

# Cookbook for Brown County School Corp.

Created by HPS Menu Planner

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# Strawberry Pop tart

<b>Servings:</b>	2.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

pop tart

## Nutrition Information

<b>Calories</b>	180.00	<b>Protein</b>	2.00g
<b>Fat</b>	2.50g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	37.50g	<b>Fiber</b>	3.00g
<b>Sugar</b>	14.50g	<b>Sodium</b>	180.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	500.00IU	<b>Calcium</b>	100.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	123031	PASTRY POP-TART WGRAIN STRAWB 72-2CT	

## Preparation Instructions

# Egg & Cheese Omelet

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Egg & Cheese Omelet

## Nutrition Information

<b>Calories</b>	125.00	<b>Protein</b>	7.40g
<b>Fat</b>	9.80g	<b>SaturatedFat</b>	3.70g
<b>Trans Fat</b>	0.16g	<b>Cholesterol</b>	164.00mg
<b>Carbohydrates</b>	1.00g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	284.60mg
<b>Iron</b>	0.65mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	307.79IU	<b>Calcium</b>	84.54mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	240080	EGG OMELET CHS COLBY 144-2.1Z	

## Preparation Instructions

# Breakfast Pizza

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Breakfast Pizza

## Nutrition Information

<b>Calories</b>	200.00	<b>Protein</b>	10.00g
<b>Fat</b>	7.00g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	24.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	6.00g	<b>Sodium</b>	430.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	150.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Piece	503640	PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	BAKE  COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x12" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.

## Preparation Instructions

# Biscuit & Gravy

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Biscuit & Gravy

## Nutrition Information

<b>Calories</b>	350.38	<b>Protein</b>	4.00g
<b>Fat</b>	18.02g	<b>SaturatedFat</b>	10.01g
<b>Trans Fat</b>	4.51g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	42.04g	<b>Fiber</b>	2.00g
<b>Sugar</b>	5.01g	<b>Sodium</b>	1131.73mg
<b>Iron</b>	2.16mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	150.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	631902	BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	BAKE  For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard  reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	455555	GRAVY MIX CNTRY 6-1.5 PION	<p>BAKE</p> <p>1: Add 5 quarts boiling water (212°F) for convection oven (4 1</p> <p>2 quarts for conventional) and 4 ounces unsalted butter to a 2 1</p> <p>2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. TIPS: For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.</p>

## Preparation Instructions

# Bosco Apple Stick

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Bosco Apple Stick

## Nutrition Information

<b>Calories</b>	190.00	<b>Protein</b>	5.00g
<b>Fat</b>	2.50g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	38.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g	<b>Sodium</b>	170.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	20.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
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<b>1 Each</b>	518721	APPLESTICK WGRAIN 7 IW 72CT BOSCO	<p><b>BAKE</b></p> <p>Conventional Oven</p> <ol style="list-style-type: none"><li>1. Preheat oven to 325° F.</li><li>2. Place wrapped Apple Stick on a baking sheet.</li><li>3. For a crisper crust open one end of wrapper before baking.</li><li>4. THAWED: 7-8 minutes. FROZEN: 14-15 minutes.</li><li>5. Let stand 2 minutes before serving.</li></ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <p>Individually wrapped Apple Sticks have 8 days shelf life when refrigerated.</p> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>MICROWAVE</b></p> <p>Microwave Oven</p> <ol style="list-style-type: none"><li>1. Open one end of wrapper.</li><li>2. Microwave high.</li><li>3. THAWED: 20 seconds. FROZEN: 40 seconds.</li><li>4. Let stand 2 minutes before serving.</li></ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <p>Individually wrapped Apple Sticks have 8 days shelf life when refrigerated.</p> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>UNSPECIFIED</b></p> <p>Warming Cabinet</p> <p>Avoid placing Apple Sticks directly on a heated shelf. Best if placed on a baking rack that is slightly elevated from the hot shelf.</p> <p>For best quality results open wrapper and hold in a warmer for a maximum of 2 hours.</p> <p>Maximum hold time with wrapper closed is 1</p>
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# Preparation Instructions

# Muffin w/ Yogurt

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Muffin w/ yogurt

## Nutrition Information

<b>Calories</b>	260.00	<b>Protein</b>	7.00g
<b>Fat</b>	6.50g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	42.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	23.00g	<b>Sodium</b>	170.00mg
<b>Iron</b>	1.33mg	<b>Vitamin C</b>	0.05mg
<b>Vitamin A</b>	514.41IU	<b>Calcium</b>	112.76mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	551760	YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	READY_TO_EAT Ready to eat single serving
1 Each	262343	MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	

## Preparation Instructions

# Cereal w/Graham Crackers

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cereal w/ Graham Crackers

## Nutrition Information

<b>Calories</b>	200.00	<b>Protein</b>	4.00g
<b>Fat</b>	4.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	42.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g	<b>Sodium</b>	215.00mg
<b>Iron</b>	5.22mg	<b>Vitamin C</b>	6.00mg
<b>Vitamin A</b>	1000.00IU	<b>Calcium</b>	200.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	270401	CEREAL COCOA PUFFS WGRAIN R/S 96CT	READY_TO_EAT  Ready to eat dry cereal in a portable, easy-to-serve bowl.
1 Package	282471	CRACKER GRHM HNY WGRAIN 150-3CT KEEB	

## Preparation Instructions

# Yogurt w/ Graham Crackers

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Yogurt w/ Graham Crackers

## Nutrition Information

<b>Calories</b>	170.00	<b>Protein</b>	6.00g
<b>Fat</b>	3.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	32.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	14.00g	<b>Sodium</b>	160.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	1000.00IU	<b>Calcium</b>	200.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	551760	YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	READY_TO_EAT Ready to eat single serving
1 Package	282471	CRACKER GRHM HNY WGRAIN 150-3CT KEEB	

## Preparation Instructions



# Apple Juice

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Apple Juice

## Nutrition Information

<b>Calories</b>	50.00	<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>	13.00g	<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g	<b>Sodium</b>	10.00mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	60.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	118921	JUICE APPLE 100 FRSH 72-4FLZ SNCUP	

## Preparation Instructions

# Bacon & Egg Bagel

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Bacon & Egg bagel

## Nutrition Information

<b>Calories</b>	228.20	<b>Protein</b>	10.50g
<b>Fat</b>	8.50g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	83.50mg
<b>Carbohydrates</b>	29.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	366.80mg
<b>Iron</b>	2.16mg	<b>Vitamin C</b>	0.02mg
<b>Vitamin A</b>	110.11IU	<b>Calcium</b>	54.38mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	462519	EGG SCRMBD PTY RND 3.25 200-1Z GFS	
1 Slice	365620	BACON CKD RND WHOLE MUSCLE 2-96CT GFS	
1 Each	217911	BAGEL WHT WGRAIN IW 72-2Z LENDER	

## Preparation Instructions