

Cookbook for Otsego High School

Created by HPS Menu Planner

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Pepperoni Pizza

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17444

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	6 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	6 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	24 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	96 Serving		729981

Preparation Instructions

1. Thaw dough over night & proof.
 2. Preheat oven to 325 F
 3. Place 1 cup sauce and 4 cups cheese over proofed dough
 4. Place 16 pepperoni evenly over pizza
 5. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.
- CCP: 165F

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	214.69
Fat	12.39g
SaturatedFat	7.06g
Trans Fat	0.00g
Cholesterol	30.47mg
Sodium	448.44mg
Carbohydrates	8.38g
Fiber	1.13g
Sugar	4.25g
Protein	15.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 412.50mg	Iron 0.77mg

Cheese Pizza

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Crust	16 Each		
Sauce pizza	8 Ounce		
Mozzerella Cheese	25 3/5 Ounce		105077

Preparation Instructions

Prepare as directed during smart mouth training.

CCP: Hold at 135 degrees or higher for hot service.

Meal Components (SLE)

Amount Per Serving

Meat	1.60
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		439.00	
Fat		21.00g	
SaturatedFat		9.60g	
Trans Fat		0.00g	
Cholesterol		56.00mg	
Sodium		745.00mg	
Carbohydrates		39.60g	
Fiber		4.00g	
Sugar		5.60g	
Protein		24.00g	
Vitamin A	1790.00IU	Vitamin C	36.00mg
Calcium	580.00mg	Iron	2.38mg

Hawaiian Pizza

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19306

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BALL PIZZA 20-17Z PG	2 Each		108920
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 Cup		189979
Turkey Ham, Diced, Frozen	32 Ounce	THAW Keep product frozen at 0°F. or below until ready to use. Defrost frozen product slowly and thoroughly in a refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages and use in applications or as salad bar topping	839770
96-2Z SAUCE MARINARA REDNA2Z96	32 Ounce		861690
CHEESE SHRED REG MOZZARELLA 12/8Z	32 Ounce		939815

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.06
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Piece

Amount Per Serving			
Calories	94.55		
Fat	4.31g		
SaturatedFat	1.04g		
Trans Fat	0.00g		
Cholesterol	38.44mg		
Sodium	253.81mg		
Carbohydrates	5.12g		
Fiber	0.20g		
Sugar	1.88g		
Protein	9.49g		
Vitamin A	0.00IU	Vitamin C	1.13mg

Calcium 14.54mg **Iron** 0.63mg

Chef Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17447

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools	7 1/2 Cup		16P33
CARROT SHRD MED 2-5 RSS	1 1/4 Ounce		313408
CUCUMBER 6CT P/L	10 Slice		100435
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	10 Ounce		244190
EGG HARD CKD PLD DRY PK 12-12CT PAP	2 1/2 Each		853800
CHEESE CHED SHRD 6-5 COMM	1 1/4 Ounce		199720
CRACKER GLDFSH CHED WGRAIN 300-.75Z	5 Package		736280

Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

Meal Components (SLE)

Amount Per Serving

Meat	1.58
Grain	1.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.15
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	199.06
Fat	9.00g
SaturatedFat	3.42g
Trans Fat	0.00g
Cholesterol	100.00mg
Sodium	295.42mg
Carbohydrates	18.02g
Fiber	2.42g

Sugar			1.88g
Protein			10.84g
Vitamin A	7335.49IU	Vitamin C	4.09mg
Calcium	143.03mg	Iron	2.17mg

Strawberry Spinach Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	1 1/5 Cup		596973
SPINACH BABY CLND 2-2 RSS	33/50 Pound		560545
STRAWBERRY 8 MRKN	1 1/20 Pound		212768

Preparation Instructions

1. Place all ingredients in bowl and toss

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.02
GreenVeg	0.07
RedVeg	0.00
OtherVeg	0.84
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00

Amount Per Serving

Calories	135.02		
Fat	0.35g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	16.74mg		
Carbohydrates	30.70g		
Fiber	5.94g		
Sugar	13.66g		
Protein	3.85g		
Vitamin A	7.34IU	Vitamin C	28.02mg
Calcium	81.08mg	Iron	0.86mg

Yogurt Parfait

Servings:	15.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	15 Cup		881161
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	7 1/2 Cup		226671
Variety of Fruit	15 1/2 cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	460.60		
Fat	4.85g		
SaturatedFat	1.87g		
Trans Fat	0.00g		
Cholesterol	14.93mg		
Sodium	375.67mg		
Carbohydrates	94.63g		
Fiber	6.24g		
Sugar	57.54g		
Protein	12.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	338.81mg	Iron	1.34mg

Egg Salad croissant

Servings:	5.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK REST GRIND 5 TRDE	1/2 Teaspoon		242179
SPICE MUSTARD DRY 1 COLMANS	1 Teaspoon		400018
MAYONNAISE LT 4-1GAL GFS	1 Cup		429406
EGG HARD CKD PLD 16-2CT CRYST FRM	2 Each		563542
CROISSANT BKFST WGRAIN 48-3.45Z	1/10 Each		553613

Preparation Instructions

Directions:

Finely chop eggs.

