

Cookbook for Test High School

Created by HPS Menu Planner

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Beans Green Sesame MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-59 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|------------------|---|------------|
| BEAN GREEN BUSHEL 26 P/L | 30 Cup | +/- 10 lbs | 857424 |
| OIL SESAME PURE 10- 56Z ROLN | 1 1/4 Tablespoon | SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way. | 348630 |
| OIL OLIVE PURE 4-3LTR GCHC | 1 1/4 Tablespoon | | 432061 |
| SALT SEA 36Z TRDE | 2 Teaspoon | | 748590 |
| SPICE SESAME SEED HULLED 19Z TRDE | 1 1/4 Tablespoon | | 513806 |

Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 13.42 | | |
| Fat | 0.42g | | |
| SaturatedFat | 0.08g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 45.98mg | | |
| Carbohydrates | 2.40g | | |
| Fiber | 0.90g | | |
| Sugar | 1.20g | | |
| Protein | 0.60g | | |
| Vitamin A | 227.70IU | Vitamin C | 4.03mg |
| Calcium | 12.21mg | Iron | 0.34mg |

Hamburger Deluxe MTG

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-60 |
| School: | Test High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BEEF PTY CKD W/SOY CN 90-2.5Z GCHC | 100 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100650 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GFS | 100 Each | | 517810 |
| TOMATO 6X6 LRG 10 MRKN | 20 Cup | 1 Slice | 199001 |
| LETTUCE ICEBERG FS 4-6CT MRKN | 100 Ounce | 1 Leaf | 307769 |
| KETCHUP PKT 1000- 9GM FOH CRWNCOLL | 100 Package | | 571720 |
| MAYONNAISE LT 4- 1GAL GFS | 1 5/8 Quart | | 429406 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.20 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 362.07 | | |
| Fat | 16.10g | | |
| SaturatedFat | 5.52g | | |
| Trans Fat | 1.00g | | |
| Cholesterol | 45.24mg | | |
| Sodium | 512.98mg | | |
| Carbohydrates | 38.49g | | |
| Fiber | 6.44g | | |
| Sugar | 9.02g | | |
| Protein | 17.32g | | |
| Vitamin A | 399.88IU | Vitamin C | 4.93mg |
| Calcium | 116.60mg | Iron | 2.90mg |

Beans Baked



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-65 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| SAUCE BBQ 4-1GAL GCHC | 3 Cup | asdfasdffdsfadf | 734136 |
| BEAN BAKED 6-10 BUSH | 6 Gallon | sadfasdfasdfsadf | 520098 |

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

,Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

,Updated December 2013

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.17 |
| Legumes | 0.64 |

Starch

0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 188.50

Fat 1.30g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 775.15mg

Carbohydrates 39.36g

Fiber 6.45g

Sugar 16.64g

Protein 7.73g

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

Calcium 51.20mg **Iron** 2.30mg

Sandwich Bagel Turkey & Chs MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-68 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|--|------------|
| CHEESE AMER 160CT SLCD 4-5 GCHC | 100 Slice | | 271411 |
| LETTUCE LEAF GRN WASHED TRMD 2-5 RSS | 20 Cup | 1 leaf of lettuce (5 Heads of Lettuce) | 702595 |
| TOMATO RANDOM 2 25 MRKN | 20 Each | 1 thin slice of tomato | 508616 |
| BAGEL WHT WGRAIN 2Z 12-6CT LENDERS | 100 Each | | 230264 |
| TURKEY PULLED WHT CKD 2-5 GCHC | 12 1/2 Pound | | 211729 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

- ,1. Slice turkey.
- ,2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
- ,3. Place other half of bagel over top.
- ,4. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

,Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

,Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.20 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 281.96 | | |
| Fat | 6.23g | | |
| SaturatedFat | 2.52g | | |
| Trans Fat | 0.06g | | |
| Cholesterol | 61.17mg | | |
| Sodium | 410.55mg | | |
| Carbohydrates | 31.10g | | |
| Fiber | 4.54g | | |
| Sugar | 6.50g | | |
| Protein | 25.39g | | |
| Vitamin A | 833.04IU | Vitamin C | 5.59mg |
| Calcium | 137.20mg | Iron | 2.81mg |

