

Cookbook for Otsego Elementary

Created by HPS Menu Planner

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RO -Beef & Cheese Taco Elementary & Middle

MEXICAN RICE

Pasta Salad

RO -Beef & Cheese Taco Elementary & Middle

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17686

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD 3/8 CUT 4-5 RSS	13 Cup	Garnish	678791
SOUR CREAM L/F 4-5 RGNLBRND	200 Tablespoon	#30 scoop	534331
SALSA 103Z 6-10 REDG	25 Cup	#16 scoop	452841
TACO FILLING BEEF REDC FAT 6-5 COMM	200 Ounce	#16 scoop	722330
CHEESE CHED MLD SHRD 4-5 LOL	300 Tablespoon	#20 scoop	150250
TORTILLA FLOUR 8 SFST 24-12CT GRSZ	100 Each		713330

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Portion #16 scoop of meat, #20 scoop of cheese on top of 8" tortilla
3. Offer with lettuce, taco sauce, salsa, & sour cream

SLE Components

Amount Per Serving

Meat	2.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.42
OtherVeg	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	329.08		
Fat	15.34g		
SaturatedFat	8.64g		
Trans Fat	0.18g		
Cholesterol	54.58mg		
Sodium	715.98mg		
Carbohydrates	31.16g		
Fiber	2.39g		
Sugar	4.73g		
Protein	18.33g		
Vitamin A	869.27IU	Vitamin C	5.82mg
Calcium	281.08mg	Iron	2.26mg

MEXICAN RICE

Servings:	100.00	Category:	Grain
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	10 Cup	BOIL 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	6 Cup	READY_TO_EAT None	452841
CILANTRO CLEANED 4-1 RSS	1 Cup	1 POUND CHOPPED	219550
LEMON JUICE 100 12-32FLZ GCHC	3 Ounce	3 BOTTLES	311227
PEPPERS GREEN DCD 1/2 2- 3 RSS	1/2 Cup	DICED	283959
ONION RED JUMBO 25 MRKN	1/2 Cup	DICED	198722
SEASONING TACO 21Z TRDE	6 Ounce	2 CONTAINERS	413429
SPICE ONION POWDER 96Z TRDE	2 Ounce	1/2 PINT	195173
SPICE GARLIC POWDER 21Z TRDE	3 Teaspoon	1/2 PINT	224839
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 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

Meat	0.00
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Grain	0.80
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 3.00 Ounce

Amount Per Serving

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

Vitamin A	59.73IU	Vitamin C	1.33mg
Calcium	6.24mg	Iron	0.60mg

Pasta Salad

Servings:	90.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI RAINBOW 4-5 GCHC	6 Pound		413340
PEPPERS GREEN LRG 5 MRKN	1 1/2 Each		592315
CARROT JUMBO 50 P/L	2 Cup	Shredded	198501
CUCUMBER SELECT 24CT MRKN	3 Each		418439
TOMATO 5X6 XL 5 MRKN	3 Each		438197
DRESSING ITAL 4-1GAL KE	3/4 Gallon		631420

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.07
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	131.29		
Fat	1.63g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	615.20mg		
Carbohydrates	25.28g		
Fiber	1.30g		
Sugar	3.63g		
Protein	3.86g		
Vitamin A	653.29IU	Vitamin C	3.04mg
Calcium	13.11mg	Iron	1.06mg