

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

3 Meat Pizza

Servings:	24.00	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	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

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: 24.00

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

Chicken Fajita Salad

Servings:	5.00	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	10 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	5 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1 1/4 Cup		129631
CHIP TORTL WHT TRI 5-1.5 KE	10 Ounce		163010
Shredded Cheddar Cheese	5 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: 5.00

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

Peanutbutter & Jelly Jamwich

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17710
School:	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

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

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

Sandwich Bagel Turkey & Chs MTG

Servings:	1.00	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	1 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound		211729
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
TOMATO RANDOM 2 25 MRKN	2 Slice		508616
Romaine, Lettuce 6/2	1 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: 1.00
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

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:	25.00	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	25 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: 25.00

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

Bacon Broccoli Salad

Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19863
School:	Otsego Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS CLN 4-3 RSS	10 Pound		499951
BACON TOPPING CRUMBLES 10# HRML	3 Pound		460584
Raisins 144-1.33Z	8 Cup		100293
DRESSING COLE SLAW 4-1GAL GCHC	9 Cup		106992
1 % White Milk	2 Cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.01
Grain	0.10
Fruit	0.45
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	491.64		
Fat	26.99g		
SaturatedFat	6.48g		
Trans Fat	0.00g		
Cholesterol	63.66mg		
Sodium	1178.26mg		
Carbohydrates	50.14g		
Fiber	1.59g		
Sugar	41.74g		
Protein	16.27g		
Vitamin A	137.56IU	Vitamin C	20.05mg
Calcium	17.67mg	Iron	0.69mg

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