

Cookbook for Schoolcraft Community Schools

Created by HPS Menu Planner

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Cheeseburger on bun

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Cheeseburger on bun

Nutrition Information

| | | | |
|----------------------|--------|---------------------|-----------|
| Calories | 710.00 | Protein | 32.00g |
| Fat | 20.00g | SaturatedFat | 7.00g |
| Trans Fat | 1.00g | Cholesterol | 70.00mg |
| Carbohydrates | 68.00g | Fiber | 14.00g |
| Sugar | 38.00g | Sodium | 1220.00mg |
| Iron | 4.32mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 100.00mg |

Ingredients

1 Each BEEF STK SMKY GRLL 100-3Z PIER

BAKE

Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes.

Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

1 American Cheese Sliced RF

1 4 inch whole grain hamburger buns - 30 ct

1 Cup BEAN PORK & NAVY 6-10 GFS

1 Cup Sliced Peaches

BAKE

Preparation Instructions

Hot dog on bun

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Hot dog on bun

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 270.00 | Protein | 10.00g |
| Fat | 17.50g | SaturatedFat | 5.00g |
| Trans Fat | 0.00g | Cholesterol | 45.00mg |
| Carbohydrates | 22.00g | Fiber | 3.00g |
| Sugar | 4.00g | Sodium | 780.00mg |
| Iron | 0.76mg | Vitamin C | 0.00mg |
| Vitamin A | 0.07IU | Calcium | 40.11mg |

Ingredients

1 Each FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS

1 Hot Dog Bun, Whole Grain White Cluster

READY_TO_EAT

Preparation Instructions

Chicken Patty on bun

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Chicken patty on bun

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 466.40 | Protein | 20.83g |
| Fat | 17.00g | SaturatedFat | 2.83g |
| Trans Fat | 0.00g | Cholesterol | 25.00mg |
| Carbohydrates | 26.79g | Fiber | 6.62g |
| Sugar | 7.71g | Sodium | 783.65mg |
| Iron | 1.98mg | Vitamin C | 2.35mg |
| Vitamin A | 0.00IU | Calcium | 43.18mg |

Ingredients

1 Each CHIX PTY BRD WGRAIN 3.26Z 6-5#

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.

1 4 inch whole grain hamburger buns - 30 ct

1 Ounce FRIES 3/8 R/C CLR COAT 6-4.5# CAVFM

1 Ounce PEAR 95-110CT MRKN

Preparation Instructions

Chicken Nuggets

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Chicken nuggets

Nutrition Information

| | | | |
|----------------------|---------|---------------------|----------|
| Calories | 293.60 | Protein | 6.93g |
| Fat | 5.71g | SaturatedFat | 1.01g |
| Trans Fat | 0.00g | Cholesterol | 5.00mg |
| Carbohydrates | 51.07g | Fiber | 2.18g |
| Sugar | 28.25g | Sodium | 330.89mg |
| Iron | 0.93mg | Vitamin C | 61.64mg |
| Vitamin A | 25.00IU | Calcium | 5.00mg |

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.

1 Whole Grain Dinner Roll

READY_TO_EAT

1 Ounce FRIES WEDGE W/RANCH 6-5# LAMB

1 Each JUICE GRP 100 48-6FLZ SNCUP

Preparation Instructions

Chicken tenders

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Chicken Tenders

Nutrition Information

| | | | |
|----------------------|----------|---------------------|-----------|
| Calories | 367.62 | Protein | 10.93g |
| Fat | 7.48g | SaturatedFat | 0.75g |
| Trans Fat | 0.00g | Cholesterol | 15.00mg |
| Carbohydrates | 62.10g | Fiber | 5.93g |
| Sugar | 17.00g | Sodium | 1000.71mg |
| Iron | 1.21mg | Vitamin C | 69.10mg |
| Vitamin A | 503.34IU | Calcium | 90.81mg |

