

Cookbook for Otsego Middle School

Created by HPS Menu Planner

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Cheese Pizza

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

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	456.56
Fat	30.63g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	1058.75mg
Carbohydrates	9.69g
Fiber	0.50g
Sugar	5.38g
Protein	31.00g
Vitamin A 2750.00IU	Vitamin C 67.80mg
Calcium 1052.50mg	Iron 1.34mg

Pepperoni Pizza

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17444
School:	Otsego High School		

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 GCHC	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

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: 40.00

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

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
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

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

Chef Salad

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17447
School:	Otsego High School		

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
TOMATO RANDOM 2 25 MRKN	6 Each		508616
CROUTON HERB SEAS 10-2 GFS	60 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

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: 6.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	135.06		
Fat	6.25g		
SaturatedFat	2.49g		
Trans Fat	0.00g		
Cholesterol	100.00mg		
Sodium	186.26mg		
Carbohydrates	11.27g		
Fiber	3.37g		
Sugar	5.50g		
Protein	9.79g		
Vitamin A	7962.44IU	Vitamin C	22.70mg
Calcium	47.00mg	Iron	1.70mg

Cheese Stromboli

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17446
School:	Otsego High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16 22-24Z DELSUPR	2 Each		570826
SAUCE PIZZA W/BASL 6-10 REDPK	2 Cup	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	8 Cup		645170

Preparation Instructions

1. Thaw dough over night & proof
2. Preheat oven to 325 F
3. Roll the dough out and stretch it out
4. Spread the pizza sauce leaving about 2 inches from the edge. Place 1 cup sauce and 4 cups cheese over proofed dough
5. Roll up the dough up like a cinnamon roll and pinch the edges to seal and fold where the seam is. Lay the stromboli seam side down. Brush with the egg and cut small slats in the top. Top with ¼ cup cheese and sprinkle with fresh parsley.
6. 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	2.60
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	382.50
Fat	13.88g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	780.00mg
Carbohydrates	40.00g
Fiber	2.25g
Sugar	5.25g

Protein	20.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	410.00mg	Iron	2.79mg

Sandwich Bagel Turkey & Chs MTG

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19141
School:	Otsego Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	8 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	1 Pound		211729
CHEESE AMER 160CT SLCD 4-5 GCHC	8 1/12 Slice		271411
TOMATO RANDOM 2 25 MRKN	16 Slice		508616
Romaine, Lettuce 6/2	8 Ounce		381403

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, 1 oz. romaine lettuce and 2 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

Notes:

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: 8.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	291.09		
Fat	6.38g		
SaturatedFat	2.57g		
Trans Fat	0.06g		
Cholesterol	63.24mg		
Sodium	413.55mg		
Carbohydrates	32.31g		
Fiber	4.88g		
Sugar	7.51g		
Protein	26.29g		
Vitamin A	599.76IU	Vitamin C	9.86mg
Calcium	139.37mg	Iron	2.88mg

BBQ Chicken Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19418
School:	Otsego High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ 4-1GAL SWTBRAY	4 Cup		655937
4 inch whole grain hamburger buns - 30 ct	50 bun		3480

Preparation Instructions

Thaw diced chicken 1 day ahead.

7 lbs. per 4-B

4 cups Sweet Baby Rays per 4-B

Steam 15-20 min. Check after 15 min. Lid on.

Use #12 dipper

Yield: 50 sandwiches per 4-B pan

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	204.80		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	375.60mg		
Carbohydrates	11.52g		
Fiber	2.00g		
Sugar	14.88g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Fajita Salad

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18814
School:	Otsego High School		

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 DEGREES 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	1 1/2 Cup		129631
CHIP TORTL WHT TRI 5-1.5 KE	12 Ounce		163010
Shredded Cheddar Cheese	6 Ounce		100003

Preparation Instructions

Place 1 C. Romaine in Salad Bowl. Arrange 1/2 C. grape tomatoes and 2 oz. chicken on lettuce. Place cheddar cheese and tortilla chips on the top.

Meal Components (SLE)

Amount Per Serving

Meat	1.18
Grain	2.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	499.87		
Fat	23.45g		
SaturatedFat	9.20g		
Trans Fat	0.00g		
Cholesterol	73.53mg		
Sodium	688.72mg		
Carbohydrates	46.93g		
Fiber	3.55g		
Sugar	3.43g		
Protein	21.99g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	20.50mg	Iron	0.48mg

Green Pepper diced

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19258
School:	Otsego Middle School		

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

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: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

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

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