Combine eggs, pepper, mustard, salad dressing or mayonnaise. Mix lightly until well blended.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to use.

Spread 3 ounces of egg salad onto 1 side of croissant. Top with other side of croissant. Cover. Refrigerate until ready to serve. Portion is 1 sandwich

Notes:

1: * See Marketing Guide

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 5.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	114.00
Fat	5.46g
SaturatedFat	0.66g
Trans Fat	0.00g
Cholesterol	100.00mg
Sodium	194.30mg
Carbohydrates	13.64g
Fiber	0.04g
Sugar	3.50g

Protein	2.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.20mg	Iron	0.23mg

Fish Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17454

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	25 Each	COOK FROM FROZEN. CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 15-18 MINUTES. CONVENTIONAL OVEN: BAKE AT 425 DEGREES F FOR 20-26 MINUTES	327162

Preparation Instructions

1. Prepare fish
2. Right before serving place fish on hamburger bun
3. Have tartar sauce available for students to take if they want

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
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 Each

Amount Per Serving

Calories	200.00		
Fat	9.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	300.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.00mg

sliced tomato

Servings:	20.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19252

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO RANDOM 2 25 MRKN	20 Cup	Slice in uniform thin slices.	508616

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	32.40
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	9.00mg
Carbohydrates	7.00g
Fiber	2.20g
Sugar	5.00g
Protein	1.60g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 18.00mg	Iron 0.49mg

Sliced Cucumber

Servings:	15.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19255

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

diced onion

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19256

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	5 Ounce	dice onions in small dices	596973

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	11.31		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.14mg		
Carbohydrates	2.57g		
Fiber	0.49g		
Sugar	1.14g		
Protein	0.31g		
Vitamin A	0.57IU	Vitamin C	2.09mg
Calcium	6.51mg	Iron	0.06mg

Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17499

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	37 1/2 Cup		549292

Preparation Instructions

Place in Pan in Steamer. Steam 15 min (some appliances may vary) until the internal temperature is 165 degrees or above. Hold at 135 degrees F or above until service.

Serving size: 3/4 c.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	39.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.00mg		
Carbohydrates	7.50g		
Fiber	4.50g		
Sugar	1.50g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cole Slaw

Servings:	30.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	2 2/9 Pound		293148
DRESSING COLE SLAW 4-1GAL GCHC	1/9 Gallon		106992

Preparation Instructions

1. Gradually toss coleslaw dressing with cabbage and mix until well coated.

*Only use as much dressing as necessary; may not need to use full amount.

CCP: Hold at 41 F or below.

2. For smaller batches (~65 servings), use 1- 5# bag of cabbage to ~1 qt. dressing.

**Allergens: Egg

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	61.21		
Fat	3.66g		
SaturatedFat	0.61g		
Trans Fat	0.00g		
Cholesterol	4.07mg		
Sodium	104.79mg		
Carbohydrates	7.27g		
Fiber	0.79g		
Sugar	5.67g		
Protein	0.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.04mg	Iron	0.00mg

MEXICAN RICE

Servings:	50.00	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	5 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	3 Cup	READY_TO_EAT None	452841
CILANTRO CLEANED 4-1 RSS	1/2 Cup	1 POUND CHOPPED	219550
LEMON JUICE 100 12-32FLZ GCHC	1 1/2 Ounce	3 BOTTLES	311227
PEPPERS GREEN DCD 1/2 2- 3 RSS	1/4 Cup	DICED	283959
ONION RED JUMBO 25 MRKN	1/4 Cup	DICED	198722
SEASONING TACO 21Z TRDE	3 Ounce	2 CONTAINERS	413429
SPICE ONION POWDER 96Z TRDE	1 Ounce	1/2 PINT	195173
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Teaspoon	1/2 PINT	224839
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/8 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.

Meal Components (SLE)

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: 50.00
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

Pico de Gallo

Servings:	25.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17471

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CILANTRO CLEANED 4-1 RSS	5/17 Pound		219550
ONION RED JUMBO 25 MRKN	10/17 Each		198722
LEMON JUICE 100 12-32FLZ GCHC	7 11/17 Ounce		311227
TOMATO 6X6 LRG 25 MRKN	11 13/17 Each		199036
CHILIES GREEN DCD 12-26Z ORTG	5/17 #1 CAN		131460

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.47
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	17.09		
Fat	0.19g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.54mg		
Carbohydrates	3.61g		
Fiber	1.05g		
Sugar	2.51g		
Protein	0.76g		
Vitamin A	705.63IU	Vitamin C	12.02mg
Calcium	11.21mg	Iron	0.28mg