Ingredients

1 Piece CHIX TNDR BRD WGRAIN 1.41Z 6-5#

1 Whole Grain Dinner Roll

READY_TO_EAT

1 Ounce POTATO PRLS CRMY EXCEL 12-28.2Z BAMER

RECONSTITUTE

1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

1 Tablespoon GRAVY MIX CHIX 8-22.6Z TRIO

1 Each NOVELTY CUP ORG/PNAP/CHRY 96-4.4FLZ

Preparation Instructions

Popcorn Chicken

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Popcorn Chicken

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 3.09 | Protein | 0.06g |
| Fat | 0.05g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.02mg |
| Carbohydrates | 0.59g | Fiber | 0.06g |
| Sugar | 0.16g | Sodium | 9.23mg |
| Iron | 0.01mg | Vitamin C | 0.69mg |
| Vitamin A | 5.12IU | Calcium | 0.94mg |

Ingredients

1 Each CHIX POPCORN BRD WGRAIN FC .28Z 6-5#

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.

1 Whole Grain Dinner Roll

READY_TO_EAT

1 Ounce POTATO PRLS CRMY EXCEL 12-28.2Z BAMER
RECONSTITUTE

1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

1 Tablespoon GRAVY MIX CHIX 8-22.6Z TRIO

1 Each NOVELTY CUP ORG/PNAP/CHRY 96-4.4FLZ

Preparation Instructions

Boneless chicken wings

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Boneless chicken wings

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 423.33 | Protein | 9.17g |
| Fat | 13.42g | SaturatedFat | 3.04g |
| Trans Fat | 0.00g | Cholesterol | 5.00mg |
| Carbohydrates | 64.17g | Fiber | 4.17g |
| Sugar | 19.00g | Sodium | 773.50mg |
| Iron | 1.62mg | Vitamin C | 68.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

1 Each CHIX BNLS WNG GLDNCRSP WGRAIN 6-105CT

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.

1 Whole Grain Dinner Roll

READY_TO_EAT

1 Cup FRIES TWISTER SEAS ORIG 6-4# GFS

1 Each JUICE APPL 100 48-6FLZ SNCUP

Preparation Instructions

Chicken Drumstick

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Chicken Drumstick

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 270.00 | Protein | 19.00g |
| Fat | 12.00g | SaturatedFat | 2.50g |
| Trans Fat | 0.00g | Cholesterol | 50.00mg |
| Carbohydrates | 19.00g | Fiber | 2.00g |
| Sugar | 1.00g | Sodium | 590.00mg |
| Iron | 1.08mg | Vitamin C | 0.00mg |
| Vitamin A | 100.00IU | Calcium | 20.00mg |

Ingredients

1 Piece CHIX DRMSTX BRD WGRAIN CKD 6-5#

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

1. Preheat oven to 375°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.

3. Heat for 35-40 minutes.

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.

3. Heat for 25-30 minutes

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

1 Whole Grain Dinner Roll

READY_TO_EAT

Preparation Instructions

Mini Corn Dogs

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Mini Corn dogs

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 3.73 | Protein | 0.12g |
| Fat | 0.04g | SaturatedFat | 0.01g |
| Trans Fat | 0.00g | Cholesterol | 0.11mg |
| Carbohydrates | 0.73g | Fiber | 0.12g |
| Sugar | 0.36g | Sodium | 7.83mg |
| Iron | 0.03mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.90mg |

Ingredients

1 Each CORN DOG CHIX MINI .67Z 2-5# GFS

1 Cup BEAN PORK & NAVY 6-10 GFS

1 Cup Sliced Peaches

BAKE

Preparation Instructions

Chicken Fries

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Chicken Fries

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 320.48 | Protein | 6.29g |
| Fat | 5.33g | SaturatedFat | 0.36g |
| Trans Fat | 0.00g | Cholesterol | 2.86mg |
| Carbohydrates | 60.10g | Fiber | 5.71g |
| Sugar | 16.14g | Sodium | 939.29mg |
| Iron | 0.93mg | Vitamin C | 69.10mg |
| Vitamin A | 517.63IU | Calcium | 96.53mg |

Ingredients

1 Each CHIX STIX WGRAIN FC .43Z 6-5# TYS

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.