Salad Mixed Green MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-70 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|--------------|-----------------------|------------|
| LETTUCE ROMAINE 24CT MRKN | 10 1/2 Pound | +/- 100 Shredded Cups | 305812 |
| TOMATO 6X6 LRG 10 MRKN | 8 1/2 Cup | +/- 7 lbs | 199001 |
| CUCUMBER SELECT SUPER 45 MRKN | 30 Cup | +/- 10 lbs | 198587 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.09 |
| OtherVeg | 0.30 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|--------|
| Calories | 21.89 |
| Fat | 0.06g |
| SaturatedFat | 0.01g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 1.07mg |
| Carbohydrates | 4.56g |
| Fiber | 1.96g |
| Sugar | 2.41g |
| Protein | 1.91g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 143.83IU | Vitamin C | 2.53mg |
| Calcium | 30.91mg | Iron | 0.69mg |

Fajita Turkey Honey Lime MTG

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-74 |
| School: | Test High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|------------------|-------------------|------------|
| TURKEY BRST OVN RST 2-8AVG BRICK | 18 3/4 Pound | | 848786 |
| OIL SALAD VEG SOY CLR NT 6-1GAL GCHC | 1 Cup | | 292702 |
| HONEY CLOVER 4-6 GCHC | 1/2 Cup | | 225614 |
| JUICE LIME FRSH 1-32FLZ NAT BRANDS | 1/2 Cup | | 541711 |
| SPICE CHILI POWDER MILD 16Z TRDE | 1 3/8 Tablespoon | | 331473 |
| SPICE GARLIC POWDER 21Z TRDE | 1 3/8 Tablespoon | | 224839 |
| ONION SPANISH COLOSS 50 MRKN | 20 Ounce | | 198706 |
| PEPPERS GREEN LRG 5 MRKN | 5 Cup | | 592315 |
| TORTILLA FLOUR ULTRGR 6 30-12CT | 200 Each | | 882690 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE & DRAIN WELL.

- ,1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
- ,2. Place turkey strips into steam table pan.
- ,3. Add oil, honey, lime juice, chili powder, & garlic powder.

- ,4. Mix well to combine.
- ,5. Cover & marinate in the refrigerator for 2-3 hours.
- ,6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.
- ,CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.
- ,7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.
- ,8. Warm tortillas in a warmer or steamer.
- ,9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.
- ,CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.
- ,Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain
- ,Updated October 2013

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.06 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 300.25 | | |
| Fat | 8.01g | | |
| SaturatedFat | 3.33g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 45.00mg | | |
| Sodium | 740.31mg | | |
| Carbohydrates | 34.21g | | |
| Fiber | 4.24g | | |
| Sugar | 5.18g | | |
| Protein | 20.64g | | |
| Vitamin A | 27.68IU | Vitamin C | 6.70mg |
| Calcium | 42.15mg | Iron | 2.03mg |

Carrot-Raisin Salad

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-76 |
| School: | Test High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| CARROT DCD 30 GCHC | 2 Gallon | | 285640 |
| RAISINS DRD GOLDEN 1-5 | 2 1/2 Quart | | 559970 |
| MILK PWD FF INST 6-5 P/L | 1 Cup | | 311065 |
| MAYONNAISE 4-1GAL HELM | 1 Quart | | 106933 |
| SALT IODIZED 24-26Z GFS | 1 Teaspoon | | 108308 |
| SPICE NUTMEG GRND 16Z TRDE | 1 Teaspoon | | 224944 |
| LEMON JUICE 100 12-30FLZ MINMD | 1/4 Cup | | 270989 |

Preparation Instructions

Directions:

Place carrots and raisins in large bowl.

In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).

Pour dressing over carrots and raisins. Mix lightly. Spread 6 lb (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

Notes:

1: Comments:

2: *See Marketing Guide.

3: A new nutrient analysis will be coming.

