

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

Egg & Cheese Omelet

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

Egg & Cheese Omelet

Nutrition Information

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

Ingredients

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

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

Bosco Apple Stick

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

Bosco Apple Stick

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
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1 Each	518721	APPLESTICK WGRAIN 7 IW 72CT BOSCO	<p>BAKE</p> <p>Conventional Oven</p> <ol style="list-style-type: none">1. Preheat oven to 325° F.2. Place wrapped Apple Stick on a baking sheet.3. For a crisper crust open one end of wrapper before baking.4. THAWED: 7-8 minutes. FROZEN: 14-15 minutes.5. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</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>MICROWAVE</p> <p>Microwave Oven</p> <ol style="list-style-type: none">1. Open one end of wrapper.2. Microwave high.3. THAWED: 20 seconds. FROZEN: 40 seconds.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</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>UNSPECIFIED</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

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

Bacon & Egg Bagel

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

Bacon & Egg bagel

Nutrition Information

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