1 Whole Grain Dinner Roll

READY_TO_EAT

1 Ounce POTATO PRLS CRMY EXCEL 12-28.2Z BAMER
RECONSTITUTE

1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

1 Tablespoon GRAVY MIX CHIX 8-22.6Z TRIO

1 Each NOVELTY CUP ORG/PNAP/CHRY 96-4.4FLZ

Preparation Instructions

Bosco cheese breadstick

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Bosco cheese bread stick

Nutrition Information

| | | | |
|----------------------|-----------|---------------------|-----------|
| Calories | 670.00 | Protein | 26.00g |
| Fat | 7.00g | SaturatedFat | 3.00g |
| Trans Fat | 0.00g | Cholesterol | 15.00mg |
| Carbohydrates | 123.00g | Fiber | 24.00g |
| Sugar | 60.00g | Sodium | 1290.00mg |
| Iron | 8.64mg | Vitamin C | 9.60mg |
| Vitamin A | 1800.00IU | Calcium | 280.00mg |

Ingredients

1 Each BREADSTICK CHS STFD 7 WGRAIN 108CT

CONVECTION

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

DEEP_FRY

Deep Fry

1. Preheat oil to 350° F.

2. THAWED ONLY: 1-2 minutes.

3. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and
or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

THAW

Thawing Instructions

1. Thaw before baking.

2. Keep Bosco Stick breadsticks covered while thawing.

3. Bosco Stick breadsticks may be thawed in packaging.

4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and
or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

1 Cup SAUCE PIZZA W/BASL 6-10 REDPK

READY_TO_EAT

None

1 Cup BEAN PORK & NAVY 6-10 GFS

1 Cup PEAR SLCD XL/S 6-10 GFS

Preparation Instructions

Calzone

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Calzone

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 492.00 | Protein | 22.00g |
| Fat | 13.00g | SaturatedFat | 5.00g |
| Trans Fat | 0.00g | Cholesterol | 30.00mg |
| Carbohydrates | 71.00g | Fiber | 9.00g |
| Sugar | 31.00g | Sodium | 800.00mg |
| Iron | 1.80mg | Vitamin C | 8.40mg |
| Vitamin A | 500.00IU | Calcium | 250.00mg |

Ingredients

1 Each CALZONE ITAL BEEF PEPP WGRAIN 80-5Z

1 Cup Green Beans cnd

BAKE

1 Cup FRUIT MIXED 6-10 COMM

Preparation Instructions

French toast sticks

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

French toast sticks

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 565.00 | Protein | 11.00g |
| Fat | 34.50g | SaturatedFat | 8.33g |
| Trans Fat | 0.00g | Cholesterol | 46.67mg |
| Carbohydrates | 31.50g | Fiber | 1.83g |
| Sugar | 23.33g | Sodium | 776.67mg |
| Iron | 3.32mg | Vitamin C | 33.00mg |
| Vitamin A | 8.00IU | Calcium | 30.00mg |

Ingredients

1 Each FRENCH TST STICK 4 2.5# GLDNCRSP

BAKE

PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5-1

2 MINUTES ON EACH SIDE.

CONVECTION

PREHEAT OVEN TO 400°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE.

DEEP_FRY

FRY FROZEN PRODUCT AT 350°F FOR 1-1

2 TO 2-1

2 MINUTES.

1 Each SAUSAGE PTY CKD IQF 2Z 12# GFS

1 Each HASHBROWN PTY 120-2.25Z OREI

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP_FRY

FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1

2 TO 3 MINUTES.

1 Cup ORANGES MAND WHL L/S 6-10 GFS

Preparation Instructions

Bagel

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Bagel

Nutrition Information

| | | | |
|----------------------|--------|---------------------|-----------|
| Calories | 755.00 | Protein | 19.00g |
| Fat | 33.00g | SaturatedFat | 8.00g |
| Trans Fat | 0.00g | Cholesterol | 40.00mg |
| Carbohydrates | 72.50g | Fiber | 5.50g |
| Sugar | 25.00g | Sodium | 1190.00mg |
| Iron | 6.32mg | Vitamin C | 33.00mg |
| Vitamin A | 8.00IU | Calcium | 110.00mg |

