

Cookbook for Otsego Elementary

Created by HPS Menu Planner

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Beef & Cheese Nachos

100% Fruit Juice

Assorted Fresh Fruit

Pasta Salad

Beef & Cheese Nachos

NO IMAGE

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17488

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	375 Ounce		722330
TORTILLA YELLOW RND 40-2Z BRRLOFUN	125 Package		682210
CHEESE CHED MLD SHRD 4-5 LOL	31 1/4 Cup		150250

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.89
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 485.43

Fat 24.64g

SaturatedFat 9.20g

Trans Fat 0.27g

Cholesterol 63.12mg

Sodium 686.25mg

Carbohydrates 45.73g

Fiber 5.89g

Sugar 1.89g

Protein 23.11g

Vitamin A 910.41IU **Vitamin C** 4.73mg

Calcium 241.80mg **Iron** 2.89mg

100% Fruit Juice

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17472

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	20 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	20 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	20 Each		698251
JUICE BOX VERY BRY 40-4.23FLZ	20 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	20 Each		698744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
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 Each

Amount Per Serving

Calories	64.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.00mg
Carbohydrates	16.20g
Fiber	0.00g
Sugar	14.80g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.80mg	Iron	0.00mg

Assorted Fresh Fruit



Servings:	75.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20613
School:	Otsego Elementary		

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

Meat	0.00
Grain	0.00
Fruit	0.90
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	94.56
Fat	0.22g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.90mg
Carbohydrates	24.40g

Fiber	3.54g		
Sugar	13.60g		
Protein	1.10g		
Vitamin A	111.73IU	Vitamin C	20.69mg
Calcium	24.12mg	Iron	0.40mg

Pasta Salad

NO IMAGE

Servings:	90.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18397
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI RAINBOW 4-5 GCHC	6 Pound		413340
PEPPERS GREEN LRG 5 MRKN	1 1/2 Each		592315
CARROT JUMBO 50 P/L	2 Cup	Shredded	198501
CUCUMBER SELECT 24CT MRKN	3 Each		418439
TOMATO 5X6 XL 5 MRKN	3 Each		438197
DRESSING ITAL 4-1GAL KE	3/4 Gallon		631420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.07
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.08
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	131.29
Fat	1.63g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	615.20mg
Carbohydrates	25.28g
Fiber	1.30g
Sugar	3.63g
Protein	3.86g
Vitamin A 653.29IU	Vitamin C 3.04mg
Calcium 13.11mg	Iron 1.06mg