4: Updated July 2014. Restandardization in progress.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.32 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 74.33 | | |
| Fat | 6.40g | | |
| SaturatedFat | 0.96g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 3.35mg | | |
| Sodium | 106.31mg | | |
| Carbohydrates | 3.71g | | |
| Fiber | 1.43g | | |
| Sugar | 2.27g | | |
| Protein | 0.72g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 27.88mg | Iron | 0.17mg |

breakfast pizza

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-80 |
| School: | Test High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| 128-2.85Z PIZZA BKFST EGG&BCN 63564 | 1 Serving | | 663905 |
| BANANA 40 | 1 Each | | 609540 |
| 1% Lowfat White Milk | 1 1 carton | | 51796 |

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 2.15 | | |
| Fat | 0.03g | | |
| SaturatedFat | 0.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.10mg | | |
| Sodium | 1.31mg | | |
| Carbohydrates | 0.40g | | |
| Fiber | 0.03g | | |
| Sugar | 0.26g | | |
| Protein | 0.09g | | |
| Vitamin A | 0.86IU | Vitamin C | 0.14mg |

Calcium 0.36mg **Iron** 0.00mg

Kevin's Hamburger



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-83 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| BEEF PTY CKD W/MUSHRM 2.46Z 6-5 JTM | 100 Each | | 657101 |
| BUN BRIOCHE 4.25" 12-8CT TUR | 1 Serving | | 704101 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 131.20 | | |
| Fat | 8.13g | | |
| SaturatedFat | 3.12g | | |
| Trans Fat | 0.49g | | |
| Cholesterol | 32.05mg | | |
| Sodium | 219.00mg | | |
| Carbohydrates | 2.41g | | |
| Fiber | 1.31g | | |
| Sugar | 0.07g | | |
| Protein | 12.28g | | |
| Vitamin A | 0.00IU | Vitamin C | 1.80mg |
| Calcium | 30.60mg | Iron | 1.45mg |

Kevin's Yellow Jacket Dog

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-91 |
| School: | Test High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| KETCHUP PKT 1000-9GM FOH CRWNCOLL | 100 Package | | 571720 |
| BUN HOT DOG JMBO SLCD 4-6CT GFS | 1 Each | | 195563 |
| FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS | 100 Each | | 304913 |

Preparation Instructions

WASH HANDS.

,1. Place 1 hot dog in each bun.

,Convection oven: 350°F

,Conventional oven: 400°F

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

,2. Serve within 3 hours.

,3. Serve with ketchup packet (optional).

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

,Updated January 2016

,

Meal Components (SLE)

Amount Per Serving

| | |
|-------------|------|
| Meat | 2.00 |
|-------------|------|

| | |
|-----------------|------|
| 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: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 182.13 |
| Fat | 16.03g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 45.00mg |
| Sodium | 668.98mg |
| Carbohydrates | 4.41g |
| Fiber | 0.01g |
| Sugar | 3.04g |
| Protein | 6.06g |

| | | | |
|------------------|---------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.79mg | Iron | 0.79mg |

Bowl Asian Mashed Potato



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-112 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|----------------|--|------------|
| POTATO MASH CRMY DELUX 4-5 RESER | 300 3/4 Cup | | 498842 |
| BEEF DIPPERS WONDER BITE 400-.7Z PIER | 601 Ounce | BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate | 770817 |
| PEPPERS RED DCD 3/8 2-3 RSS | 2 3/8 Ounce | | 581992 |
| BROCCOLI FLORETS 12-2 GFS | 4 15/16 Gallon | | 673366 |

Preparation Instructions

Directions:

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.
2. Bake the beef according to manufacturer instructions.

CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

3. Steam or saute the bell peppers until tender.
4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.
5. Serve warm.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable

Source: Basic American Foods, www.baf.com

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.02 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 150.84 |
| Fat | 8.02g |
| SaturatedFat | 3.51g |
| Trans Fat | 0.00g |
| Cholesterol | 35.06mg |
| Sodium | 420.74mg |
| Carbohydrates | 6.17g |
| Fiber | 1.03g |
| Sugar | 4.10g |
| Protein | 12.04g |
| Vitamin A 162.56IU | Vitamin C 3.63mg |
| Calcium 20.22mg | Iron 1.81mg |

Spartan Chicken or Turkey Taco



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-142 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| CORN SUPER SWT 30 GCHC | 2 3/4 Cup | | 358991 |

Preparation Instructions

Directions:

Combine onions, corn, garlic powder, salt, pepper, tomato paste, water, and seasonings in a large stock pot. Heat uncovered over medium heat for 5 minutes. Stir well. Bring to a boil.

