

# **Cookbook for Otsego Elementary**

**Created by HPS Menu Planner**

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# Spaghetti with Meatballs

<b>Servings:</b>	75.00	<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-17689

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	150 Ounce		221460
MEATBALL CKD .65Z 6-5 COMM	300 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	300 Ounce	READY_TO_EAT None	592714

## Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.71
<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 Serving

#### Amount Per Serving

<b>Calories</b>	418.14		
<b>Fat</b>	13.36g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	36.00mg		
<b>Sodium</b>	673.14mg		
<b>Carbohydrates</b>	54.57g		
<b>Fiber</b>	7.86g		
<b>Sugar</b>	9.71g		
<b>Protein</b>	21.86g		
<b>Vitamin A</b>	559.29IU	<b>Vitamin C</b>	9.57mg
<b>Calcium</b>	106.86mg	<b>Iron</b>	3.80mg

# Breaded Chicken Sandwich

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17442

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	60 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 60.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	410.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	550.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 101.00mg	<b>Iron</b> 3.00mg

# Bacon Broccoli Salad

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19863

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS CLN 4-3 RSS	5 Pound		499951
BACON TOPPING CRUMBLES 10# HRML	1 1/2 Pound		460584
Raisins 144-1.33Z	4 Cup		100293
DRESSING COLE SLAW 4-1GAL GCHC	4 1/2 Cup		106992
1 % White Milk	1 Cup		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.10
<b>Fruit</b>	0.45
<b>GreenVeg</b>	0.00
<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: 20.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	491.64		
<b>Fat</b>	26.99g		
<b>SaturatedFat</b>	6.48g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.66mg		
<b>Sodium</b>	1178.26mg		
<b>Carbohydrates</b>	50.14g		
<b>Fiber</b>	1.59g		
<b>Sugar</b>	41.74g		
<b>Protein</b>	16.27g		
<b>Vitamin A</b>	137.56IU	<b>Vitamin C</b>	20.05mg
<b>Calcium</b>	17.67mg	<b>Iron</b>	0.69mg

# Breadstick

<b>Servings:</b>	75.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17505

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	75 Each		406321

## Preparation Instructions

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Serving Size: 1 ea

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 75.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	70.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	95.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	1.00mg