

Cookbook for Otsego Elementary

Created by HPS Menu Planner

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Ham & Cheese Sandwich

Servings:	25.00	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	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

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: 25.00

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

Summer Corn Salad

Servings:	25.00	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	13 26/77 Cup	Drain liquid. 1 can = 20 (1/2 c) servings drained	222011
TOMATO GRAPE SWT 10 MRKN	3 1/8 Cup	Halved	129631
PEPPERS COLORED MIXED ASST 12CT P/L	1 1/4 Cup	Seeded & Diced	491012
PEPPERS GREEN LRG 5 MRKN	1 7/8 Cup	Seeded & Diced	592315
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	33/80 Cup		732900
JUICE LIME KEY WEST 4-1GAL NL&JO	3 3/4 Fluid Ounce		332381
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/4 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: 25.00

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