

# **Cookbook for Melvindale High School**

**Created by HPS Menu Planner**

# Table of Contents

[Spicy Chicken Patty Sandwich](#)

[Beef Soft Taco](#)

[Cheeseburger](#)

[Beef Macaroni](#)

[Nachos with Ground Beef](#)

[Bean Burrito Bowl](#)

[Chicken or Turkey Taco](#)

[Lentil Taco Salad](#)

[Popcorn Chicken Bowl](#)

[Chicken On Biroche with Honey Mustard](#)

# Spicy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<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-35980

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	0/1 Each	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	0/1 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.	327080

## Preparation Instructions

Cook chicken to package instructions. Place bottom portions of hamburger buns on bun pan. Place the cooked chicken patties on the buns. Cover with bun top. Sandwiches may be wrapped in deli paper, waxed paper, foil sheets, plastic wrap, or placed in sandwich bags.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Beef Soft Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35981

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
Lettuce 1/8 Shredded 5#	1/8 Cup		2793
Fresh Diced Tomatoes	1/4 Cup	READY_TO_EAT Keep chilled until ready to serve	16P45

## Preparation Instructions

Cook taco meat per package instructions until product reaches 165°. When cooked, open bags carefully and pour contents into full hotel pan. Cover with lid. Place in steamtable.

Assembly: Divide (1) 3oz spoodle of taco meat between the tortillas. Sprinkle 1/8 cup shredded cheddar cheese on each taco. Optional garnish with lettuce and diced tomatoes.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.139
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	397.03
<b>Fat</b>	19.54g
<b>SaturatedFat</b>	11.70g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	62.18mg
<b>Sodium</b>	619.84mg
<b>Carbohydrates</b>	35.73g
<b>Fiber</b>	5.89g
<b>Sugar</b>	3.89g
<b>Protein</b>	22.11g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 294.32mg	<b>Iron</b> 3.87mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

<b>Servings:</b>	1.00	<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-35985

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 40 COMM	2 1/5 Ounce	Bake in oven. Cook to 165 degrees.	200570
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

## Preparation Instructions

Assemble one hamburger patty and one piece of cheese on bun. Serve immediately or wrap in deli paper, foil sheets, plastic wrap or placed in sandwich bags.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	175.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	9.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 1.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Beef Macaroni

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35987
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	3 1/8 Pound		229941
ONION DCD 1/4 2-5 RSS	14 Ounce		198307
TOMATO PASTE FCY 6-10 REDPK	3 Pound	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
TOMATO DCD 6-10 COMM	1 8/15 Quart		150590
BROTH BF NO MSG 12-49Z HRTHSTN	2 Quart	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	504599
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon		513857
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473

Description	Measurement	Prep Instructions	DistPart #
SPICE CUMIN GRND 15Z TRDE	1 1/2 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 1/2 Teaspoon		518331
SPICE ONION POWDER 96Z TRDE	1 1/2 Teaspoon		195173
SEASONING ANCHO CHILI 21Z TRDE	2 Tablespoon		748570
CHEESE CHED MLD SHRD 4-5 LOL	3 1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
BEEF CRMBL CKD 6-5	8 Pound	MICROWAVE To thaw product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave heat thawed product in 5 pound bag on high power for 6 8 minutes on each side or until internal temperature reaches 165degrees f. Steamer place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20 25 minutes or until internal temperature reaches 165 degrees f.	674312

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Add salt.

Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.

Add onions. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

(Optional) Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.

Critical Control Point: Hold for hot service at 140 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/2 cup red/orange vegetable, and 1 oz equivalent grains.

7: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	303.83
<b>Fat</b>	11.98g
<b>SaturatedFat</b>	5.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.40mg
<b>Sodium</b>	386.96mg
<b>Carbohydrates</b>	28.92g
<b>Fiber</b>	4.17g
<b>Sugar</b>	6.52g
<b>Protein</b>	18.71g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 62.69mg	<b>Iron</b> 2.53mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Nachos with Ground Beef

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35990
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE ONION POWDER 96Z TRDE	1 Tablespoon		195173
CHEESE AMER SHRD R/F 4-5 LOL	1 5/9 Gallon	READY_TO_EAT Preshredded. Use cold or melted	861950
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	4 Ounce		466240
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020
BEEF CRMBL CKD 6-5	4 1/2 Pound	MICROWAVE To thaw product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave heat thawed product in 5 pound bag on high power for 6 8 minutes on each side or until internal temperature reaches 165degrees f. Steamer place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20 25 minutes or until internal temperature reaches 165 degrees f.	674312

## Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately.

