

Cookbook for Otsego Middle School

Created by HPS Menu Planner

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Green Pepper diced

sliced tomato

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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

RO - Turkey & Cheese Wrap

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18108
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	6 Each	READY_TO_EAT	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 turkey, 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

Meat	2.17
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Wrap

Amount Per Serving

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

Chicken & Cheese Quesadilla

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	50 Serving	STEAM PREPARATION 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

Meat	1.67
Grain	1.75
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 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

MUFFIN SACK LUNCH

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19156
School:	Otsego Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
72-1.94Z MUFFIN BANANA WGRAIN 50207	100		151561
Mozz String Cheese	100 stick		347211
Mixmi Frozen Yogurt - Vanilla	100 Ounce	READY_TO_EAT Ready to eat.	94801
100% Fruit Juice	100 Each	READY_TO_DRINK	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.08
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	176.67		
Fat	7.33g		
SaturatedFat	5.17g		
Trans Fat	0.00g		
Cholesterol	21.67mg		
Sodium	208.33mg		
Carbohydrates	18.67g		
Fiber	0.67g		
Sugar	14.33g		
Protein	7.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.67mg	Iron	0.67mg

3 Meat Pizza

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19263
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BALL PIZZA 18-20Z PG	4 Each		108930
PEPPERONI SLCD 14-16/Z 2-12.5 GCHC	96 Slice		729973
SAUSAGE ITAL CRMBL CKD 4-5# FONT	16 Ounce		673540
BACON CRUMBLES CKD 12-1 GCHC	16 Ounce	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
SAUCE PIZZA W/BASL 6-10 REDPK	16 Cup	READY_TO_EAT None	256013
Cheese, Mozzarella light, Shred FRZ	4 Pound		100034

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	418.84
Fat	26.43g
SaturatedFat	9.65g
Trans Fat	0.10g
Cholesterol	68.50mg
Sodium	1323.40mg
Carbohydrates	18.76g
Fiber	4.08g
Sugar	8.00g
Protein	13.01g

Vitamin A	100.00IU	Vitamin C	3.00mg
Calcium	20.46mg	Iron	3.03mg

Garden Salad

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17448
School:	Otsego High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 1/2 Cup	1 cup dished=1/2 cup served wash all vegetables	15D44
Carrots, baby	1/4 Cup	Wash all vegetables	18D69
Grape Tomatoes	8 Each		749041
CUCUMBER 1-24CT P/L	3/10 Slice	Wash and slice thin	238653
BEAN GARBANZO 6-10 GCHC	0/1 Cup	drain and rinse	118753

Preparation Instructions

Wash all vegetables, arrange vegetables on top of salad lettuce

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.08
RedVeg	1.21
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	3.49		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.66mg		
Carbohydrates	0.65g		
Fiber	0.03g		
Sugar	0.03g		
Protein	0.04g		
Vitamin A	0.55IU	Vitamin C	0.01mg
Calcium	0.44mg	Iron	0.01mg

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

sliced tomato

Servings:	20.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19252
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO RANDOM 2 25 MRKN	20 Cup	Slice in uniform thin slices.	508616

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	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

Dark Green Side Salad

Servings:	36.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18399
School:	Otsego Middle School		

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 GCHC	1/8 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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	0.14g		
Fiber	0.05g		
Sugar	0.08g		
Protein	0.04g		
Vitamin A	10.41IU	Vitamin C	0.17mg
Calcium	0.57mg	Iron	0.01mg

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