Add chicken. Reduce heat and simmer for 25-30 minutes, stirring occasionally.

Critical Control Point: Heat to 165 °F for 15 seconds or higher.

Critical Control Point: Hold for hot service at 140 °F or higher.

See B-03 for recipe ingredients and directions. Set rice aside for step 9.

For topping: Combine lettuce and tomatoes. Toss slightly. Set mixture aside for step 12.

Set cheese aside for step 13.

Assembly (2 tacos per serving):

First layer: Using a No. 8 scoop, divide equally between two tacos, 1/2 cup (about 4 oz) rice on bottom of taco shells.

Second layer: Using a No. 30 scoop, spread 1/8 cup (about 1 1/2 oz) chicken mixture in each taco shell.

Transfer tacos to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Third layer: Using a No. 10 scoop, divide equally between two tacos, 3/8 cup (about 1 1/2 oz) lettuce and tomato mixture on top of chicken mixture.

Fourth layer: Using a No. 40 scoop, divide equally between two tacos, 1 Tbsp 1 tsp (about 1/3 oz) shredded cheese on top of lettuce and tomato mixture.

OR

Instruct students to "build" their own tacos.

Serve each student:

2 tacos; 3/8 cup (about 1 1/2 oz - use No. 10 scoop) lettuce and tomato mixture in individual souffle cups; 1 Tbsp 1 tsp (about 1/3 oz - use No. 40 scoop) shredded cheese in individual souffle cups.

Notes:

1: *Remove salt from B-03 Cooking Rice ingredients when including dish in D-13C Chicken or Turkey Taco Recipe.

2: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 2 tacos provide 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.

6: CACFP Crediting Information: 2 tacos provide 2 oz meat/meat alternate, 3/8 cup vegetable, and 2 servings grains/bread.

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 | 0.04 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|--------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 8.21 | | |
| Fat | 0.08g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 1.72g | | |
| Fiber | 0.08g | | |
| Sugar | 0.41g | | |
| Protein | 0.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Spartan Beef or Pork Taco



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-150 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| TURKEY GROUND RAW 85 LEAN 4-5 | 6 3/8 Pound | | 256322 |

Preparation Instructions

Directions:

Brown ground beef or pork. Drain. Continue immediately.

Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 165 ° F or higher.

CCP: Hold for hot service at 140° F or warmer.

Topping: Reserve cheese for step 5. Combine tomatoes and lettuce. Toss lightly and reserve for step 5.

Portion is 2 tacos.

Notes:

1: * See Marketing Guide

2: Serving suggestions:

3: A. Before serving, fill each taco shell with a

4: No. 30 scoop (2 Tbsp) meat mixture. On

5: each plate serve 2 tacos, No. 10 scoop

6: (

7:

8: cup) lettuce and tomato mixture, and

9: ½ oz

10: (2 Tbsp) shredded cheese.

11: OR

12: B1. Pre-portion No. 10 scoop (

- 13:
 14: cup) lettuce-
 15: tomato mixture and ½ oz (2 Tbsp)
 16: shredded cheese into individual soufflé
 17: cups. Refrigerate until service.
 18: B2. Transfer meat mixture and taco shells to
 19: steamtable pans or place on tables.
 20: For each child, serve 2 unfilled taco shells,
 21: 2 No. 30 scoops (¼ cup ½ tsp) meat
 22: mixture, 1 pre-portioned soufflé cup of
 23: lettuce-tomato mixture, and 1 pre-portioned
 24: soufflé cu
 25: p of shredded cheese. Instruct
 26: children to "build" their own tacos.