Add seasoning and mix.

Add milk to ground beef mixture. Stir frequently over medium heat. When simmering add cheese. Stir frequently

over medium heat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.

Add green chili peppers (optional) and stir to combine.

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately ¼ cup) taco shell pieces.

If desired, garnish with chopped green peppers, chopped tomatoes, and chopped green chili peppers.

Notes:

1: Comments: \*See Marketing Guide.

2: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and

3: Seasoning Mixes) may be used to

4: replace these ingredients. For

5: 50 servings, use ¼ cup 1 ½ tsp

6: Mexican Seasoning Mix. For 100

7: servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

8: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		112.09	
<b>Fat</b>		7.10g	
<b>SaturatedFat</b>		3.59g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		23.98mg	
<b>Sodium</b>		539.55mg	
<b>Carbohydrates</b>		2.56g	
<b>Fiber</b>		0.08g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		10.63g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	194.35mg	<b>Iron</b>	0.55mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Bean Burrito Bowl

<b>Servings:</b>	100.00	<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-35991
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	3 Gallon		261475
ONION DCD 1/4 2-5 RSS	12 Ounce		198307
SPICE GARLIC POWDER 6 TRDE	2 Tablespoon		513857
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/3 Tablespoon		225037
SPICE CHILI POWDER MILD 16Z TRDE	3/8 Cup		331473
SPICE CUMIN GRND 15Z TRDE	1/4 Cup		273945
SPICE PAPRIKA 16Z TRDE	2 Tablespoon		518331
SPICE ONION POWDER 96Z TRDE	2 Tablespoon		195173
SALT SEA 36Z TRDE	1 1/3 Tablespoon		748590
TOMATO PASTE FCY 6-10 REDPK	3 1/2 Pound	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
Water	1 3/4 Gallon	READY_TO_DRINK	Water

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 Gallon	<b>BOIL</b> 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
CILANTRO CLEANED 4-1 RSS	1 3/4 Quart		219550
PICO DE GALLO FRSH 5 PEARSON	1		508245
CHEESE CHED MLD SHRD 4-5 LOL	2 Quart	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250

## Preparation Instructions

### Directions:

Combine beans, onions, garlic powder, pepper, seasonings, water, and tomato paste in a medium stock pot. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.

Critical Control Point: Heat to 165 °F or higher for 15 seconds.

Critical Control Point: Hold for hot service at 135 °F.

Set aside for step 13.

Boil water for step 7.

Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.

### Bake:

Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for 15 seconds.

Remove rice from oven. Fold cilantro into rice. Set aside for step 12.

### Assembly:

#### First layer:

Portion rice mixture with No. 8 scoop (1/2 cup).

#### Second layer:

Portion beans with No. 8 scoop (1/2 cup).

#### Third layer:

Portion pico de gallo with No. 16 scoop (1/4 cup). See G-15 for recipe ingredients and directions.

Garnish each burrito bowl with 1 Tbsp of cheese.

Serve 1 burrito bowl.

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when the variation of the ingredient is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 burrito bowl provides:

5: Legume as Meat / Meat Alternate: 1 1/2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

6: OR

7: Legume as Vegetable: 1/2 oz equivalent meat/meat alternate, 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

8: CACFP Crediting Information: 1 burrito bowl provides:

9: Legume as Meat / Meat Alternate: 1 1/2 oz meat/meat alternate, 5/8 cup vegetable, and 1 serving grains/bread.

10: OR

11: Legume as Vegetable: 1/2 oz meat

12: /

13: meat alternate, 7/8 cup vegetable, and 1 serving grains/bread.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and

19: boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

20: COOKING BEANS

21: Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

22: Critical Control Point: Hold for hot service at 135 °F or higher.

23: OR

24: Chill for later use.

