

Cookbook for Brown County School Corp.

Created by HPS Menu Planner

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Strawberry Pop tart

Servings:	2.00
Serving Size:	1.00 Serving
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

pop tart

Nutrition Information

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

Ingredients

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

Preparation Instructions

Pancakes with Sausage

Servings:	100.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

WG Pancakes with Sausage

Nutrition Information

Calories	290.00	Protein	11.00g
Fat	10.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	41.00g	Fiber	3.00g
Sugar	5.00g	Sodium	410.00mg
Iron	2.52mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
300 Each	617650	PANCAKE WGRAIN 144CT 1.14Z AJ	
100 Each	352740	SAUSAGE TKY LNK BKFST CKD 160-1.025Z	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.

Preparation Instructions

Breakfast Pizza

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Breakfast Pizza

Nutrition Information

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

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Biscuit & Gravy

Nutrition Information

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

Muffin w/ Yogurt

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Muffin w/ yogurt

Nutrition Information

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

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Cereal w/ Graham Crackers

Nutrition Information

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

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Yogurt w/ Graham Crackers

Nutrition Information

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

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Fruit
HACCP Process:	No Cook

Apple Juice

Nutrition Information

Calories	50.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	13.00g	Fiber	0.00g
Sugar	12.00g	Sodium	10.00mg
Iron	0.00mg	Vitamin C	60.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

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

Preparation Instructions

Sausage & Egg Bagel

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Sausage & Egg Bagel

Nutrition Information

Calories	314.20	Protein	14.50g
Fat	15.50g	SaturatedFat	4.70g
Trans Fat	0.00g	Cholesterol	102.00mg
Carbohydrates	30.00g	Fiber	4.00g
Sugar	4.00g	Sodium	418.80mg
Iron	2.16mg	Vitamin C	0.02mg
Vitamin A	166.11IU	Calcium	70.38mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	785880	SAUSAGE PTY STHRN 1.33Z 6-5 COMM	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.
1 Each	462519	EGG SCRMBD PTY RND 3.25 200-1Z GFS	
1 Each	217911	BAGEL WHT WGRAIN IW 72-2Z LENDER	

Preparation Instructions

French Toast Sticks

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

French Toast Sticks

Nutrition Information

Calories	151.10	Protein	7.60g
Fat	3.60g	SaturatedFat	1.10g
Trans Fat	0.00g	Cholesterol	105.00mg
Carbohydrates	22.00g	Fiber	2.40g
Sugar	8.00g	Sodium	265.40mg
Iron	1.37mg	Vitamin C	0.00mg
Vitamin A	154.05IU	Calcium	70.02mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Each	646222	FRENCH TST STIX WGRAIN 300-.867Z PAP	

Preparation Instructions

Doughnut

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Whole grain doughnut

Nutrition Information

Calories	230.00	Protein	5.00g
Fat	11.00g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	29.00g	Fiber	2.00g
Sugar	6.00g	Sodium	260.00mg
Iron	1.44mg	Vitamin C	6.00mg
Vitamin A	0.00IU	Calcium	100.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	668181	DONUT RING WGRAIN GLZ IW 80-2.5Z	

Preparation Instructions