

Cookbook for Test High School 2

Created by HPS Menu Planner

Table of Contents

[Beans Green Sesame MTG](#)

[Hamburger Deluxe MTG](#)

[Beans Baked MTG](#)

[Salad Cucumber Creamy MTG](#)

Beans Green Sesame MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-94
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL	30 Cup	+/- 10 lbs	857424
OIL SESAME PURE	1 Tablespoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
OIL OLIVE PURE	1 Tablespoon		432061
SALT SEA	2 Teaspoon		748590
SPICE SESAME SEED HULLED	1 Tablespoon		513806

Preparation Instructions

- WASH HANDS.
- ,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.
- ,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.
- ,
- ,CCP: Hot hold for service at 135°F or above.
- ,Note: Boil beans within 1 hour of service.
- ,They tend to overheat and turn grey after 1 hour
- ,

,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		13.42	
Fat		0.42g	
Saturated Fat		0.08g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		45.98mg	
Carbohydrates		2.40g	
Fiber		0.90g	
Sugar		1.20g	
Added Sugar		0.00g	
Protein		0.60g	
Vitamin A	227.70mcg	Vitamin C	4.03mg
Calcium	12.21mg	Iron	0.34mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe MTG



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 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		517810
TOMATO 6X6 LRG	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS	100 Ounce	1 Leaf	307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT	6 Cup 6 Tablespoon (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
Beans, Peas, and Lentils	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	
Saturated Fat		5.02g	
Trans Fat		1.00g	
Cholesterol		45.24mg	
Sodium		542.98mg	
Carbohydrates		37.49g	
Fiber		5.44g	
Sugar		9.02g	
Added Sugar		0.00g	
Protein		18.32g	
Vitamin A	299.88mcg	Vitamin C	4.93mg
Calcium	76.66mg	Iron	3.12mg

Nutrition - Per 100g

No 100g Conversion Available

Beans Baked MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-93

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED ORIG	64 Cup	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.166
Beans, Peas, and Lentils	0.640
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		192.00	
Fat		0.64g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		704.00mg	
Carbohydrates		38.40g	
Fiber		6.40g	
Sugar		15.36g	
Added Sugar		0.00g	
Protein		8.96g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	64.00mg	Iron	2.43mg

Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy MTG

user image or type unknown

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	4 Cup		467596
VINEGAR WHT DISTILLED 5	2 Cup 8 Tablespoon (2 1/2 Cup)		629640
SPICE DILL WEED	1 Cup 4 Tablespoon (1 1/4 Cup)		513938
SPICE PEPR WHITE GRND	2 Teaspoon		513776
SPICE ONION MINCED	1 Cup 4 Tablespoon (1 1/4 Cup)		513997
SUGAR CANE GRANUL	12 Ounce		108642
CUCUMBER SELECT SUPER	880 Ounce		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
Beans, Peas, and Lentils	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	
Saturated Fat		1.28g	
Trans Fat		0.00g	
Cholesterol		6.40mg	
Sodium		49.08mg	
Carbohydrates		5.10g	
Fiber		0.33g	
Sugar		1.60g	
Added Sugar		0.00g	
Protein		0.33g	
Vitamin A	60.06mcg	Vitamin C	1.61mg
Calcium	10.12mg	Iron	0.18mg

Nutrition - Per 100g

No 100g Conversion Available