25: Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

26: 1 lb dry pinto beans = about 2 cups dry or 5 1/4 cups cooked beans.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	3.000
<b>OtherVeg</b>	3.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	274.96		
<b>Fat</b>	3.84g		
<b>SaturatedFat</b>	1.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	313.26mg		
<b>Carbohydrates</b>	47.48g		
<b>Fiber</b>	6.56g		
<b>Sugar</b>	3.32g		
<b>Protein</b>	11.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	111.40mg	<b>Iron</b>	2.75mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken or Turkey Taco

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35992
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/4 2-5 RSS	12 Ounce		198307
CORN FZ 30 COMM	1 3/8 Quart		120490
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SALT SEA 36Z TRDE	2 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/3 Tablespoon		225037
TOMATO PASTE FCY 6-10 REDPK	1 3/4 Pound	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
Water	3 Quart	READY_TO_DRINK	Water
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE ONION POWDER 96Z TRDE	1 Tablespoon		195173
CHIX DCD 1/2 WHT CKD 2-5 GCHC	11 1/2 Pound		599697

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 1/8 Gallon	<b>BOIL</b> 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
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 3/4 Gallon		242489
TOMATO ROMA DCD 3/8 2-5 RSS	2 3/4 Pound		786543
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Quart	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	200 Each		714350

## Preparation Instructions

### Directions:

Combine onions, corn, garlic powder, salt, pepper, tomato paste, water, and seasonings in a large stock pot. Heat uncovered over medium heat for 5 minutes. Stir well. Bring to a boil.

Add chicken. Reduce heat and simmer for 25-30 minutes, stirring occasionally.

Critical Control Point: Heat to 165 °F for 15 seconds or higher.

Critical Control Point: Hold for hot service at 135 °F or higher.

See B-03 for recipe ingredients and directions. Set rice aside for step 9.

For topping: Combine lettuce and tomatoes. Toss slightly. Set mixture aside for step 12.

Set cheese aside for step 13.

Assembly (2 tacos per serving):

First layer: Using a No. 8 scoop, divide equally between two tacos, 1/2 cup (about 4 oz) rice on bottom of taco shells.

Second layer: Using a No. 30 scoop, spread 1/8 cup (about 1 1/2 oz) chicken mixture in each taco shell.

Transfer tacos to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Third layer: Using a No. 10 scoop, divide equally between two tacos, 3/8 cup (about 1 1/2 oz) lettuce and tomato mixture on top of chicken mixture.

Fourth layer: Using a No. 40 scoop, divide equally between two tacos, 1 Tbsp 1 tsp (about 1/3 oz) shredded cheese on top of lettuce and tomato mixture.

OR

Instruct students to "build" their own tacos.

Serve each student:

2 tacos; 3/8 cup (about 1 1/2 oz - use No. 10 scoop) lettuce and tomato mixture in individual souffle cups; 1 Tbsp 1 tsp (about 1/3 oz - use No. 40 scoop) shredded cheese in individual souffle cups.

Notes:

1: \*Remove salt from B-03 Cooking Rice ingredients when including dish in D-13C Chicken or Turkey taco recipe.

2: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

3: \*Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 2 tacos provide 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.

6: CACFP Crediting Information: 2 tacos provide 2 oz meat/meat alternate, 3/8 cup vegetable, and 2 servings grains/bread.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	361.37		
<b>Fat</b>	10.38g		
<b>SaturatedFat</b>	3.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.73mg		
<b>Sodium</b>	161.86mg		
<b>Carbohydrates</b>	44.68g		
<b>Fiber</b>	3.26g		
<b>Sugar</b>	2.14g		
<b>Protein</b>	22.94g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	102.37mg	<b>Iron</b>	1.17mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Lentil Taco Salad

<b>Servings:</b>	50.00	<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-36026

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LENTIL DRY 6-5 GCHC	2 1/4 Pound	ALWAYS SORT AND RINSE PRIOR TO COOKING. FOR A QUICK SOAK, ADD 8 CUPS OF WATER TO 1# LB BEANS, BRING WATER A RAPID BOIL AND BOIL FOR 2 MINUTES. REMOVE FROM HEAT. COVER AND LET STAND FOR 1 HOUR. DRAIN WATER AND RINSE BEANS.	267591
Water	3 1/2 Quart	READY_TO_DRINK	Water
SAUCE ENCH MLD 4- 1GAL ORTG	8 Cup		228031
JUICE LIME 4-1GAL REALIME	1/2 Cup		199028
SPICE CUMIN GRND 15Z TRDE	2 Teaspoon		273945
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Gram		451730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup		786543
CORN FZ 30 COMM	1 Cup		120490
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z 6-10 REDG	6 1/4 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

