

# Cookbook for North Dickinson County School

Created by HPS Menu Planner

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# Cereal Box kit

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook
Breakfast	

## Nutrition Information

<b>Calories</b>	0.00	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.00g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	0.00mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

1 4-24 GEN MILLS BOWL PACK CEREAL 32415

## Preparation Instructions

# Strawberry Bagel

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Bagel

## Nutrition Information

<b>Calories</b>	4.80	<b>Protein</b>	0.12g
<b>Fat</b>	0.12g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.20mg
<b>Carbohydrates</b>	0.82g	<b>Fiber</b>	0.04g
<b>Sugar</b>	0.26g	<b>Sodium</b>	3.60mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	2.00IU	<b>Calcium</b>	0.40mg

## Ingredients

1 Each BAGEL MINI STRAWB CRM CHS IW 72-2.43Z

## Preparation Instructions

# Mini Cinnis

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Bagel

## Nutrition Information

<b>Calories</b>	4.80	<b>Protein</b>	0.10g
<b>Fat</b>	0.14g	<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.78g	<b>Fiber</b>	0.04g
<b>Sugar</b>	0.30g	<b>Sodium</b>	5.40mg
<b>Iron</b>	0.03mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.80mg

## Ingredients

**1 Package** ROLL MINI CINNIS IW 72-2.29Z PILLS

BAKE

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.\* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes\* \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

## Preparation Instructions

# Blueberry Muffin

<b>Servings:</b>	0.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Muffin

## Nutrition Information

<b>Calories</b>	160.00	<b>Protein</b>	3.00g
<b>Fat</b>	8.00g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	30.00mg
<b>Carbohydrates</b>	21.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	11.00g	<b>Sodium</b>	210.00mg
<b>Iron</b>	0.69mg	<b>Vitamin C</b>	0.16mg
<b>Vitamin A</b>	50.94IU	<b>Calcium</b>	12.63mg

## Ingredients

1 Each MUFFIN BLUEB WGRAIN IW 60-1.94Z GFS

## Preparation Instructions

# Golden Graham Cereal Bar

**Servings:** 50.00

**Meal Type:** Breakfast

**Category:** Entree

**HACCP Process:** No Cook

Cereal Bar

## Nutrition Information

<b>Calories</b>	3.00	<b>Protein</b>	0.04g
<b>Fat</b>	0.06g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.60g	<b>Fiber</b>	0.06g
<b>Sugar</b>	0.18g	<b>Sodium</b>	2.20mg
<b>Iron</b>	0.03mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	2.00IU	<b>Calcium</b>	4.00mg

## Ingredients

1 Each BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z

READY\_TO\_EAT

Ready to eat cereal bars

## Preparation Instructions

# Chicken Nuggets

<b>Servings:</b>	160.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken

## Nutrition Information

<b>Calories</b>	0.33	<b>Protein</b>	0.02g
<b>Fat</b>	0.02g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.03mg
<b>Carbohydrates</b>	0.02g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	0.50mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.16IU	<b>Calcium</b>	0.03mg

## Ingredients

1 Each CHIX NUG BRD WGRAIN FC 750-.69Z

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.



# Preparation Instructions

# Smileys

<b>Servings:</b>	160.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Potato

## Nutrition Information

<b>Calories</b>	0.34	<b>Protein</b>	0.01g
<b>Fat</b>	0.01g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.05g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.00g	<b>Sodium</b>	0.47mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.01mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

1 Ounce POTATO SMILES 26/# 6-4# OREI

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP\_FRY

FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1/2 MINUTES.

## Preparation Instructions

# Taco

<b>Servings:</b>	160.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Taco and Shell

## Nutrition Information

<b>Calories</b>	0.78	<b>Protein</b>	0.04g
<b>Fat</b>	0.03g	<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.07mg
<b>Carbohydrates</b>	0.10g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.01g	<b>Sodium</b>	1.04mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.01mg
<b>Vitamin A</b>	1.28IU	<b>Calcium</b>	0.20mg

## Ingredients

1 Ounce TACO FILLING BEEF REDC FAT 6-5# COMM

1 Each TORTILLA FLOUR ULTRGR 6 30-12CT

## Preparation Instructions

# Chicken Patty

<b>Servings:</b>	160.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Sandwich

## Nutrition Information

<b>Calories</b>	1.69	<b>Protein</b>	0.10g
<b>Fat</b>	0.09g	<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.16mg
<b>Carbohydrates</b>	0.10g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.01g	<b>Sodium</b>	2.50mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.63IU	<b>Calcium</b>	0.25mg

## Ingredients

1 Each CHIX PTY BRD WGRAIN FC 3.54Z 6-5.5#

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

# Preparation Instructions