

# 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

# Pancakes with Sausage

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

WG Pancakes with Sausage

## Nutrition Information

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

<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

# 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

# Sausage & 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

Sausage & Egg Bagel

## Nutrition Information

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

<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

French Toast Sticks

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

# Doughnut

<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

Whole grain doughnut

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions