

# **Cookbook for Otsego High School**

**Created by HPS Menu Planner**

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# Pepperoni Pizza

<b>Servings:</b>	24.00	<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
<b>School:</b>	Otsego High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	3 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	3 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	12 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	48 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: 24.00

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

# 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
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Crust	2 Each		
Sauce pizza	16 Ounce		
Mozzerella Cheese	48 Ounce		105077
SEASONING PIZZA ITAL MIX 12Z TRDE	2 Teaspoon		413461

## Preparation Instructions

Spread pizza sauce evenly over crust. Top with cheese and then sprinkle Italian Pizza Seasoning lightly over the top. Bake at 350 degrees for 10 minutes or until crust is browned, cheese is melted AND temperature reaches 135 degrees.

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

Amount Per Serving	
<b>Calories</b>	456.56
<b>Fat</b>	30.63g
<b>SaturatedFat</b>	18.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	1058.75mg
<b>Carbohydrates</b>	9.69g
<b>Fiber</b>	0.50g
<b>Sugar</b>	5.38g
<b>Protein</b>	31.00g
<b>Vitamin A</b> 2750.00IU	<b>Vitamin C</b> 67.80mg
<b>Calcium</b> 1052.50mg	<b>Iron</b> 1.34mg

# Chef Salad

<b>Servings:</b>	5.00	<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
<b>School:</b>	Otsego High School		

## 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
TOMATO RANDOM 2 25 MRKN	5 Each		508616
CROUTON HERB SEAS 10-2 GFS	50 Ounce		748490

## 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

<b>Nutrition Facts</b>			
Servings Per Recipe: 5.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	135.06		
<b>Fat</b>	6.25g		
<b>SaturatedFat</b>	2.49g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	100.00mg		
<b>Sodium</b>	186.26mg		
<b>Carbohydrates</b>	11.27g		
<b>Fiber</b>	3.37g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	9.79g		
<b>Vitamin A</b>	7962.44IU	<b>Vitamin C</b>	22.70mg
<b>Calcium</b>	47.00mg	<b>Iron</b>	1.70mg

# 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
Variety of Fruit	15 1/2 cup	BAKE dish into 4 oz. portion cups	
GRANOLA BAG IW 144-1Z FLDSTN	15 Package		649742

## Preparation Instructions

Layer yogurt and fruit in 20 oz. clear plastic cup. Attach 1 bag of granola to the top of cup.

### 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>	408.96
<b>Fat</b>	6.49g
<b>SaturatedFat</b>	1.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.93mg
<b>Sodium</b>	226.79mg
<b>Carbohydrates</b>	77.31g
<b>Fiber</b>	6.00g
<b>Sugar</b>	47.87g
<b>Protein</b>	11.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 308.96mg	<b>Iron</b> 0.72mg

# Chicken in gravy

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20739
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	12 1/2 Pound	UNSPECIFIED Not Currently Available	467802
Sysco Chicken Gravy Mix	3 1/8 Gallon	Prepare Gravy according to directions on package. Add diced chicken. Cook in 350 degree oven (covered) for 45 min. until minimum temp of 160 degrees.	

## Preparation Instructions

Prepare Gravy according to directions on package. Add diced chicken. Cook in 350 degree oven (covered) for 45 min. until minimum temp of 160 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<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: 100.00

Serving Size: 8.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	80.47		
<b>Fat</b>	3.36g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.33mg		
<b>Sodium</b>	89.06mg		
<b>Carbohydrates</b>	0.76g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.03g		
<b>Protein</b>	10.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.33mg	<b>Iron</b>	0.67mg



# 3 Meat Pizza

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19263
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BALL PIZZA 18-20Z PG	3 Each		108930
PEPPERONI SLCD 14-16/Z 2-12.5 GCHC	72 Slice		729973
SAUSAGE ITAL CRMBL CKD 4-5# FONT	12 Ounce		673540
BACON CRUMBLES CKD 12-1 GCHC	12 Ounce	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
SAUCE PIZZA W/BASL 6-10 REDPK	12 Cup	READY_TO_EAT None	256013
Cheese, Mozzarella light, Shred FRZ	3 Pound		100034

## 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>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	418.84
<b>Fat</b>	26.43g
<b>SaturatedFat</b>	9.65g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	68.50mg
<b>Sodium</b>	1323.40mg
<b>Carbohydrates</b>	18.76g
<b>Fiber</b>	4.08g
<b>Sugar</b>	8.00g
<b>Protein</b>	13.01g

<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	3.00mg
<b>Calcium</b>	20.46mg	<b>Iron</b>	3.03mg

# Turkey Chef Salad

<b>Servings:</b>	5.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18398
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	5 Cup		153121
TOMATO 6X6 LRG 10 MRKN	5 Tablespoon		199001
Cheese, Cheddar Reduced fat, Shredded	1 1/4 Cup		100012
Turkey Breast Deli	2 1/2 Ounce		100121

## Preparation Instructions

Put one cup of (50/50 blend) lettuce into bowl.