## Preparation Instructions

1. Preheat oven to 375°F.
2. In a full pan place dry lentils and water.
3. Cover with foil and cook for 30-40 minutes until water is absorbed and lentils are tender.
4. Remove from oven, stir and drain any excess water.
5. Stir enchilada sauce, lime juice, and cumin into lentils.
6. Cover and bake for an additional 10-12 minutes until temperature reaches 145°F.
7. Wash and prepare the lettuce and tomatoes.
8. To assemble salads: Place 1 cup lettuce on plate as a base. Serve one #10 dipper of lentil filling. 1/4 cup tomato. 1/4 cup corn. 1/8 cup shredded cheddar cheese. 1/8 cup salsa.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	1.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	132.97
<b>Fat</b>	5.70g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	405.25mg
<b>Carbohydrates</b>	16.14g
<b>Fiber</b>	3.93g
<b>Sugar</b>	2.13g
<b>Protein</b>	7.34g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 102.68mg	<b>Iron</b> 2.03mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken Bowl

<b>Servings:</b>	100.00	<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-36030

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	18 3/4 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
CORN FZ 30 COMM	1 1/2 Gallon	1.5 gallons PLUS 1 cup	120490
BROTH AU JUS RTU 12-49Z HRTHSTN	1 Quart	3 QUARTS PLUS 1/2 CUP. HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	569721
CHEESE CHED MLD SHRD 4-5 LOL	3 1/8 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
POTATO GRANULES NO MILK 6-5.75 GCHC	3 3/4 Pound	STEP 1) MEASURE AND COMBINE WATER, FLUID MILK AND SALT INTO A SAUCE PAN. BRING TO A BOIL. OPTION: ADD MARGARINE FOR RICHER CREAMIER TEXTURE. STEP 2) REMOVE FROM HEAT AND POUR IN A MIXING BOWL. STEP 3) USING WHIP ATTACHMENT, SET MIXER ON LOW SPEED. SLOWLY ADD POTATOES AND MIX FOR 1 MINUTE. STEP 4) SCRAPE DOWN BOWL AND WHIP ON HIGH SPEED UNTIL FLUFFY. (3-5 MINUTES). STEP 5) TRANSFER MASHED POTATO INTO SERVING PAN.	118508

## Preparation Instructions

1. Cook popcorn chicken according to package directions. Hold warm until service.
2. Cook corn in steamer for 15-20 minutes or until internal temperature reaches 135°F. Hold warm until service.
3. Prepare potatoes per package instructions. Hold warm until service.
5. To assemble: Scoop 1/2 cup mashed potatoes into a bowl. Top with corn, popcorn chicken, gravy and cheese.

6. Serve made to order.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	324.43
<b>Fat</b>	18.28g
<b>SaturatedFat</b>	5.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.60mg
<b>Sodium</b>	522.14mg
<b>Carbohydrates</b>	22.95g
<b>Fiber</b>	4.05g
<b>Sugar</b>	2.46g
<b>Protein</b>	18.44g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 135.88mg	<b>Iron</b> 2.04mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Chicken On Biroche with Honey Mustard

<b>Servings:</b>	100.00	<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-36033

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING HNY DIJON MSTRD 4-1GAL MARZ	1 Tablespoon		506443
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each	<b>CONVECTION</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. <b>MICROWAVE</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
BUN BRIOCHE 4 10-12CT ANTMILL	50 Each	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	485003
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup		702595
TOMATO SLCD 1/4 5 RSS	1 Cup		786535

## Preparation Instructions

Bake chicken to package instructions. Heat to 165°F for at least 15 seconds. Assembly: 1 chicken breast on brioche, 1-2 tablespoons honey mustard, leaf lettuce, and tomato.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	165.98		
<b>Fat</b>	2.81g		
<b>SaturatedFat</b>	0.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.05mg		
<b>Sodium</b>	345.99mg		
<b>Carbohydrates</b>	19.61g		
<b>Fiber</b>	0.53g		
<b>Sugar</b>	3.08g		
<b>Protein</b>	14.52g		
<b>Vitamin A</b>	41.65IU	<b>Vitamin C</b>	0.28mg
<b>Calcium</b>	42.81mg	<b>Iron</b>	1.51mg

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

## Nutrition - Per 100g

No 100g Conversion Available