

# **Cookbook for Otsego Middle School**

**Created by HPS Menu Planner**

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# Cheese Pizza

<b>Servings:</b>	16.00	<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-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

<b>Meat</b>	1.60
<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: 16.00

Serving Size: 1.00 Each

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

# Pepperoni Pizza

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17444

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	5 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	5 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	20 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	80 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

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<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: 40.00

Serving Size: 1.00 Slice

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

# Yogurt Parfait

<b>Servings:</b>	15.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<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: 15.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Chef Salad

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17447

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools	9 Cup		16P33
CARROT SHRD MED 2-5 RSS	1 1/2 Ounce		313408
CUCUMBER 6CT P/L	12 Slice		100435
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	12 Ounce		244190
EGG HARD CKD PLD DRY PK 12-12CT PAP	3 Each		853800
CHEESE CHED SHRD 6-5 COMM	1 1/2 Ounce		199720
CRACKER GLDFSH CHED WGRAIN 300-.75Z	6 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

<b>Meat</b>	1.58
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.15
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

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

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

# Chicken Fajita Salad

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18814

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	12 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
LETTUCE ROMAINE CHOP 6-2 RSS	6 Cup		735787
TOMATO GRAPE SWT 10 MRKN	39/50 Cup		129631
CHIP TORTL CRN YEL RND REST 72-1.5Z	6		133273
CRACKER GLDFSH CHED WGRAIN 300-.75Z	6 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.18
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	385.98
<b>Fat</b>	13.90g
<b>SaturatedFat</b>	3.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.53mg
<b>Sodium</b>	677.64mg
<b>Carbohydrates</b>	48.09g



<b>Fiber</b>	5.29g		
<b>Sugar</b>	2.83g		
<b>Protein</b>	17.80g		
<b>Vitamin A</b>	694.92IU	<b>Vitamin C</b>	3.21mg
<b>Calcium</b>	128.34mg	<b>Iron</b>	1.42mg

# RO - Turkey & Cheese Wrap

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18108

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	6 Each		713340
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	30 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	6 Slice		150260
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 1/2 Cup		678791

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 5 chicken tenders, 1 slice of cheese & 1/2 cup of lettuce into 10" tortilla
3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.17
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	334.17		
<b>Fat</b>	13.25g		
<b>SaturatedFat</b>	5.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	924.58mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	1.25g		
<b>Sugar</b>	2.75g		
<b>Protein</b>	20.67g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	122.50mg	<b>Iron</b>	2.30mg

# Chicken & Cheese Quesadilla

<b>Servings:</b>	50.00	<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-17459

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	50 Serving	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
CHIX DCD 1/2 WHT/DARK CKD 2- 5 TYSON	50 Ounce	Thaw Chicken	570533
CHEESE MOZZ SHRD 4-5 LOL	12 1/2 Cup	Approx 1/4 cup per serving	645170

## Preparation Instructions

1. Thaw chicken
2. Lay 1 tortilla flat out on counter
3. On one half of the tortilla, sprinkle 1 oz of thawed chicken and 1/4 cup of cheese.
4. Fold tortilla over to make a hot dog bun. (This is one serving). Place on baking sheet.
5. Brush a little bit of oil over top of tortilla.
6. Place in oven at 350F until chicken is warm and cheese is melted
7. Cut tortilla into three equal pieces and serve warm

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.67
<b>Grain</b>	1.75
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 283.48

**Fat** 11.67g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 33.33mg

**Sodium** 401.67mg

**Carbohydrates** 25.33g

**Fiber** 2.00g

**Sugar** 3.00g

**Protein** 17.00g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 307.33mg      **Iron** 1.77mg

# Green Pepper diced

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19258

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN 12CT P/L	1 Cup	dice peppers in medium size dices	100995

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

<b>Calories</b>	29.80		
<b>Fat</b>	0.30g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.50mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	1.30g		
<b>Vitamin A</b>	551.30IU	<b>Vitamin C</b>	119.80mg
<b>Calcium</b>	14.90mg	<b>Iron</b>	0.51mg

# Dark Green Side Salad

<b>Servings:</b>	36.00	<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 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	1/4 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12-2 GFS	13/100 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\*

### Meal Components (SLE)

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: 36.00

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

# Apple Crisp

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17476

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR H&R A/P 2-25 GCHC	14 Ounce		227528
OATS QUICK HOT CEREAL 12-42Z GCHC	50 Ounce		240869
SUGAR BROWN MED 25 GFS	15 Ounce		108626
SPICE CINNAMON GRND 5 TRDE	2 Tablespoon		224731
SALT IODIZED 24-26Z GFS	1/2 Teaspoon		108308
APPLE SLCD W/P 6-10 GFS	2 #10 CAN		117773
SUGAR CANE GRANUL 25 GFS	10 1/2 Ounce		108642
LEMON JUICE 100 12-32FLZ GCHC	1/4 Cup		311227

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.71
<b>Fruit</b>	0.52
<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: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	240.40		
<b>Fat</b>	1.83g		
<b>SaturatedFat</b>	0.35g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	33.79mg		
<b>Carbohydrates</b>	52.67g		
<b>Fiber</b>	5.12g		
<b>Sugar</b>	23.88g		
<b>Protein</b>	4.47g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.29mg
<b>Calcium</b>	1.21mg	<b>Iron</b>	1.63mg

# Assorted Fresh Fruit

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20613

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	15 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	15 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	15 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	15 Each		198021
PEAR 95-110CT MRKN	15 Ounce		198056

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<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: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	94.56		
<b>Fat</b>	0.22g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.90mg		
<b>Carbohydrates</b>	24.40g		
<b>Fiber</b>	3.54g		
<b>Sugar</b>	13.60g		
<b>Protein</b>	1.10g		
<b>Vitamin A</b>	111.73IU	<b>Vitamin C</b>	20.69mg
<b>Calcium</b>	24.12mg	<b>Iron</b>	0.40mg