

# **Cookbook for Otsego Elementary**

**Created by HPS Menu Planner**

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# 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

# Ham & Cheese Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17706

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	125 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
School White Wheat Sandwich Bread	50		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

<b>Meat</b>	2.17
<b>Grain</b>	2.00
<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: 25.00

Serving Size: 1.00 1

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

# 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

# 100% Fruit Juice

<b>Servings:</b>	150.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17472

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	30 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	30 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	30 Each		698251
JUICE BOX VERY BRY 40-4.23FLZ	30 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	30 Each		698744

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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: 150.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	64.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.00mg		
<b>Carbohydrates</b>	16.20g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	59.80mg	<b>Iron</b>	0.00mg