

Cookbook for Otsego Elementary

Created by HPS Menu Planner

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Sloppy Joes

Servings:	100.000	Category:	Entree
Serving Size:	2.67 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	20 Pound	Brown ground beef, drain.	110520
ONION DEHY CHPD 15 P/L	2/3 Cup		263036
SPICE GARLIC POWDER 16Z BADIA	2 Tablespoon		708481
TOMATO PASTE 24-6Z HUNTS	56 Ounce		366733
KETCHUP 12-38Z HNZ	57 Ounce		290062
VINEGAR WHT DISTILLED 4 4-1GAL	1 Cup		517582
Black Pepper	2 Teaspoon	BAKE	24108
brown sugar	3/4 Cup	READY_TO_EAT	
SPICE MUSTARD DRY 1 COLMANS	1/4 Cup		400018

Preparation Instructions

1. Brown ground beef. Drain.
2. Add onions and garlic powder.
3. Cook for 5 minutes
4. Add tomato Paste, ketchup, water, vinegar, dry mustard, pepper and brown sugar.
5. Mix well and simmer for 25-30 minutes.
6. Heat at 156 degrees F or higher for 15 seconds.
7. Use a #12 scoop onto a hamburger bun

Meal Components (SLE)

Amount Per Serving

Meat	2.39
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: 2.67 Ounce

Amount Per Serving

Calories	197.13		
Fat	14.33g		
SaturatedFat	4.78g		
Trans Fat	2.39g		
Cholesterol	62.09mg		
Sodium	60.14mg		
Carbohydrates	0.37g		
Fiber	0.04g		
Sugar	0.06g		
Protein	16.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.53mg	Iron	0.01mg

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

Nutrition - Per 100g

Calories	260.44		
Fat	18.93g		
SaturatedFat	6.31g		
Trans Fat	3.15g		
Cholesterol	82.03mg		
Sodium	79.45mg		
Carbohydrates	0.49g		
Fiber	0.06g		
Sugar	0.08g		
Protein	22.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.70mg	Iron	0.01mg

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cereal sack lunch

Servings:	100.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31677
School:	Otsego Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cereal Choice	100 Each	READY_TO_EAT NA	
CHEESE STRING MOZZ 360-1.02Z USDA	100 Ounce		347211
Mixmi Frozen Yogurt - Vanilla	100 Ounce	READY_TO_EAT Ready to eat.	94801
100% Fruit Juice	100 Each	READY_TO_DRINK	
Apples, Gala	100 Serving	READY_TO_EAT Rinse under cool water and let dry	310

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	1.50
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	344.67
Fat	8.33g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	21.67mg
Sodium	305.33mg
Carbohydrates	56.20g
Fiber	6.67g
Sugar	32.17g
Protein	10.10g
Vitamin A 10.00IU	Vitamin C 0.00mg
Calcium 19.67mg	Iron 30.88mg

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