Ingredients

1 Each BAGEL HARV GRAIN PARBK UNSLCD 60-4Z

1 Each SAUSAGE PTY CKD IQF 2Z 12# GFS

1 Each HASHBROWN PTY 120-2.25Z OREI

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP_FRY

FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1

2 TO 3 MINUTES.

1 Cup ORANGES MAND WHL L/S 6-10 GFS

Preparation Instructions

Egg, Sausage Cheese Bagel

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Egg, Sausage Cheese Bagel

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 740.00 | Protein | 34.00g |
| Fat | 32.00g | SaturatedFat | 12.00g |
| Trans Fat | 0.00g | Cholesterol | 65.00mg |
| Carbohydrates | 60.00g | Fiber | 7.00g |
| Sugar | 27.00g | Sodium | 890.00mg |
| Iron | 7.76mg | Vitamin C | 42.00mg |
| Vitamin A | 508.00IU | Calcium | 340.00mg |

Ingredients

- 1 Each BAGEL WHT WGRAIN 2Z 12-6CT LENDERS
- 1 Each SAUSAGE PTY CKD IQF 2Z 12# GFS
- 1 EGG SCRMBD PATTY SQ FZ 264-1Z MICHL
- 1 Slice 16 Sliced WG Cheese Pizza
- 1 Cup ORANGES MAND WHL L/S 6-10 GFS

Preparation Instructions

Foot long hot dog on bun

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Foot long hot dog on bun

Nutrition Information

| | | | |
|----------------------|--------|---------------------|-----------|
| Calories | 581.80 | Protein | 22.10g |
| Fat | 24.90g | SaturatedFat | 7.70g |
| Trans Fat | 0.00g | Cholesterol | 55.00mg |
| Carbohydrates | 72.00g | Fiber | 14.40g |
| Sugar | 22.00g | Sodium | 1196.50mg |
| Iron | 3.73mg | Vitamin C | 78.01mg |
| Vitamin A | 0.09IU | Calcium | 151.48mg |

Ingredients

- 1 Each FRANKS 3 MEAT FOOTLONG 6/ 2-5 GFS
- 1 Each BUN HOT DOG FOOTLONG SLCD 12-6CT GFS
- 1 Cup BROCCOLI CUTS 30 COMM
- 1 Each ORANGES NAVEL/VALENCIA CHC 138CT MRKN

Preparation Instructions

Chicken Quesadilla

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Chicken Quesadilla

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 492.00 | Protein | 24.00g |
| Fat | 11.00g | SaturatedFat | 2.50g |
| Trans Fat | 0.00g | Cholesterol | 20.00mg |
| Carbohydrates | 78.00g | Fiber | 12.00g |
| Sugar | 31.00g | Sodium | 824.00mg |
| Iron | 2.70mg | Vitamin C | 0.00mg |
| Vitamin A | 300.00IU | Calcium | 200.00mg |

Ingredients

1 Each QUESADILLA CHIX WGRAIN 96-5Z MAX

1 Cup BROCCOLI CUTS 30 COMM

1 Cup FRUIT MIXED 6-10 COMM

Preparation Instructions

BBQ Meatballs

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

BBQ Meatballs

Nutrition Information

| | | | |
|----------------------|---------|---------------------|----------|
| Calories | 238.80 | Protein | 9.15g |
| Fat | 2.30g | SaturatedFat | 0.88g |
| Trans Fat | 0.15g | Cholesterol | 9.00mg |
| Carbohydrates | 48.25g | Fiber | 8.40g |
| Sugar | 30.50g | Sodium | 330.35mg |
| Iron | 0.66mg | Vitamin C | 0.65mg |
| Vitamin A | 85.38IU | Calcium | 20.38mg |

