

Cookbook for Otsego Middle School

Created by HPS Menu Planner

Table of Contents

Pepperoni Pizza

Cheese Pizza

Chef Salad

Yogurt Parfait

Mandarin Orange Chicken Salad

Hawaiian Pizza

Sandwich Bagel Turkey & Chs MTG

Sloppy Joes

Tuna Croissant Sandwich

sliced tomato

Sliced Cucumber

diced onion

Dark Green Side Salad

Pepperoni Pizza

Servings:	48.00	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	6 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	6 Cup		256013
CHEESE MOZZ SHRD 4-5 LOL	24 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	96 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: 48.00

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

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

Chef Salad

Servings:	5.00	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	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

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: 5.00			
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

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

Mandarin Orange Chicken Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18394
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	5 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
ONION RING RED 1/4 2- 5 RSS	1 1/4 Cup		429198
ORANGES MAND WHL L/S 6-10 GFS	1 1/4 Cup		117897
Lettuce Chopped Romaine 6/2#	5 Cup		2783
CUCUMBER SELECT 24CT MRKN	1 1/4 Cup		418439

Preparation Instructions

Package all ingredients together.

Offer with bread sticks and dressing.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.25
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 5.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	182.95		
Fat	2.53g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	325.25mg		
Carbohydrates	15.00g		
Fiber	0.88g		
Sugar	11.25g		
Protein	22.98g		
Vitamin A	213.65IU	Vitamin C	9.37mg
Calcium	32.08mg	Iron	1.36mg

Hawaiian Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19306
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BALL PIZZA 20-17Z PG	1 Each		108920
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/2 Cup		189979
Turkey Ham, Diced, Frozen	16 Ounce	THAW Keep product frozen at 0°F. or below until ready to use. Defrost frozen product slowly and thoroughly in a refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages and use in applications or as salad bar topping	839770
96-2Z SAUCE MARINARA REDNA2Z96	16 Ounce		861690
CHEESE SHRED REG MOZZARELLA 12/8Z	16 Ounce		939815

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.06
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 Piece

Amount Per Serving

Calories	94.55
Fat	4.31g
SaturatedFat	1.04g
Trans Fat	0.00g
Cholesterol	38.44mg
Sodium	253.81mg
Carbohydrates	5.12g
Fiber	0.20g
Sugar	1.88g

Protein		9.49g	
Vitamin A	0.00IU	Vitamin C	1.13mg
Calcium	14.54mg	Iron	0.63mg

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

Sloppy Joes

Servings:	100.00	Category:	Entree
Serving Size:	2.67 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	20 Pound	Brown ground beef, drain.	110520
ONION DEHY CHPD 15 P/L	2/3 Cup		263036
SPICE GARLIC POWDER 16Z BADIA	2 Tablespoon		708481
TOMATO PASTE 24-6Z HUNTS	56 Ounce		366733
KETCHUP 12-38Z HNZ	57 Ounce		290062
VINEGAR WHT DISTILLED 4 4-1GAL	1 Cup		517582
Black Pepper	2 Teaspoon	BAKE	24108
brown sugar	3/4 Cup	READY_TO_EAT	
SPICE MUSTARD DRY 1 COLMANS	1/4 Cup		400018

Preparation Instructions

1. Brown ground beef. Drain.
2. Add onions and garlic powder.
3. Cook for 5 minutes
4. Add tomato Paste, ketchup, water, vinegar, dry mustard, pepper and brown sugar.
5. Mix well and simmer for 25-30 minutes.
6. Heat at 156 degrees F or higher for 15 seconds.
7. Use a #12 scoop onto a hamburger bun

Meal Components (SLE)

Amount Per Serving

Meat	2.39
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: 100.00			
Serving Size: 2.67 Ounce			
Amount Per Serving			
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Calories	197.13		
Fat	14.33g		
SaturatedFat	4.78g		
Trans Fat	2.39g		
Cholesterol	62.09mg		
Sodium	60.14mg		
Carbohydrates	0.37g		
Fiber	0.04g		
Sugar	0.06g		
Protein	16.75g		
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Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.53mg	Iron	0.01mg
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Tuna Croissant Sandwich

Servings:	5.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19303
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT POUCH 6-43Z STARK	5/12 Package	OPEN & USE. COMES OUT OF POUCH EASIER IF CHILLED. NO MESSY DRAINING W/LOSS OF PRODUCT,	852554
DRESSING SALAD 4-1GAL MIR WHIP	1 1/4 Cup	REFRIGERATE AFTER OPENING.	251066
CROISSANT SLCD 2Z 6-12CT GCHC	5/12 Each	FOR OPTIMAL FLAVOR, WARM CROISSANTS IN CONVENTIONAL OVEN @ 350 DEGREES FOR 3-5 MINUTES. SERVE WARM.	600410
CELERY 10 MI LOCAL	1 2/3 Ounce	diced in small dices	601542
RED ONION	1 2/3 Ounce	diced in small dices	15N63
Black Pepper	5/12 Tablespoon	BAKE	24108

Preparation Instructions

Combine 1 package of Tuna with 3 cups of miracle whip.
6 ounces of tuna spread on a croissant roll

Meal Components (SLE)

Amount Per Serving

Meat	0.67
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: 5.00

Serving Size: 12.00 Each

Amount Per Serving			
Calories	218.06		
Fat	20.68g		
SaturatedFat	4.29g		
Trans Fat	0.00g		
Cholesterol	21.11mg		
Sodium	446.11mg		
Carbohydrates	10.08g		
Fiber	0.08g		
Sugar	4.25g		
Protein	0.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 2.33mg **Iron** 0.11mg

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

Sliced Cucumber

Servings:	15.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19255
School:	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

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: 15.00

Serving Size: 2.00 Ounce

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

diced onion

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19256
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	5 Ounce	dice onions in small dices	596973

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	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

Amount Per Serving

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

Dark Green Side Salad

Servings:	25.00	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	9/13 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	1/6 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12-2 GCHC	1/11 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: 25.00

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