Top with cheese, deli turkey, tomato. Serve with a ranch cup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.31
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.35
<b>RedVeg</b>	0.06
<b>OtherVeg</b>	0.35
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	113.47		
<b>Fat</b>	6.65g		
<b>SaturatedFat</b>	4.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	28.81mg		
<b>Sodium</b>	285.15mg		
<b>Carbohydrates</b>	4.52g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	1.70g		
<b>Protein</b>	11.31g		
<b>Vitamin A</b>	93.71IU	<b>Vitamin C</b>	1.54mg
<b>Calcium</b>	19.11mg	<b>Iron</b>	0.53mg

# Peanutbutter & Jelly Jamwich

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17710
<b>School:</b>	Washington St. Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	10 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<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: 10.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

# Chicken Club Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18388
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	50 Each	Cook chicken breast according to directions. CCP: Hold hot at 135F or higher.	786520
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260
BACON CKD 3-100CT FAST N EASY	50 Ounce	Cook bacon according to directions.	125141
Aunt Millie's 4" Whole Grain Hamburger Bun	50 bun	BAKE	3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	500.00		
<b>Fat</b>	24.50g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	117.50mg		
<b>Sodium</b>	1135.00mg		
<b>Carbohydrates</b>	1.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	30.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	0.72mg

# sliced tomato

<b>Servings:</b>	15.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19252
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO RANDOM 2 25 MRKN	15 Cup	Slice in uniform thin slices.	508616

## 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>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

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

# Sliced Cucumber

<b>Servings:</b>	15.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19255
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## 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: 15.00

Serving Size: 2.00 Ounce

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

# Green Pepper diced

<b>Servings:</b>	10.00	<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
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN 12CT P/L	10 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: 10.00

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



# diced onion

<b>Servings:</b>	15.00	<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-19256
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	15 Ounce	dice onions in small dices	596973

## 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>	0.07
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

<b>Calories</b>	11.30		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.10mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	0.57IU	<b>Vitamin C</b>	2.10mg
<b>Calcium</b>	6.52mg	<b>Iron</b>	0.06mg

# Summer Corn Salad

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17470

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL R/SOD 6-10 P/L	10 2/3 Cup	Drain liquid. 1 can = 20 (1/2 c) servings drained	222011
TOMATO GRAPE SWT 10 MRKN	2 1/2 Cup	Halved	129631
PEPPERS COLORED MIXED ASST 12CT P/L	1 Cup	Seeded & Diced	491012
PEPPERS GREEN LRG 5 MRKN	1 1/2 Cup	Seeded & Diced	592315
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/3 Cup		732900
JUICE LIME KEY WEST 4-1GAL NL&JO	3 Fluid Ounce		332381
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

## Preparation Instructions

1. Drain corn. (If using frozen corn, let thaw).
2. Cut grape tomatoes into halves.
3. Dice Bell peppers.
4. Transfer all vegetables to a large bowl.
5. Add in lime juice, olive oil, pepper (and 1/4 tsp salt if using frozen corn).
6. Toss salad until all flavors and colors are combined. CCP: Hold for cold service at 41 F or below.

\*\*Allergens: None

### 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>	0.13
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00

**Nutrition Facts**

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

**Amount Per Serving****Calories** 125.23**Fat** 4.85g**SaturatedFat** 0.28g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 140.31mg**Carbohydrates** 16.84g**Fiber** 1.61g**Sugar** 8.69g**Protein** 2.49g**Vitamin A** 428.76IU **Vitamin C** 23.70mg**Calcium** 3.98mg **Iron** 0.45mg

# Assorted Fresh Fruit

<b>Servings:</b>	125.00	<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
<b>School:</b>	Otsego Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	25 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	25 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	25 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	25 Each		198021
PEAR 95-110CT MRKN	25 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>	0.90
<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: 125.00

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