Ingredients

- 1 Each MEATBALL CKD .65Z 6-5# COMM
- 1 Tablespoon SAUCE BBQ 4-1GAL GFS
- 1 Cup BROCCOLI CUTS 30 COMM
- 1 Cup FRUIT MIXED 6-10 COMM

Preparation Instructions

Mini Chocolate chip French toast

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Mini chocolate chip french toast

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 655.00 | Protein | 14.00g |
| Fat | 34.50g | SaturatedFat | 9.00g |
| Trans Fat | 0.00g | Cholesterol | 40.00mg |
| Carbohydrates | 51.50g | Fiber | 5.50g |
| Sugar | 30.00g | Sodium | 950.00mg |
| Iron | 5.42mg | Vitamin C | 33.00mg |
| Vitamin A | 508.00IU | Calcium | 110.00mg |

Ingredients

1 Package FRENCH TST MINI CHOC CHIP IW 72-3.03Z

1 Each SAUSAGE PTY CKD IQF 2Z 12# GFS

1 Each HASHBROWN PTY 120-2.25Z OREI

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP_FRY

FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1

2 TO 3 MINUTES.

1 Cup ORANGES MAND WHL L/S 6-10 GFS

Preparation Instructions

Buttermilk Pancakes

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Buttermilk Pancakes

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 518.33 | Protein | 11.00g |
| Fat | 29.83g | SaturatedFat | 7.67g |
| Trans Fat | 0.00g | Cholesterol | 48.33mg |
| Carbohydrates | 29.50g | Fiber | 2.17g |
| Sugar | 22.33g | Sodium | 846.67mg |
| Iron | 3.32mg | Vitamin C | 33.00mg |
| Vitamin A | 8.00IU | Calcium | 23.33mg |

Ingredients

- 1 Each PANCAKE 144-1.2Z MBTRWR
- 1 Each SAUSAGE PTY CKD IQF 2Z 12# GFS
- 1 Each HASHBROWN PTY 120-2.25Z OREI

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP_FRY

FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1
2 TO 3 MINUTES.

- 1 Cup ORANGES MAND WHL L/S 6-10 GFS

Preparation Instructions

Beef Nachos

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Beef Nachos

Nutrition Information

| | | | |
|----------------------|----------|---------------------|-----------|
| Calories | 530.00 | Protein | 22.00g |
| Fat | 18.00g | SaturatedFat | 7.00g |
| Trans Fat | 0.00g | Cholesterol | 30.00mg |
| Carbohydrates | 73.00g | Fiber | 13.00g |
| Sugar | 22.00g | Sodium | 1315.00mg |
| Iron | 3.24mg | Vitamin C | 0.00mg |
| Vitamin A | 300.00IU | Calcium | 470.00mg |

Ingredients

- 1 Beef Taco Meat
- 1 Ounce TORTILLA CHIP RND YELLOW 40-3Z
- 1 Cup BEAN PORK & NAVY 6-10 GFS
- 1 APPLE CHL SL 100/2 OZ PG
- 1 Each SAUCE CHS CHED DIP CUP 140-3Z LOL

Preparation Instructions

Whole grain muffin

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Whole grain muffin

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 1.90 | Protein | 0.03g |
| Fat | 0.06g | SaturatedFat | 0.02g |
| Trans Fat | 0.00g | Cholesterol | 0.40mg |
| Carbohydrates | 0.31g | Fiber | 0.02g |
| Sugar | 0.16g | Sodium | 1.30mg |
| Iron | 0.01mg | Vitamin C | 0.00mg |
| Vitamin A | 1.00IU | Calcium | 0.20mg |

Ingredients

1 Each MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA

Preparation Instructions

Bagel

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Bagel

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 2.40 | Protein | 0.08g |
| Fat | 0.10g | SaturatedFat | 0.06g |
| Trans Fat | 0.00g | Cholesterol | 0.25mg |
| Carbohydrates | 0.29g | Fiber | 0.04g |
| Sugar | 0.05g | Sodium | 2.55mg |
| Iron | 0.02mg | Vitamin C | 0.00mg |
| Vitamin A | 3.00IU | Calcium | 0.60mg |

