

Cookbook for Otsego High School

Created by HPS Menu Planner

Table of Contents

Chicken Parmesan

Pepperoni Pizza

Cheese Pizza

Chef Salad

Crispy Chicken Salad

Ham & Cheese Sandwich

Yogurt Parfait

Spicy Chicken Sandwich

sliced tomato

Sliced Cucumber

diced onion

Dark Green Side Salad

Pico de Gallo

Chicken Parmesan

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19463

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN PATTY, WG, FC, CN, 3.55 OZ	75 Each	BAKE PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET CONVECTION OVEN: 350 DEGREES F CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	P870
SAUCE SPAGHETTI 6-10 P/L	37 1/2 Cup	READY_TO_EAT None	744520
Cheese, Mozzarella light, Shred FRZ	75 Ounce		100034

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	1.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	296.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	67.00mg		
Sodium	657.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

Crispy Chicken Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	10 Cup		735787
TOMATO GRAPE SWT 10 MRKN	2 1/2 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	2 1/2 Cup		198587
CARROTS, CHL, BABY, WHL PEEL 100/3 OZ PG	10 Ounce		812540
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	15 Piece		533830
Whole Grain Dinner Roll	5 roll	BAKE	4372

Preparation Instructions

ADD 2 CUPS CHOPPED ROMAINE, 4 SLICES OF CUCUMBER, 4 CHERRY TOMATOES, 4 BABY CARROTS AND 3 CHICKEN STRIPS CUT INTO STRIPS.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.75
Fruit	0.00
GreenVeg	1.00
RedVeg	1.13
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	389.85		
Fat	12.38g		
SaturatedFat	2.30g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	578.88mg		
Carbohydrates	42.50g		
Fiber	8.38g		
Sugar	12.50g		
Protein	26.83g		
Vitamin A	8533.88IU	Vitamin C	14.52mg
Calcium	63.16mg	Iron	3.16mg

Ham & Cheese Sandwich

Servings:	5.00	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	25 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	5 Slice		150260
School White Wheat Sandwich Bread	10		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: 5.00

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

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

Spicy Chicken Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun	50 bun	BAKE	3159
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	50 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490

Preparation Instructions

1. BAKE CONVECTION

Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.

CCP: Hold hot at 135F

2. Place cooked patty on top of bun & serve

SLE Components

Amount Per Serving

Meat	2.00
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	10.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	330.00mg
Carbohydrates	9.00g
Fiber	1.00g
Sugar	1.00g
Protein	19.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

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:	20.00	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: 20.00

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

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

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