

Cookbook for Test School District 2

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Cookbook for Test Elementary School 2

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Cookbook for Test High School 2

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Beans Baked MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-93

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	4 Gallon	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	192.00
Fat	0.64g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	704.00mg
Carbohydrates	38.40g
Fiber	6.40g
Sugar	15.36g
Protein	8.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.00mg	Iron 2.43mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Beans Green Sesame MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-94
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	30 Cup	+/- 10 lbs	857424
OIL SESAME PURE 10- 56Z ROLN	1 1/4 Tablespoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
OIL OLIVE PURE 4-3LTR GCHC	1 1/4 Tablespoon		432061
SALT SEA 36Z TRDE	2 Teaspoon		748590
SPICE SESAME SEED HULLED 19Z TRDE	1 1/4 Tablespoon		513806

Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 13.42

Fat	0.42g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.98mg		
Carbohydrates	2.40g		
Fiber	0.90g		
Sugar	1.20g		
Protein	0.60g		
Vitamin A	227.70IU	Vitamin C	4.03mg
Calcium	12.21mg	Iron	0.34mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cauliflower Parslied MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-97
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	30 Cup	+/- 17 lbs	610882
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup		513989

Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 19.50

Fat 1.32g

SaturatedFat 0.84g

Trans Fat 0.00g

Cholesterol 3.60mg

Sodium	4.50mg		
Carbohydrates	1.50g		
Fiber	0.90g		
Sugar	0.30g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.86mg	Iron	0.30mg

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Hamburger Deluxe MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-102
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GCHC	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	1 Leaf	307769
KETCHUP PKT 1000- 9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT 4- 1GAL GFS	1 3/5 Quart		429406

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

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Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	362.07		
Fat	15.60g		
SaturatedFat	5.02g		
Trans Fat	1.00g		
Cholesterol	45.24mg		
Sodium	542.98mg		
Carbohydrates	37.49g		
Fiber	5.44g		
Sugar	9.02g		
Protein	18.32g		
Vitamin A	399.88IU	Vitamin C	4.93mg
Calcium	85.66mg	Iron	2.92mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Salad Mixed Green MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-107
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT SUPER 45 MRKN	30 Cup	+/- 10 lbs	198587

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 21.89

Fat 0.06g

SaturatedFat 0.01g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.07mg

Carbohydrates 4.56g

Fiber	1.96g		
Sugar	2.41g		
Protein	1.91g		
Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	30.91mg	Iron	0.69mg

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Sandwich Turkey Burger MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	897690
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Ounce	1 leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 286.58

Fat 10.58g

Saturated Fat 2.52g

Trans Fat 0.00g

Cholesterol	40.00mg		
Sodium	421.85mg		
Carbohydrates	29.42g		
Fiber	4.45g		
Sugar	6.01g		
Protein	20.32g		
Vitamin A	399.88IU	Vitamin C	4.93mg
Calcium	53.70mg	Iron	2.54mg

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Salad Cucumber Creamy MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7775
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE H/D 4-1GAL GFS	1 Quart		467596
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	2 1/2 Cup		629640
SPICE DILL WEED 5Z TRDE	1 1/4 Cup		513938
SPICE PEPR WHITE GRND 17Z TRDE	2 1/2 Teaspoon		513776
SPICE ONION MINCED 12Z TRDE	1 1/4 Cup		513997
SUGAR CANE GRANUL 25 GCHC	12 1/2 Ounce		108642
CUCUMBER SELECT SUPER 45 MRKN	55 Pound		198587

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	72.26		
Fat	7.09g		
SaturatedFat	1.28g		
Trans Fat	0.00g		
Cholesterol	6.40mg		
Sodium	48.53mg		
Carbohydrates	1.60g		
Fiber	0.17g		
Sugar	1.05g		
Protein	0.17g		
Vitamin A	30.03IU	Vitamin C	0.80mg
Calcium	5.54mg	Iron	0.10mg

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Cookbook for Test Middle School 2

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Cookbook for Test Preschool

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