Ingredients

1/100 Each BAGEL WHT WGRAIN IW 72-2Z LENDER

1/100 Each CHEESE CREAM CUP 100-1Z GFS

Preparation Instructions

Cereal

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Cereal

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 150.00 | Protein | 2.00g |
| Fat | 3.50g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 30.00g | Fiber | 3.00g |
| Sugar | 9.00g | Sodium | 95.00mg |
| Iron | 1.80mg | Vitamin C | 0.00mg |
| Vitamin A | 100.00IU | Calcium | 200.00mg |

Ingredients

1 Each BAR CEREAL CINN TST WGRAIN 96-1.42Z

READY_TO_EAT

Ready to eat cereal bars

Preparation Instructions

Poptart

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Poptart

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 1.80 | Protein | 0.02g |
| Fat | 0.03g | SaturatedFat | 0.01g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 0.38g | Fiber | 0.03g |
| Sugar | 0.15g | Sodium | 1.80mg |
| Iron | 0.02mg | Vitamin C | 0.00mg |
| Vitamin A | 5.00IU | Calcium | 1.00mg |

Ingredients

1 Piece PASTRY POP-TART WGRAIN STRAWB 120-1CT

Preparation Instructions

Fruit frudel

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Fruit frudel

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 210.00 | Protein | 5.00g |
| Fat | 6.00g | SaturatedFat | 1.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 37.00g | Fiber | 2.00g |
| Sugar | 11.00g | Sodium | 260.00mg |
| Iron | 1.08mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

1 Each PASTRY CHRY FILLD IW 72-2.29Z FRUDEL

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

Preparation Instructions

Granola bar

| | |
|-----------------------|-----------|
| Servings: | 1.00 |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | No Cook |

Granola bar

Nutrition Information

| | | | |
|----------------------|--------|---------------------|---------|
| Calories | 100.00 | Protein | 1.00g |
| Fat | 3.50g | SaturatedFat | 1.50g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 17.00g | Fiber | 1.00g |
| Sugar | 7.00g | Sodium | 70.00mg |
| Iron | 0.36mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 80.00mg |

Ingredients

1 Each BAR GRANOLA CHOC CHIP 12-8CT QUAK

Preparation Instructions

Cinnamon roll

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Cinnamon roll

Nutrition Information

| | | | |
|----------------------|----------|---------------------|---------|
| Calories | 90.00 | Protein | 2.00g |
| Fat | 0.50g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 19.00g | Fiber | 2.00g |
| Sugar | 5.00g | Sodium | 70.00mg |
| Iron | 0.72mg | Vitamin C | 0.00mg |
| Vitamin A | 100.00IU | Calcium | 0.00mg |

Ingredients

1 Each DOUGH ROLL CINN WGRAIN 240-1.25Z

Preparation Instructions

cereal bar

| | |
|-----------------------|------------------|
| Servings: | 1.00 |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Cereal bar

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 180.00 | Protein | 3.00g |
| Fat | 4.00g | SaturatedFat | 2.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 33.00g | Fiber | 1.00g |
| Sugar | 17.00g | Sodium | 130.00mg |
| Iron | 5.40mg | Vitamin C | 9.00mg |
| Vitamin A | 750.00IU | Calcium | 250.00mg |

Ingredients

1 Each BAR CEREAL MLK CINN TST 8-12CT GENM

READY_TO_EAT

Ready to eat cereal bars

Preparation Instructions

Oatmeal bar

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Oatmeal bar

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 1.50 | Protein | 0.02g |
| Fat | 0.05g | SaturatedFat | 0.01g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 0.24g | Fiber | 0.02g |
| Sugar | 0.08g | Sodium | 1.05mg |
| Iron | 0.01mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

1 Each BAR CHOC CHIP OATML 144-1.24Z BTTYCR

READY_TO_EAT

Ready to serve and eat.

Preparation Instructions