

# **Cookbook for Otsego Secondary**

**Created by HPS Menu Planner**

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# Sweet and sour chicken

<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-18809
<b>School:</b>	Otsego High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	600 Each	Convection Oven 6-8 minutes at 375°F from frozen.	327120
RICE BRN PARBL WGRAIN 25 GCHC	50 Cup	Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SAUCE SWT & SOUR 6-64Z MINR	12 1/2 Cup		534811

## Preparation Instructions

1. Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher
2. Mix sweet n' sour, pineapple & water together
3. Coat chicken with sauce mixture
4. Serve chicken over top 1 cup cooked brown rice

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	5.00
<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

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	1010.91		
<b>Fat</b>	21.18g		
<b>SaturatedFat</b>	2.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.82mg		
<b>Sodium</b>	701.82mg		
<b>Carbohydrates</b>	175.27g		
<b>Fiber</b>	7.27g		
<b>Sugar</b>	15.09g		
<b>Protein</b>	31.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	6.38mg

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

# 3 Meat Pizza

<b>Servings:</b>	60.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19263
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BALL PIZZA 18-20Z PG	7 1/2 Each		108930
PEPPERONI SLCD 14-16/Z 2-12.5 GCHC	180 Slice		729973
SAUSAGE ITAL CRMBL CKD 4-5# FONT	30 Ounce		673540
BACON CRUMBLES CKD 12-1 GCHC	30 Ounce	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
SAUCE PIZZA W/BASL 6-10 REDPK	30 Cup	READY_TO_EAT None	256013
Cheese, Mozzarella light, Shred FRZ	7 1/2 Pound		100034

## 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>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.000

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	418.84
<b>Fat</b>	26.43g
<b>SaturatedFat</b>	9.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.50mg
<b>Sodium</b>	1337.40mg
<b>Carbohydrates</b>	18.56g
<b>Fiber</b>	4.08g
<b>Sugar</b>	8.00g
<b>Protein</b>	13.01g

<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.46mg	<b>Iron</b>	3.03mg

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# Slide Bacon Cheeseburger

<b>Servings:</b>	50.000	<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-17453
<b>School:</b>	Otsego High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5" Whole Grain White Hamburger Bun Small Barb	50 Each	Pre-packaged, ready to serve	1589
CHEESE SLCD YEL 6-5 COMM	50 Slice	Pre-packaged, cut into 1/2 slices	334450
BACON LAYOUT 18/22 LO-SALT 15 HRML	50 Slice		462788
BEEF PTY W/APPLSCE 200-2.5Z	50 Each		644950

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.75
<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

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	335.00		
<b>Fat</b>	29.00g		
<b>SaturatedFat</b>	6.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	755.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Caesar Salad

<b>Servings:</b>	10.000	<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-17497

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD 4-2.5 TYS	20 Ounce	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 20 - 22 minutes.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 10 - 12 minutes.</p> <p><b>GRILL</b> Appliances vary, adjust accordingly. Flat Grill Griddle Preheat grill to 350°F. Grill frozen fajita meat for 10 to 12 minutes. Turn meat over half-way through total heating time.</p> <p><b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Place no more than 1 3 bag of frozen fajita meat on a microwave safe plate. Heat on HIGH for 5 to 6 minutes. Rotate plate half-way through total heating time.</p>	655139
TOMATO GRAPE SWT 10 MRKN	5 Cup		129631
LETTUCE ROMAINE RIBBONS 6-2 RSS	20 Cup		451730
CHEESE PARM SHRD FCY 10-2 PG	10 Ounce		460095

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	0.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.000  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	226.20
<b>Fat</b>	9.87g
<b>SaturatedFat</b>	5.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.33mg
<b>Sodium</b>	717.83mg
<b>Carbohydrates</b>	8.50g
<b>Fiber</b>	4.10g
<b>Sugar</b>	4.50g
<b>Protein</b>	27.13g

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<b>Vitamin A</b>	749.70IU	<b>Vitamin C</b>	12.33mg
<b>Calcium</b>	307.00mg	<b>Iron</b>	0.25mg

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# Tuna Croissant Sandwich

<b>Servings:</b>	10.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19303
<b>School:</b>	Otsego Middle School		

## Ingredients

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

<b>Meat</b>	0.06
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.33
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 12.00 Each

Amount Per Serving	
<b>Calories</b>	198.06
<b>Fat</b>	14.68g
<b>SaturatedFat</b>	2.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.11mg
<b>Sodium</b>	406.11mg
<b>Carbohydrates</b>	14.75g
<b>Fiber</b>	1.08g
<b>Sugar</b>	6.25g
<b>Protein</b>	1.53g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.00mg	<b>Iron</b>	0.30mg

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# Yogurt Parfait

<b>Servings:</b>	10.000	<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	10 Cup		881161
Variety of Fruit	10 1/2 cup	BAKE dish into 4 oz. portion cups	
GRANOLA BAG IW 144-1Z FLDSTN	10 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

### Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Peanut butter & Jelly Uncrustable

<b>Servings:</b>	10.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17710
<b>School:</b>	Washington St. Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	10 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<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

### Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

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