

# **Cookbook for Otsego Elementary**

**Created by HPS Menu Planner**

# Table of Contents

**Breakfast Bowl with biscuit**

**Hot Dog on a Bun**

**Peanutbutter & Jelly Jamwich**

**Tator Tots**

**Dark Green Side Salad**

# Breakfast Bowl with biscuit

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19008

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	9 3/8 Pound	Thaw in refrigerator. Do not thaw at room temperature. CONVECTION OVEN: Heat oven to 250F. Place scrambled eggs in full size steamer pan sprayed with non-stick spray. Cover tightly with foil. Stir as necessary (OPTIONAL: Add 1/2 cup to 3/4 cup of water to pan. Thawed 15-20 minutes. Frozen 20-25 minutes)	584584
BACON CRUMBLES CKD 12-1 GCHC	2 1/4 Pound	Ready to use	357220
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	75 Each	READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782

## Preparation Instructions

1. Thaw scrambled eggs and loco bread 1 day prior to service. Thaw scrambled eggs under refrigeration, thaw loco bread at room temperature
2. Cut loco bread into quarters and place in Robot Coupe until full. Process until 0.5x0.5 inch pieces are created. Do not over blend.
3. Combine 12.5lb scrambled eggs, 3lb bacon, and 50 chopped loco bread into a hotel pan. Mix with gloved hands until well blended.
4. Place hotel pan in heated oven at 350F for 20-25 minutes or until internal temperature reaches 140F.
5. Scoop heaping 6oz portion of scrambled egg mixture into a deli container.
6. Sprinkle each container with 1/2oz of cheese. Place lid on deli container and hold in warmer at 135F until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.69
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00  
Serving Size: 1.00 Cup

---

**Amount Per Serving**

---

<b>Calories</b>	127.27
<b>Fat</b>	6.06g
<b>SaturatedFat</b>	3.89g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	296.63mg
<b>Carbohydrates</b>	14.38g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.38g
<b>Protein</b>	4.36g

---

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.39mg	<b>Iron</b>	0.74mg

# Hot Dog on a Bun

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17436

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	50 Each		517830
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1/2 Each		154792

## Preparation Instructions

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

### SLE Components

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	111.80		
<b>Fat</b>	1.67g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.35mg		
<b>Sodium</b>	110.80mg		
<b>Carbohydrates</b>	20.02g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.01g		
<b>Protein</b>	4.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 45.08mg **Iron** 1.01mg

# Peanutbutter & Jelly Jamwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17710

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	50 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

# Tator Tots

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17775

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	600 Ounce		563840

## Preparation Instructions

Place on single layer on sheet pan. Bake at 425 degrees F for 17-25 min or until internal temperature reaches 165 degrees F or greater.

Hold at 135 degrees F or higher.

Serving size: 12 ea

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.79

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	142.86		
<b>Fat</b>	5.56g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	269.84mg		
<b>Carbohydrates</b>	22.22g		
<b>Fiber</b>	3.17g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.59g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.57mg



# Dark Green Side Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18399

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1 7/18 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	25/72 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12-2 GFS	13/72 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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	0.65		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	0.08g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	10.41IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	0.57mg	<b>Iron</b>	0.01mg