

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

BBQ Chicken Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ 4-1GAL SWTBRAY	4 Cup		655937
4 inch whole grain hamburger buns - 30 ct	50 bun		3480

Preparation Instructions

Thaw diced chicken 1 day ahead.

7 lbs. per 4-B

4 cups Sweet Baby Rays per 4-B

Steam 15-20 min. Check after 15 min. Lid on.

Use #12 dipper

Yield: 50 sandwiches per 4-B pan

SLE Components

Amount Per Serving

Meat	0.00
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	204.80		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	375.60mg		
Carbohydrates	11.52g		
Fiber	2.00g		
Sugar	14.88g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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:	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 #
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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

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

Summer Corn Salad

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

Amount Per Serving**Calories** 125.23**Fat** 4.85g**SaturatedFat** 0.28g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 140.31mg**Carbohydrates** 16.84g**Fiber** 1.61g**Sugar** 8.69g**Protein** 2.49g**Vitamin A** 428.76IU **Vitamin C** 23.70mg**Calcium** 3.98mg **Iron** 0.45mg

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

Pico de Gallo

Servings:	25.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17471

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CILANTRO CLEANED 4-1 RSS	5/17 Pound		219550
ONION RED JUMBO 25 MRKN	10/17 Each		198722
LEMON JUICE 100 12-32FLZ GCHC	7 11/17 Ounce		311227
TOMATO 6X6 LRG 25 MRKN	11 13/17 Each		199036
CHILIES GREEN DCD 12-26Z ORTG	5/17 #1 CAN		131460

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.47
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	17.09
Fat	0.19g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	19.54mg
Carbohydrates	3.61g
Fiber	1.05g
Sugar	2.51g
Protein	0.76g
Vitamin A 705.63IU	Vitamin C 12.02mg
Calcium 11.21mg	Iron 0.28mg