

Cookbook for Tami Elementary School K-4

Created by HPS Menu Planner

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Eggs Scrambled USDA

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 #16 Scoop	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1601
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD	100 Each		206539
MILK PWD FF INST	6 1/2 Ounce		311065
SALT KOSHER 12-3 DIAC	1 Tablespoon		424307

Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 100.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving

Calories	54.65
Fat	2.78g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	103.76mg
Sodium	97.11mg
Carbohydrates	2.36g
Fiber	0.00g
Sugar	2.36g
Protein	4.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 73.79mg	Iron 0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41737
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1IN 60WHT 40DK	12 Pound		290599
SAUCE ALFREDO FZ	7/8 Package	BOIL KEEP FROZEN Place 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.	155661
PASTA LINGUINE 10"	7 0.04 Pound		413380

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	222.11
Fat	4.05g
SaturatedFat	1.52g
Trans Fat	0.01g
Cholesterol	49.18mg
Sodium	147.04mg
Carbohydrates	24.91g
Fiber	1.13g
Sugar	2.07g
Protein	22.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 62.25mg	Iron 1.53mg

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41738
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
3.5 WG Hamburger Bun	100 Each		3354
TOMATO 5X6 XL	100 Slice		438197
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)		307769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	276.55		
Fat	9.55g		
SaturatedFat	2.01g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	552.38mg		
Carbohydrates	23.38g		
Fiber	2.53g		
Sugar	3.88g		
Protein	23.20g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	6.75mg	Iron	8.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Muffin and LF Mozzarella String Cheese



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41642
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	100 Each		557970
CHEESE STRING MOZZ LT IW 168-1Z COMM	100 Each		862680

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	330.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	17.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.00mg	Iron 0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41801
School:	Tami Elementary School K-4		

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 inpreheated 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	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	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

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	326.48		
Fat	14.58g		
SaturatedFat	5.02g		
Trans Fat	1.00g		
Cholesterol	35.00mg		
Sodium	406.80mg		
Carbohydrates	30.40g		
Fiber	5.44g		
Sugar	6.00g		
Protein	18.32g		
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	74.60mg	Iron	3.10mg

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Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41739
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	12 Gallon 2 Quart (200 Cup)		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	12 Pound 8 Ounce (200 Ounce)	Weigh	722330
CHIP TORTL RND R/F	100 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.020
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	291.36
Fat	10.03g
SaturatedFat	2.14g
Trans Fat	0.00g
Cholesterol	21.45mg
Sodium	346.56mg
Carbohydrates	36.15g
Fiber	6.26g
Sugar	3.26g
Protein	13.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 103.55mg	Iron 1.85mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast English Muffin Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41639
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	100 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY GRLLD	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036

Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.80
Fat	5.05g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	100.15mg
Sodium	397.80mg
Carbohydrates	21.02g
Fiber	1.00g
Sugar	1.01g
Protein	9.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.00mg	Iron 1.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Romaine Side Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41718
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)		451730
TOMATO GRAPE SWT	25 Pound		129631
Cucumber	200 Slice		16P98
Shredded Cheddar Cheese	6 Pound 4 Ounce (100 Ounce)		100003

Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.315
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.41		
Fat	9.25g		
SaturatedFat	6.06g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	195.67mg		
Carbohydrates	6.41g		
Fiber	2.39g		
Sugar	4.15g		
Protein	8.01g		
Vitamin A	944.62IU	Vitamin C	15.54mg
Calcium	27.34mg	Iron	0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Casserole

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41746
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	57 Each		206547
Prairie Farms 1% Low Fat White Milk	3 Quart		
Ham, Cubed Frozen	7 Pound		100188-H
SPICE MUSTARD GRND	1 Pint 1 Tablespoon 1 0.030680172444744 Teaspoon (100 Teaspoon)		224928
Cheese, Cheddar Reduced fat, Shredded	1 Quart 1 Pint 1 Cup (7 Cup)		100012

Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	92.07
Fat	5.83g
SaturatedFat	2.92g
Trans Fat	0.00g
Cholesterol	116.40mg
Sodium	304.98mg
Carbohydrates	2.28g
Fiber	0.00g
Sugar	1.08g
Protein	10.09g
Vitamin A 0.15IU	Vitamin C 0.03mg
Calcium 14.70mg	Iron 0.57mg

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Nutrition - Per 100g

No 100g Conversion Available

Taco Walking MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-134
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	100 Package		696871
TACO FILLING BEEF	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		191043
SALSA 103Z	7 Pound	READY_TO_EAT	452841
LETTUCE SHRD TACO 1/8CUT	1 3/5 Ounce		242489

Preparation Instructions

WASH HANDS.

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

,1. In a tilt-skillet, cook beef and drain fat.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

,2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

,3. Crush individual bags of chips and open.

,3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

,4. Serve.

,Child Nutrition: 1 Each provides=

,1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

,OR

,1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.187
OtherVeg	0.008
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	248.86
Fat	11.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	440.26mg
Carbohydrates	24.52g
Fiber	3.01g
Sugar	1.77g
Protein	10.50g
Vitamin A 22.50IU	Vitamin C 0.00mg
Calcium 111.16mg	Iron 2.05mg

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Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on WW Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41657
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	22 Pound 11 Ounce (363 Ounce)	132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve. Open bags place in 2 inch pan heat to 140.	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	Remove from freezer day before. Place amount needed for day in plastic container to be ready for service	676151

Preparation Instructions

Directions:

Pour ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Portion is 1 sandwich.

Notes:

1: * See Marketing Guide

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	245.10
Fat	6.80g
SaturatedFat	2.20g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	803.80mg
Carbohydrates	29.00g
Fiber	3.80g
Sugar	11.00g
Protein	17.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available