

# **Cookbook for Otsego Secondary**

**Created by HPS Menu Planner**

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# French Bread Pizza

<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18833
<b>School:</b>	Otsego High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	50 Each	<b>BAKE</b> FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Yogurt Parfait

<b>Servings:</b>	25.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17685

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	25 Cup		881161
Variety of Fruit	25 1/2 cup	BAKE dish into 4 oz. portion cups	
GRANOLA BAG IW 144-1Z FLDSTN	25 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Turkey Chef Salad

<b>Servings:</b>	20.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18398
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	20 Cup		153121
TOMATO 6X6 LRG 10 MRKN	20 Tablespoon		199001
Cheese, Cheddar Reduced fat, Shredded	5 Cup		100012
Turkey Breast Deli	10 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

<b>Meat</b>	1.31
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.35
<b>RedVeg</b>	0.06
<b>OtherVeg</b>	0.35
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Breaded Chicken Sandwich

<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23658
<b>School:</b>	Otsego High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	60 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
4 inch whole grain hamburger buns - 30 ct	60 bun		3480

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.40
<b>Grain</b>	3.60
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Egg Salad croissant

<b>Servings:</b>	5.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20475
<b>School:</b>	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 EASY EGG	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00