Meals Plus Customer Cookbook

Please submit your recipe(s) to recipes@mealsplus.com by July 29, 2015.

Recipe Template

- Recipe Name:
- Ingredients:
- Yields:
- Serving Size:
- Food Group Components: [Protein, Grain, Fruit, Vegetable, Dairy]
- Recipe Type: [Breakfast, Lunch Entrees, Sandwiches, Fruits/Vegetables or Desserts]
- Directions:
- Nutrients per serving:
- Allergens:
- HACCP Notes:
- Additional Notes:

Recipe Example (for illustrative purposes only)

- Recipe Name: Beef Casserole
- Ingredients: 64 oz. of tomato sauce, 2 lb. cooked ground beef, 14 oz. egg noodles, 1 lb. shredded mozzarella cheese
- Yields: 25 servings
- Serving Size: 3 oz.
- Food Group Components: Grain, Proteins, Red Vegetable
- Recipe Type: Lunch Entree
- Directions:
  1. Brown ground beef. Drain.
  2. Boil noodles.
  3. Assemble ingredients as follows: In steamtable pan (12"X20"X 2 ½") which has been lightly coated with pan release spray -
  Layer 1: sauce, Layer 2: cooked egg noodles, Layer 3: cooked ground beef, Layer 4: cheese
  4. Repeat with remaining ingredients.
  5. Bake: Conventional oven: 375 F for 30 minutes
  Convection oven: 350 F for 20 minutes
  6. Remove pans from oven. Let stand for 15 minutes before serving.
  7. CCP: Hold for hot service at 135 F or higher.
  8. Portion using a 3 oz. scoop.
- Nutrients per serving:
- Allergens:
- HACCP Notes:
- Additional Notes: This is our middle school students' favorite lunch meal!