

Cookbook for Manchester Elementary School

Created by HPS Menu Planner

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PBJ COMBO

SMOKEY LINK

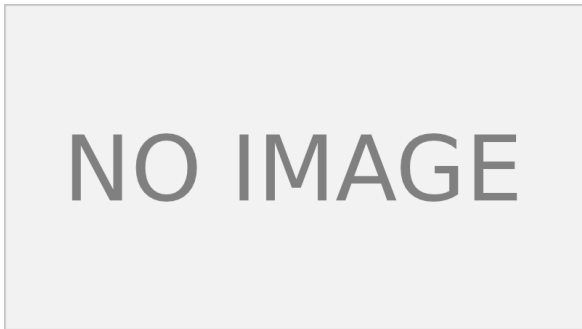
CHEESY SCRAMBLED EGGS

HASH BROWN TRIANGLES

FRESH ORANGE

CHOCOLATE/CHOCOLATE CHIP MUFFIN

PBJ COMBO



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	200 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471
CHEESE STRING MOZZ IW 168-1Z LOL	200 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	200 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	480.00
Fat	26.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	670.00mg
Carbohydrates	50.00g

Fiber	5.00g		
Sugar	12.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	278.00mg	Iron	2.16mg

SMOKEY LINK

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	200 Each		720038

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	270.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	4.00g		
Vitamin A	0.74IU	Vitamin C	0.00mg
Calcium	1.56mg	Iron	0.30mg

CHEESY SCRAMBLED EGGS

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	66 Cup		584584
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		125.00	
Fat		8.50g	
SaturatedFat		4.00g	
Trans Fat		0.00g	
Cholesterol		140.00mg	
Sodium		315.00mg	
Carbohydrates		1.50g	
Fiber		0.00g	
Sugar		1.00g	
Protein		9.50g	
Vitamin A	140.50IU	Vitamin C	0.00mg

Calcium 139.00mg **Iron** 1.10mg

HASH BROWN TRIANGLES



Servings:	400.00	Category:	Vegetable
Serving Size:	2.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN TRIANGLE 6-5 MCC	1600 Ounce	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 HALF FULL (1.5 LBS) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141520

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

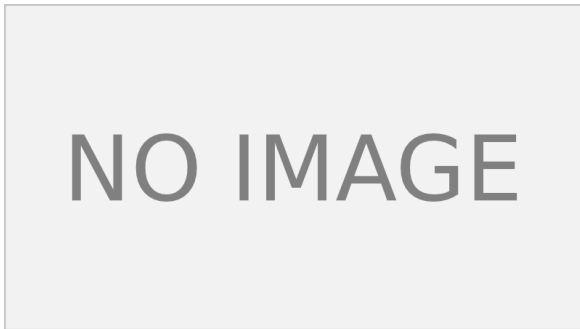
Servings Per Recipe: 400.00

Serving Size: 2.00 Piece

Amount Per Serving	
Calories	200.00
Fat	10.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	400.00mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	0.00g

Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

FRESH ORANGE



Servings:	400.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	200 Cup		322326

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		36.65	
Fat		0.10g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		9.00g	
Fiber		1.85g	
Sugar		7.50g	
Protein		0.75g	
Vitamin A	175.42IU	Vitamin C	41.48mg
Calcium	31.19mg	Iron	0.08mg

CHOCOLATE/CHOCOLATE CHIP MUFFIN



Servings:	200.00	Category:	Grain
Serving Size:	1.00 4 oz	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	200 Each		557991

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 4 oz

Amount Per Serving			
Calories	200.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	4.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg