

Cookbook for Test High School 2

Created by HPS Menu Planner

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Chicken Patty Sandwich

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3936
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 Each	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.	558061
TOMATO 6X6 LRG	100 Slice	1 Slice of Tomato	199001
LETTUCE ICEBERG FS	200 Piece	2 Lettuce leaf's	307769

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.

4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.333
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	389.81		
Fat	14.58g		
SaturatedFat	2.52g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	643.47mg		
Carbohydrates	42.07g		
Fiber	6.77g		
Sugar	6.33g		
Protein	20.32g		
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	71.93mg	Iron	3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-106
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	3 Quart		429406
VINEGAR WHT DISTILLED 5	1 Cup		629640
SPICE DILL WEED	1/2 Cup		513938
SPICE PEPR WHITE GRND	1 Teaspoon		513776
SPICE ONION MINCED	1/2 Cup		513997
SUGAR CANE GRANUL	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)		108642
CUCUMBER SELECT	4 Gallon	+/- 22 lbs	198587

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF

41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.640
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	63.72
Fat	2.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	19.19mg
Sodium	97.25mg
Carbohydrates	12.52g
Fiber	0.38g
Sugar	4.52g
Protein	0.38g
Vitamin A 69.89IU	Vitamin C 1.87mg
Calcium 14.51mg	Iron 0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Turkey Burger MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each		517810
TURKEY BRGR FLAMEBR	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	897690
TOMATO 6X6 LRG	1 Gallon 1 Quart (20 Cup)	1 slice	199001
LETTUCE ICEBERG FS	1 Ounce	1 leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

- ,1. Cook chicken patty as directed on package.
- ,2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
- ,3. Serve.
- ,4. Allow student to select condiment of choice.

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	296.58		
Fat	11.58g		
SaturatedFat	3.02g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	421.85mg		
Carbohydrates	29.42g		
Fiber	4.45g		
Sugar	6.01g		
Protein	19.32g		
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	63.70mg	Iron	2.10mg

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-102
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each		517810
TOMATO 6X6 LRG	1 Gallon 1 Quart (20 Cup)	1 Slice	199001
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)	1 Leaf	307769
KETCHUP PKT 1000- 9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT	1 3/5 Quart		429406

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	362.07
Fat	15.60g
SaturatedFat	5.02g
Trans Fat	1.00g
Cholesterol	45.24mg
Sodium	542.98mg
Carbohydrates	37.49g
Fiber	5.44g
Sugar	9.02g
Protein	18.32g
Vitamin A 299.88IU	Vitamin C 4.93mg
Calcium 76.66mg	Iron 3.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Mixed Green MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-107
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG	2 Quart 1/2 Cup (8 1/2 Cup)	+/- 7 lbs	199001
CUCUMBER SELECT	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 10 lbs	198587

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.840
RedVeg	0.085
OtherVeg	0.300
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	24.23		
Fat	0.09g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.37mg		
Carbohydrates	5.16g		
Fiber	2.05g		
Sugar	2.71g		
Protein	2.00g		
Vitamin A	160.21IU	Vitamin C	2.97mg
Calcium	33.40mg	Iron	0.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7775
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE H/D	1 Quart		467596
VINEGAR WHT DISTILLED 5	1 Pint 1/2 Cup (2 1/2 Cup)		629640
SPICE DILL WEED	1 1/4 Cup		513938
SPICE PEPR WHITE GRND	2 1/2 Teaspoon		513776
SPICE ONION MINCED	1 1/4 Cup		513997
SUGAR CANE GRANUL	12 1/2 Ounce		108642
CUCUMBER SELECT	55 Pound		198587

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.

4. Sprinkle sugar over dressing and mix well.
 5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.
- Serve immediately.

