

Cookbook for

Created by HPS Menu Planner

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Chili Dog



Servings:	95.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31443
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT 8/ 6 2-5 BALLP	95 Each	BOIL Heat water to a rolling boil. GRILL Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. MICROWAVE Microwave heat for 30-60 seconds. READY_TO_EAT Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. STEAM Place a single layer of hot dogs in a steam table pan.	245370
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	95 Each		270913
CHILI HOT DOG W/MT &BEAN 6-10 HRTHSTN	5 15/16 Quart	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.	103063
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

1. Thaw hot dogs in refrigerator overnight. Place in single layer in steamtable pan. Steam until internal temp is 165F for 15 seconds.
 2. Heat chili in pan to 165F. Cover and place in warmer until service. (portion is (1) oz. please weigh to determine scoop size.; pour cheese in pan for service.
- One serving= 1 hot dog on a bun and top with 1 oz chili and 0.5 oz cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 95.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	436.01
Fat	24.08g
SaturatedFat	9.55g
Trans Fat	0.00g
Cholesterol	60.27mg
Sodium	1196.74mg
Carbohydrates	34.51g
Fiber	5.00g
Sugar	4.00g
Protein	17.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 199.32mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Beef Tacos

NO IMAGE

Servings:	235.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31741
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	30 5/9 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	7 Cup		159204
Cold Water	4 7/10 Cup		0000
CHEESE CHED MLD SHRD 4-5 LOL	58 3/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 6 30-12CT	470 Each	1= 1G	882690

Preparation Instructions

1. Brown beef; drain well. Add water and seasoning and heat to 165F. for 15 seconds. Cover and place in warmer until service.

2. Warm tortillas.

3. To serve, fill each tortilla with taco #30 taco meat and #30 shredded cheese. Serving is (2) tacos.

2 Shells/#10 Taco Meat/ #16 shredded Cheese= 2 M/MA, 2 WG

**Allergens: Milk, Wheat, Soy

serve 2 per student

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 235.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	474.87
Fat	24.31g
SaturatedFat	13.10g
Trans Fat	1.55g
Cholesterol	70.36mg
Sodium	1703.18mg
Carbohydrates	42.52g
Fiber	9.76g
Sugar	2.00g
Protein	20.87g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 247.00mg	Iron 4.07mg

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Nutrition - Per 100g

No 100g Conversion Available

Shredded Chicken Tacos

NO IMAGE

Servings:	300.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31406
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	600 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
TORTILLA FLOUR ULTRGR 6 30-12CT	600 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	300 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

1) Heat chicken in steamer to 165F. Warm tortillas.

To assemble:

1) place 2 warm white corn tortilla in street taco holders

2) Add to each tortilla 1oz of Chicken by weight and add 1/2oz (2T) Shredded Cheese

Total of 3 filled tortillas per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	383.33
Fat	19.67g
SaturatedFat	11.33g
Trans Fat	0.00g
Cholesterol	83.33mg
Sodium	606.67mg
Carbohydrates	32.33g
Fiber	4.00g
Sugar	2.00g
Protein	21.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 256.33mg	Iron 2.67mg

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Nutrition - Per 100g

No 100g Conversion Available

Dark Green Side Salad

NO IMAGE

Servings:	75.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31754
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	75 Cup		735787
CHEESE CHED MLD SHRD 4-5 LOL	9 3/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
PEPPERS GREEN MED 20 MRKN	75 Ounce	Wash and dice.	206059
CUCUMBER SELECT 24CT MRKN	9 3/4 Cup	Wash and slice.	418439
TOMATO GRAPE SWT 10 MRKN	18 3/4 Cup	Rinse and drain; serve 3- per salad	129631

Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 41*
1 Serving= 1 C Romaine, 1T Cheese, 1 T diced peppers, 2 Sl Cucumber, 3 Grape Tomatoes

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	38.15		
Fat	1.33g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	3.90mg		
Sodium	27.77mg		
Carbohydrates	5.28g		
Fiber	1.94g		
Sugar	3.01g		
Protein	2.42g		
Vitamin A	457.96IU	Vitamin C	21.52mg
Calcium	50.40mg	Iron	0.59mg

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Nutrition - Per 100g

No 100g Conversion Available

Sliced Green Peppers



Servings:	50.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38017
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN MED 20 MRKN	25 Cup		206059

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup Other vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	14.90		
Fat	0.15g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	3.50g		
Fiber	1.25g		
Sugar	2.00g		
Protein	0.65g		
Vitamin A	275.65IU	Vitamin C	59.90mg
Calcium	7.45mg	Iron	0.26mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

NO IMAGE

Servings:	50.000	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34262
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	2 #10 CAN	BAKE	100364
KETCHUP CAN 6-10 HNZ	1 1/2 Quart		100188
SUGAR BROWN LIGHT 25# DOMINO	3/4 Cup		834990
ONION DCD 1/4 2-5 RSS	24 Ounce		198307

Preparation Instructions

1. Pour beans into steamtable pan; (12x20x4). (2cans per pan).
2. Combine onions, brown sugar, and ketchup. Add to beans. Stir; cover and bake until internal temp is 165F. for 15 seconds.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 0.66 Cup

Amount Per Serving

Calories	158.53		
Fat	2.61g		
SaturatedFat	0.79g		
Trans Fat	0.00g		
Cholesterol	14.16mg		
Sodium	145.04mg		
Carbohydrates	26.59g		
Fiber	5.17g		
Sugar	9.32g		
Protein	11.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.36mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Lettuce & Tomatoes



Servings:	75.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38041
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD 3/8 CUT 4-5 RSS	18 3/4 Cup		678791
TOMATO 6X6 LRG 10 MRKN	18 3/4 Cup	wash and dice tomatoes	199001

Preparation Instructions

Pre-portion 1/4 C shredded lettuce and 1/4 C diced tomatoes in bowl to offer with Nachos.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	10.60		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.50mg		
Carbohydrates	2.25g		
Fiber	0.80g		
Sugar	1.50g		
Protein	0.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	7.00mg	Iron	0.12mg

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Nutrition - Per 100g

No 100g Conversion Available