

Cookbook for Otsego Elementary

Created by HPS Menu Planner

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Soft Shell Beef Taco

Servings:	100.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17496

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
TACO FILLING BEEF REDC FAT 6-5 COMM	18 3/4 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon	1/5# bags use scoop #30	150250

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Meal Components (SLE)

Amount Per Serving

Meat	2.53
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: 100.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	279.51
Fat	13.32g
SaturatedFat	7.03g
Trans Fat	0.30g
Cholesterol	56.06mg
Sodium	622.99mg
Carbohydrates	17.90g
Fiber	2.71g
Sugar	3.11g
Protein	20.36g

Vitamin A	679.23IU	Vitamin C	5.26mg
Calcium	182.53mg	Iron	2.11mg

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

Yogurt Parfait

Servings:	100.000	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	100 Cup		881161
Variety of Fruit	100 1/2 cup	BAKE dish into 4 oz. portion cups	
GRANOLA BAG IW 144-1Z FLDSTN	100 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: 100.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	488.96
Fat	6.49g
SaturatedFat	1.49g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	236.79mg
Carbohydrates	97.31g
Fiber	10.00g
Sugar	62.87g
Protein	11.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 308.96mg	Iron 0.72mg

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