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

Child Nutrition: 6z spoodle provides= 5/8 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	0.550
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	76.43		
Fat	7.15g		
SaturatedFat	1.28g		
Trans Fat	0.00g		
Cholesterol	6.40mg		
Sodium	49.08mg		
Carbohydrates	5.10g		
Fiber	0.33g		
Sugar	1.60g		
Protein	0.33g		
Vitamin A	60.06IU	Vitamin C	1.61mg
Calcium	10.12mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Bacon on a Biscuit

NO IMAGE

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27459
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	4 5/7 Each		592625
BACON CKD THN SLCD	4 5/7 Slice		314196
DOUGH BISC WGRAIN	4 5/7 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 4.71

Serving Size: 1.00 Serving

Amount Per Serving

Calories	297.77
Fat	15.26g
SaturatedFat	6.31g
Trans Fat	0.01g
Cholesterol	99.09mg
Sodium	538.94mg
Carbohydrates	29.03g
Fiber	2.00g
Sugar	3.00g
Protein	9.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 138.13mg	Iron 1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

POTATO BOWL

NO IMAGE

Servings:	4.71	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27460
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.00

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whipped Potatoes



Servings:	4.71	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27461
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	3 3/10 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

No Preparation Instructions available.

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	0.000
Starch	0.088

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.50 Cup

Amount Per Serving

Calories	252.23
Fat	2.80g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1036.94mg
Carbohydrates	47.64g
Fiber	2.80g
Sugar	0.00g
Protein	5.61g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.03mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Patty on a Bun



Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27462
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	4 5/7 Each	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.	558061
Hamburger Bun	4 5/7 Each	READY_TO_EAT	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.35		
Fat	15.01g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.02mg		
Sodium	650.59mg		
Carbohydrates	41.04g		
Fiber	6.01g		
Sugar	4.00g		
Protein	20.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.03mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Wings & Breadstick



Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27463
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	23 4/7 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
BREADSTICK WGRAIN 1.31Z 10-20CT	4 5/7 Each		152211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.002
Grain	2.251
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.17		
Fat	9.76g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	25.02mg		
Sodium	507.79mg		
Carbohydrates	31.51g		
Fiber	4.50g		
Sugar	2.00g		
Protein	20.51g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.26mg	Iron	2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Supreme Pizza



Servings:	37.71	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27464
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG	4 5/7 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP	1 Pint 1 8/15 Cup (3 8/15 Cup)		373800
CHEESE MOZZ SHRD	1 Gallon 1 Pint 6/7 Cup (18 6/7 Cup)		645170

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CNOLA/XVRGN 90/10	4 Fluid Ounce 1 3/7 Tablespoon (9 3/7 Tablespoon)		732900
SPICE OREGANO LEAF	1 Tablespoon 1 5/7 Teaspoon (4 5/7 Teaspoon)		513733
SAUSAGE ITAL CHNK CKD W/TVP40/Z	1 Pint 5/14 Cup (2 5/14 Cup)		499552
ONION RED JUMBO	1 2/11 Cup		198722
PEPPERS COLORED MIXED ASST	1 Pint 5/14 Cup (2 5/14 Cup)		491012

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
 - 2) Place dough on Pizza Screen.
 - 3) Brush crust with seasoned oil.
 - 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge.
 - 5) Weigh out 16 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
 - 6) Sprinkle oregano over cheese.
 - 7) Spread Pepperoni in 3 rings on pizza, leaving center of pizza free of pepperoni. Add sausage evenly over pizza. Add onion, red peppers, black olives.
 - 8) Cover and freeze for transport. Hold frozen at 0°F or below.
 1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust should have some color.
 2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.
- CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.094
OtherVeg	0.132
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 37.71

Serving Size: 1.00 Slice

Amount Per Serving

Calories	410.22
Fat	20.24g
SaturatedFat	9.41g
Trans Fat	0.15g
Cholesterol	34.75mg
Sodium	867.35mg
Carbohydrates	34.61g
Fiber	2.03g
Sugar	5.66g
Protein	21.10g
Vitamin A 250.10IU	Vitamin C 14.87mg
Calcium 430.20mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza