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: 50.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 117.21 | | |
| Fat | 7.64g | | |
| SaturatedFat | 2.29g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 43.32mg | | |
| Sodium | 38.22mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 10.70g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 10.19mg | Iron | 0.73mg |

Spartan Fajita Turkey Honey Lime

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-151 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|------------------|-------------------|------------|
| TURKEY BRST OVN RST 2-8AVG BRICK | 18 3/4 Pound | | 848786 |
| OIL SALAD VEG SOY CLR NT 6-1GAL GCHC | 1 Cup | | 292702 |
| HONEY CLOVER 4-6 GCHC | 1/2 Cup | | 225614 |
| JUICE LIME FRSH 1-32FLZ NAT BRANDS | 1/2 Cup | | 541711 |
| SPICE CHILI POWDER MILD 16Z TRDE | 1 3/8 Tablespoon | | 331473 |
| SPICE GARLIC POWDER 21Z TRDE | 1 3/8 Tablespoon | | 224839 |
| ONION SPANISH COLOSS 50 MRKN | 20 Ounce | | 198706 |
| PEPPERS GREEN LRG 5 MRKN | 5 Cup | | 592315 |
| TORTILLA FLOUR ULTRGR 6 30-12CT | 200 Each | | 882690 |

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE & DRAIN WELL.

1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
2. Place turkey strips into steam table pan.
3. Add oil, honey, lime juice, chili powder, & garlic powder.
4. Mix well to combine.
5. Cover & marinate in the refrigerator for 2-3 hours.
6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake,

uncovered, in 325°F convection oven for 25-30 minutes.

CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.

8. Warm tortillas in a warmer or steamer.

9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

Updated October 2013

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.06 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 300.25 | | |
| Fat | 8.01g | | |
| SaturatedFat | 3.33g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 45.00mg | | |
| Sodium | 740.31mg | | |
| Carbohydrates | 34.21g | | |
| Fiber | 4.24g | | |
| Sugar | 5.18g | | |
| Protein | 20.64g | | |
| Vitamin A | 27.68IU | Vitamin C | 6.70mg |
| Calcium | 42.15mg | Iron | 2.03mg |

Spartan Taco Walking

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-355 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|----------------------|------------|
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 150 Package | Open Bag | 696871 |
| TURKEY TACO MEAT FC 4-7 JENNO | 18 3/4 Pound | Heat and Serve | 768230 |
| CHEESE CHED MLD SHRD FINE 4-5 GCHC | 9 7/16 Cup | | 191043 |
| SALSA 103Z 6-10 REDG | 10 1/2 Pound | READY_TO_EAT None | 452841 |
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 2 3/8 Gallon | | 451730 |
| SOUR CREAM CUP 100-1Z PAULY | 150 Each | | 126400 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.32 |
| Grain | 1.25 |
| Fruit | 0.00 |
| GreenVeg | 0.12 |
| RedVeg | 0.19 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 280.42 | | |
| Fat | 13.05g | | |
| SaturatedFat | 5.24g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 63.81mg | | |
| Sodium | 475.70mg | | |
| Carbohydrates | 25.31g | | |
| Fiber | 1.25g | | |
| Sugar | 2.00g | | |
| Protein | 14.56g | | |
| Vitamin A | 473.95IU | Vitamin C | 1.49mg |
| Calcium | 129.91mg | Iron | 1.01mg |

Turkey and Cheese Tuesday Sandwich

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-356 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| ROLL PRETZEL WGRAIN 120-2.2Z J&J | 1 Each | | 500162 |
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 2 Ounce | | 244190 |
| American Cheese Sliced RF | 1/2 Ounce | | 666204 |

Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.17 |
| 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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 214.17 | | |
| Fat | 5.00g | | |
| SaturatedFat | 1.96g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 18.75mg | | |
| Sodium | 268.33mg | | |
| Carbohydrates | 29.50g | | |
| Fiber | 3.00g | | |
| Sugar | 2.25g | | |
| Protein | 12.42g | | |
| Vitamin A | 15.00IU | Vitamin C | 0.00mg |

