

Cookbook for Otsego Middle School

Created by HPS Menu Planner

Table of Contents

Cheese Pizza

Pepperoni Pizza

Yogurt Parfait

3 Meat Pizza

Egg Salad croissant

Turkey Chef Salad

Chef Salad

Green Pepper diced

sliced tomato

Sliced Cucumber

Baked Apples

Assorted Fresh Fruit

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

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

Egg Salad croissant

Servings:	5.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20475
School:	Otsego High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK REST GRIND 5 TRDE	1/2 Teaspoon		242179
SPICE MUSTARD DRY 1 COLMANS	1 Teaspoon		400018
MAYONNAISE LT 4-1GAL GFS	1 Cup		429406
EGG HARD CKD PLD 16-2CT CRYST FRM	2 Each		563542
CROISSANT BKFST WGRAIN 48-3.45Z	1/10 Each		553613

Preparation Instructions

Directions:

Finely chop eggs.

Combine eggs, pepper, mustard, salad dressing or mayonnaise. Mix lightly until well blended.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to use.

Spread 3 ounces of egg salad onto 1 side of croissant. Top with other side of croissant. Cover. Refrigerate until ready to serve. Portion is 1 sandwich

Notes:

1: * See Marketing Guide

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: 5.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	114.00
Fat	5.46g
SaturatedFat	0.66g
Trans Fat	0.00g
Cholesterol	100.00mg
Sodium	194.40mg
Carbohydrates	13.64g
Fiber	0.04g

Sugar			3.50g
Protein			2.44g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.23mg	Iron	0.30mg

Turkey Chef Salad

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18398
School:	Otsego Middle School		

Ingredients

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

Meat	1.31
Grain	0.00
Fruit	0.00
GreenVeg	0.35
RedVeg	0.06
OtherVeg	0.35
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

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

Sliced Cucumber

Servings:	25.00	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 #
-------------	-------------	-------------------	------------

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: 25.00

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

Baked Apples

Servings:	75.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17482

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	3 9/14 #10 CAN		117773
SPICE CINNAMON GRND 15Z TRDE	4 11/16 Tablespoon	1 cup + 2 Tbsp.	224723
FLOUR ULTRAGRAIN 50 HLCHC	10/11 Cup		515002
SUGAR BROWN LT 12-2 GFS	1 4/11 Cup		314641
SUGAR BEET GRANUL 25 GCHC	1 9/11 Cup		108588

Preparation Instructions

MAKES 7-2B PANS IN EACH PAN: (SPRAY PANS WELL!!)

2-#10 Cans Sliced/Dcd. Apples

2 TBLSP. Cinnamon NOTE: Mix this amount all together in a large mixing bowl

½ C. Flour and then pour into a 2-B pan. Do this 7 times to make

¾ C. Brown Sugar your 7 pans.

1 C. White Sugar

Serving ½ C. or #8 scoop

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.05
Fruit	0.63
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	98.64		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.60mg		
Carbohydrates	24.34g		
Fiber	2.62g		
Sugar	19.49g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.42mg **Iron** 0.06mg

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