

Cookbook for Test High School 2

Created by HPS Menu Planner

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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

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

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

Cauliflower Parslied MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-97
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 17 lbs	610882
BUTTER PRINT UNSLTD GRD AA	3/4 Cup		299405
SPICE PARSLEY FLAKES	3/4 Cup		513989

Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

,Child Nutrition: 4 oz spoodle provides= 1/2 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	0.300
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	19.50		
Fat	1.32g		
SaturatedFat	0.84g		
Trans Fat	0.00g		
Cholesterol	3.60mg		
Sodium	4.50mg		
Carbohydrates	1.50g		
Fiber	0.90g		
Sugar	0.30g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.86mg	Iron	0.30mg

*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 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

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Nutrition - Per 100g

No 100g Conversion Available

Fries Sweet Potato Crinkle MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-100
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16IN	19 3/4 Pound		628100

Preparation Instructions

Directions:

- ,1: Wash hands.
- ,2: Bake french fries according to manufacturer's instructions.
- ,3.17 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	168.53
Fat	6.32g
SaturatedFat	1.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	252.80mg
Carbohydrates	25.28g
Fiber	1.05g
Sugar	7.37g
Protein	1.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.60mg	Iron 0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available