Calcium 70.00mg **Iron** 1.92mg

Bulldog Fajita Turkey Honey Lime

NO IMAGE

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-361 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|------------------|-------------------|------------|
| TURKEY BRST OVN RST 2-8AVG BRICK | 18 3/4 Pound | | 848786 |
| OIL SALAD VEG SOY CLR NT 6-1GAL GCHC | 1 Cup | | 292702 |
| HONEY CLOVER 4-6 GCHC | 1/2 Cup | | 225614 |
| JUICE LIME FRSH 1-32FLZ NAT BRANDS | 1/2 Cup | | 541711 |
| SPICE CHILI POWDER MILD 16Z TRDE | 1 3/8 Tablespoon | | 331473 |
| SPICE GARLIC POWDER 21Z TRDE | 1 3/8 Tablespoon | | 224839 |
| PEPPERS GREEN LRG 5 MRKN | 5 Cup | | 592315 |
| TORTILLA FLOUR ULTRGR 6 30-12CT | 200 Each | | 882690 |
| ONION DCD 1/2 2-5 RSS | 3 Cup | | 426059 |

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE & DRAIN WELL.

1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
2. Place turkey strips into steam table pan.
3. Add oil, honey, lime juice, chili powder, & garlic powder.

4. Mix well to combine.
5. Cover & marinate in the refrigerator for 2-3 hours.
6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.

CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.
8. Warm tortillas in a warmer or steamer.

9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

Updated October 2013

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.06 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 298.29 | | |
| Fat | 8.01g | | |
| SaturatedFat | 3.33g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 45.00mg | | |
| Sodium | 740.09mg | | |
| Carbohydrates | 33.70g | | |
| Fiber | 4.14g | | |
| Sugar | 5.01g | | |
| Protein | 20.58g | | |
| Vitamin A | 27.57IU | Vitamin C | 6.28mg |
| Calcium | 41.06mg | Iron | 2.01mg |

Sandwich Chicken Patty MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-487 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| BUN HAMB SLCD WHEAT WHL 4 10-12 GFS | 100 Each | | 517810 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| 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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 140.00

Fat 2.00g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 150.00mg

Carbohydrates 26.00g

Fiber 4.00g

Sugar 4.00g

Protein 5.00g

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

Calcium 63.00mg **Iron** 1.00mg

Aggie's Walking Taco

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-807 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 200 Cup | | 451730 |
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 200 Package | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 696871 |
| TURKEY TACO MEAT FC 4-7 JENNO | 25 Pound | | 768230 |
| CHEESE CHED MLD SHRD FINE 4-5 GCHC | 12 1/2 Cup | | 191043 |
| SALSA 103Z 6-10 REDG | 14 Pound | READY_TO_EAT None | 452841 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.32 |
| Grain | 1.25 |
| Fruit | 0.00 |
| GreenVeg | 0.50 |
| RedVeg | 0.19 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 237.91 | | |
| Fat | 8.05g | | |
| SaturatedFat | 2.24g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 43.80mg | | |
| Sodium | 445.67mg | | |
| Carbohydrates | 24.81g | | |
| Fiber | 2.00g | | |
| Sugar | 1.75g | | |
| Protein | 15.31g | | |
| Vitamin A | 273.91IU | Vitamin C | 1.49mg |
| Calcium | 121.89mg | Iron | 1.01mg |

Panther Walking Taco



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-919 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|--|------------|
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 100 Package | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 696871 |
| Turkey Taco Meat | 12 1/2 Pound | | 722450 |
| CHEESE CHED MLD SHRD FINE 4-5 GCHC | 6 1/4 Cup | | 191043 |
| SALSA 103Z 6-10 REDG | 7 Pound | READY_TO_EAT None | 452841 |
| LETTUCE SHRD TACO 1/8CUT 4-5 RSS | 1 9/16 Ounce | | 242489 |
| ONION DCD 1/2 2-5 RSS | 1 Cup | | 426059 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.
3. Crush individual bags of chips and open.
3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.
4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.08 |
| Grain | 1.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.19 |
| OtherVeg | 0.01 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 154.34 | | |
| Fat | 5.04g | | |
| SaturatedFat | 1.33g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 10.40mg | | |
| Sodium | 266.36mg | | |
| Carbohydrates | 21.68g | | |
| Fiber | 1.02g | | |
| Sugar | 0.77g | | |
| Protein | 4.33g | | |
| Vitamin A | 207.91IU | Vitamin C | 1.49mg |
| Calcium | 95.40mg | Iron | 0.37mg |