Servings:	37.71	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27465
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG	4 5/7 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°C TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP	1 Quart 5/7 Cup (4 5/7 Cup)		373800

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD	1 Gallon 1 Pint 6/7 Cup (18 6/7 Cup)		645170
OIL BLND CNOLA/XVRGN 90/10	4 Fluid Ounce 1 3/7 Tablespoon (9 3/7 Tablespoon)		732900
SPICE OREGANO LEAF	1 Tablespoon 1 5/7 Teaspoon (4 5/7 Teaspoon)		513733

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 37.71

Serving Size: 1.00 Slice

Amount Per Serving			
Calories	391.04		
Fat	18.60g		
SaturatedFat	8.85g		
Trans Fat	0.15g		
Cholesterol	31.00mg		
Sodium	857.00mg		
Carbohydrates	34.00g		
Fiber	2.10g		
Sugar	5.50g		
Protein	20.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	425.90mg	Iron	2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait



Servings:	4.71	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27466
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT	1 Pint 1 8/15 Cup (3 8/15 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 Pint 5/14 Cup (2 5/14 Cup)		119873
STRAWBERRY DCD 1/2IN IQF	1 Pint 5/14 Cup (2 5/14 Cup)		621420

Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup

1/2 cup fruit (either blueberry or strawberry) on top of the yogurt

Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)

You will measure 3/4 cup of granola into the insert and place it on top of the berries

Finish with placing a dome lid on top

label and keep in the cooler at 41 or below until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	4.108
Grain	1.742
Fruit	1.001
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00

Amount Per Serving

Calories	873.56
Fat	16.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	14.94mg
Sodium	524.28mg
Carbohydrates	166.19g
Fiber	6.01g
Sugar	96.76g
Protein	21.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 537.80mg	Iron 2.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad w/ diced chicken

NO IMAGE

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27467
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 2/11 Cup		150250
CUCUMBER SELECT	18 6/7 Slice		198587
TOMATO 6X6 LRG	9 3/7 Piece		199036
CROUTON HMSTYL SEAS 10-2# GCHC	28 2/7 Piece		748500
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 5/7 Ounce	UNSPECIFIED Not currently available	570533
LETTUCE SALAD MXD VLLY BLND	3 Quart 1 Pint 1/7 Cup (14 1/7 Cup)		520643

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.835
Grain	0.000
Fruit	0.000
GreenVeg	4.004
RedVeg	0.250
OtherVeg	0.400
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving

Calories	317.96
Fat	11.86g
SaturatedFat	6.53g
Trans Fat	0.00g
Cholesterol	48.38mg
Sodium	683.67mg
Carbohydrates	33.71g
Fiber	16.81g
Sugar	10.06g
Protein	21.66g
Vitamin A 56469.87IU	Vitamin C 151.47mg
Calcium 533.64mg	Iron 11.97mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

NO IMAGE

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27468
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F	4 5/7 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	4 5/7 bun	BAKE	5113
TURKEY HAM SLCD	18 6/7 Slice		556121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.117
Grain	2.002
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving

Calories	326.02		
Fat	11.05g		
SaturatedFat	3.21g		
Trans Fat	0.00g		
Cholesterol	86.01mg		
Sodium	1028.39mg		
Carbohydrates	31.03g		
Fiber	2.00g		
Sugar	4.50g		
Protein	27.83g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.09mg	Iron	0.94mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Hot Sub

NO IMAGE

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27469
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	23 4/7 Slice		244190
CHEESE AMER 160CT SLCD R/F	4 5/7 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	4 5/7 bun	BAKE	5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.169
Grain	2.002
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving

Calories	286.93
Fat	8.26g
SaturatedFat	2.09g
Trans Fat	0.00g
Cholesterol	45.04mg
Sodium	708.98mg
Carbohydrates	31.03g
Fiber	2.00g
Sugar	4.50g
Protein	23.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.09mg	Iron 0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available