

Cookbook for Midview west, east, north

Created by HPS Menu Planner

Table of Contents

[Purple Daze Smoothie](#)

[Walking Taco-Elem](#)

[corn dog](#)

Purple Daze Smoothie

NO IMAGE

Servings:	16.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35010
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 ASEP 12-46FLZ HV	2 Quart		586455
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811490

Preparation Instructions

1. Stir yogurt and grape juice together in an 8 quart measurement-marked food storage container until well mixed.
2. Verify that the finished smoothie mixture yields 4 quarts (16 cups). This ensures that each serving will contain 1/2 cup of fruit. If necessary, add grape juice to meet 16 cups total yield.
3. Portion 8 ounces into a 9 ounce serving cup. Fill remaining cups using portioned one as a visual guide.
4. Place lids on cups and serve chilled. Refrigerate if not serving immediately. Smoothies may also be refrigerated overnight.

Meal Components (SLE)

Amount Per Serving

Meat	0.933
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	191.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	64.70mg
Carbohydrates	42.63g
Fiber	0.00g
Sugar	34.42g
Protein	4.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.83mg	Iron 0.50mg

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

Nutrition - Per 100g

Calories	84.63
Fat	0.33g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	1.65mg
Sodium	28.53mg
Carbohydrates	18.80g
Fiber	0.00g
Sugar	15.18g
Protein	1.87g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 65.62mg	Iron 0.22mg

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

Walking Taco-Elem

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41792
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound	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
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
Salsa, Low-Sodium, Canned	1 #10 CAN	READY_TO_EAT	100330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 3/5 Pound		242489
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012

Preparation Instructions

Wash hands. Refer to our Standard Operation Procedures (SOP).

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3.17 oz taco meat, 1 bag of tortilla scoops, 1/2 oz lettuce, 1 oz salsa, and 1 oz shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours. Cold foods should be kept at 41° or less.

NOTE: Turkey taco filling can also be used. If the taco fillings are not available then use the taco recipe, D-13, in the school recipe book.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	327.20
Fat	13.35g
SaturatedFat	5.82g
Trans Fat	0.29g
Cholesterol	54.32mg
Sodium	697.48mg
Carbohydrates	29.65g
Fiber	5.24g
Sugar	4.40g
Protein	21.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.81mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

corn dog



Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5528
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX ORIG 72-4Z GCHC	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	210323

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

12-14 minutes at 350°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

9-11 minutes at 350°F from frozen.

MICROWAVE

Appliances vary, adjust accordingly.

Microwave

Microwave on full power for 2 minutes from frozen.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	3.89		
Fat	0.19g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.49mg		
Sodium	12.92mg		
Carbohydrates	0.42g		
Fiber	0.01g		
Sugar	0.07g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.08mg	Iron	0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available