

Cookbook for Otsego High School

Created by HPS Menu Planner

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diced onion

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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

Baked Potato Bar

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER FOIL WRPD 100CT P/L	350 Ounce		246859
MARGARINE CUP SPRD WHPD 900-5GM GCHC	37 1/2 Each		772331
BACON TOPPING CRUMBLES 10# HRML	50 Ounce		460584
Cheddar Cheese Sauce	100 Ounce		15013
BROCCOLI CUTS IQF 30 GFS	25 Cup		285590
SOUR CREAM 1-30 RGNLBRND	50 Tablespoon		508221
Aunt Millie's " Unsliced " Dinner Rolls	50 roll		4389
CHILI HOT DOG W/MT 6-10 CHEFM	100 Ounce		233684

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.10
Grain	1.25
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	5.25

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1073.43		
Fat	42.84g		
SaturatedFat	18.39g		
Trans Fat	0.00g		
Cholesterol	118.20mg		
Sodium	4081.77mg		
Carbohydrates	132.10g		
Fiber	15.40g		
Sugar	5.34g		
Protein	46.15g		
Vitamin A	446.25IU	Vitamin C	19.31mg

Calcium 299.92mg **Iron** 6.16mg

BBQ Chicken Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17445

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	1 Each	Cut pizza into 8 even slices	570818
SAUCE BBQ 5GAL SWTBRAY	1 Cup		262595
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
ONION RED JUMBO 10 MRKN	1/4 Cup	Chop onion.	596973
CHIX PULLED WHT & DRK BLND 2-5 TYS	8 Ounce	UNSPECIFIED Not Currently Available	467802

Preparation Instructions

1. Thaw dough over night & proof.
 2. Thaw chicken over night.
 2. Preheat oven to 325 F
 3. Chop onion
 4. Place 1 cup sauce and 4 cups cheese over proofed dough
 5. Evenly spread chicken & onion over pizza.
 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	2.67
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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	324.75
Fat	13.90g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	51.67mg
Sodium	727.99mg
Carbohydrates	27.63g
Fiber	0.87g
Sugar	20.99g
Protein	20.44g

Vitamin A	0.86IU	Vitamin C	3.19mg
Calcium	424.08mg	Iron	0.65mg

Mandarin Orange Chicken Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18394

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	5 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
LETTUCE ROMAINE 24CT MRKN	10 Cup		305812
ONION RING RED 1/4 2- 5 RSS	1 1/4 Cup		429198
CUCUMBER SDLSS 12- 1CT P/L	1 1/4 Cup		532312
ORANGES MAND WHL L/S 6-10 GFS	1 1/4 Cup		117897

Preparation Instructions

Measure chow mein noodles. Put in a small bag and seal.

Place the mandarin oranges in 4 oz. cups with lids.

Package all ingredients together.

Offer with bread sticks and dressing.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.25
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	203.70
Fat	2.53g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	326.50mg
Carbohydrates	19.50g
Fiber	2.58g
Sugar	13.50g
Protein	24.83g

Vitamin A	213.65IU	Vitamin C	9.37mg
Calcium	66.08mg	Iron	2.03mg

Buffalo Chicken Wrap

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17498

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Pound	UNSPECIFIED Not currently available	570533
CELERY STALK 24 SZ 6CT MRKN	3/5 Cup		170895
SAUCE HOT REDHOT 12-23FLZ FRNKS	3/10 Cup		557609
DRESSING RNCH BTRMLK 4-1GAL GCHC	8 Tablespoon		426598
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
LETTUCE ROMAINE CHOP 6-2 RSS	4 Cup	If romaine not available, use any green leaf lettuce or spinach	735787
TORTILLA FLOUR 12 SFST 12-12CT GRSZ	4 Each		713370

Preparation Instructions

This ENTREE counts as 4.25 m/ma and 3.50 grains and 1/2 c. dark vegetable and 1/8 c. other vegetable. See notes after prep instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 ½ c. buffalo sauce

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

2 tbl ranch dressing

¼ c. shr. cheese

1 c. romaine, green leaf lettuce or spinach

*Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain.

Can take milk - All Wraps count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	4.48
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Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.15
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	736.88
Fat	38.19g
SaturatedFat	12.77g
Trans Fat	0.00g
Cholesterol	100.84mg
Sodium	1920.65mg
Carbohydrates	56.94g
Fiber	3.30g
Sugar	5.80g
Protein	39.14g

Vitamin A	953.63IU	Vitamin C	0.58mg
Calcium	306.78mg	Iron	4.74mg

Chicken & Cheese Quesadilla

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	40 Serving	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
CHIX DCD 1/2 WHT/DARK CKD 2- 5 TYSON	40 Ounce	Thaw Chicken	570533
CHEESE MOZZ SHRD 4-5 LOL	10 Cup	Approx 1/4 cup per serving	645170

Preparation Instructions

1. Thaw chicken
2. Lay 1 tortilla flat out on counter
3. On one half of the tortilla, sprinkle 1 oz of thawed chicken and 1/4 cup of cheese.
4. Fold tortilla over to make a hot dog bun. (This is one serving). Place on baking sheet.
5. Brush a little bit of oil over top of tortilla.
6. Place in oven at 350F until chicken is warm and cheese is melted
7. Cut tortilla into three equal pieces and serve warm

SLE Components

Amount Per Serving

Meat	1.67
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 283.48

Fat 11.67g

SaturatedFat 5.50g

Trans Fat 0.00g

Cholesterol 33.33mg

Sodium 401.67mg

Carbohydrates 25.33g

Fiber 2.00g

Sugar 3.00g

Protein 17.00g

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

Calcium 307.33mg **Iron** 1.77mg

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

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

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