

# Cookbook for Concord Community Schools MI

Created by HPS Menu Planner

# Table of Contents

Beans Baked MTG

Breakfast Cereals

Assorted Muffins

Pepperoni Pizza

# Beans Baked MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Beans Baked MTG

## Nutrition Information

<b>Calories</b>	176.65	<b>Protein</b>	7.57g
<b>Fat</b>	1.26g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	36.59g	<b>Fiber</b>	6.31g
<b>Sugar</b>	15.14g	<b>Sodium</b>	694.00mg
<b>Iron</b>	2.27mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	50.47mg

## Ingredients

4 Gallon BEAN BAKED 6-10 BUSH

## 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

# Breakfast Cereals

**Servings:** 4.00

**Meal Type:** Breakfast

**Category:** Entree

**HACCP Process:** No Cook

Assorted Breakfast Cereals

## Nutrition Information

<b>Calories</b>	200.00	<b>Protein</b>	2.50g
<b>Fat</b>	3.75g	<b>SaturatedFat</b>	0.13g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	39.50g	<b>Fiber</b>	3.00g
<b>Sugar</b>	12.75g	<b>Sodium</b>	265.00mg
<b>Iron</b>	5.00mg	<b>Vitamin C</b>	5.40mg
<b>Vitamin A</b>	450.00IU	<b>Calcium</b>	120.00mg

## Ingredients

**1 Each** CEREAL CINN TOAST R/S BWL 96CT GENM

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

**1 Package** CEREAL TRIX R/S WGRAIN BWL 96CT GENM

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

**1 Package** CEREAL LUCKY CHARMS WGRAIN BWL 96CT

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

**1 Each** CEREAL COCOA PUFFS WGRAIN R/S 96CT

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

**4 Package** CRACKER GRHM 150-3CT NAB

## Preparation Instructions

# Assorted Muffins

**Servings:** 2.00

**Meal Type:** Breakfast

**Category:** Entree

**HACCP Process:** No Cook

Assorted muffins with a graham cracker side.

## Nutrition Information

<b>Calories</b>	148.20	<b>Protein</b>	1.71g
<b>Fat</b>	4.56g	<b>SaturatedFat</b>	0.57g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	11.40mg
<b>Carbohydrates</b>	25.08g	<b>Fiber</b>	1.14g
<b>Sugar</b>	11.40g	<b>Sodium</b>	139.65mg
<b>Iron</b>	1.03mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	11.40mg

## Ingredients

1 **7/50** 72-1.8Z MUFFIN BLUEBERRY IW OTIS 03100

1 **7/50 Each** MUFFIN CHOCOLATE CHIP IW 96-2Z

1 **7/50 Package** CRACKER GRHM 150-3CT NAB

## Preparation Instructions

# Pepperoni Pizza

<b>Servings:</b>	184.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Pepperoni Pizza

## Nutrition Information

<b>Calories</b>	141.35	<b>Protein</b>	6.18g
<b>Fat</b>	10.14g	<b>SaturatedFat</b>	3.04g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.31mg
<b>Carbohydrates</b>	6.23g	<b>Fiber</b>	0.91g
<b>Sugar</b>	1.24g	<b>Sodium</b>	278.22mg
<b>Iron</b>	0.52mg	<b>Vitamin C</b>	0.59mg
<b>Vitamin A</b>	171.08IU	<b>Calcium</b>	104.16mg

## Ingredients

**23 Fluid Ounce** OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS

**92 Fluid Ounce** SAUCE PIZZA W/BASL 6-10 REDPK

READY\_TO\_EAT

None

**23 Cup** CHEESE MOZZ SHRD 4-5# LOL

**46 Ounce** PEPPERONI SLCD 14-16/Z 2-5# GFS

**23 Slice** DOUGH PIZZA SHTD WGRAIN 16 24-22Z

BAKE

1. KEEP PRODUCT FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS AN ALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2 - 3 HOURS THAW TIME AT ROOM TEMPERATURE, 75 F (23 C)). MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND

OR BUBBLING DURING BAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPINGS. 7. BAKE AS

FOLLOWS: DECK OVEN: 500 F (260 C) 8 - 11 MINUTES CONVECTION OVEN: 375 F (190 C) 7 - 10 MINUTES  
FORCED AIR CONVEYOR: 500 F (260 C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450 F (230 C) 10 - 12  
MINUTES

## Preparation Instructions