

Cookbook for Huntington County Community Schools

Created by HPS Menu Planner

Table of Contents

Huntington- Elementary breakfast burrito

Huntington-Egg,Ham,& Cheese Muffin

Hunt-French Toast & Sausage

Huntington- Elementary breakfast burrito

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| TORTILLA FLOUR 10 ULTRGR 12- 12CT | 1 Each | STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying). | 690141 |
| EGG SCRMBD CKD FZ 4-5 GFS | 2 Ounce | | 584584 |
| SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS | 1 Each | | 720038 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Ounce | | 150250 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 315.00

Fat 16.00g

Saturated Fat 7.50g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 615.00mg

Carbohydrates 30.50g

| | | | |
|------------------|----------|------------------|--------|
| Fiber | | 3.00g | |
| Sugar | | 3.00g | |
| Protein | | 12.50g | |
| Vitamin A | 141.24IU | Vitamin C | 0.00mg |
| Calcium | 202.56mg | Iron | 1.84mg |

Huntington-Egg,Ham,& Cheese Muffin

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| EGG OMELET CHS COLBY 144-2.1Z | 1 Each | | 240080 |
| HAM BOILED DELI SLCD 10 6-2 GFS | 1 Ounce | | 680621 |
| 100% Whole Wheat English Muffins | 1 muffin | | 9528 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 275.00

Fat 12.25g

SaturatedFat 3.75g

Trans Fat 0.00g

Cholesterol 175.00mg

Sodium 750.00mg

Carbohydrates 24.50g

Fiber 0.00g

Sugar 1.50g

Protein 18.50g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 83.00mg **Iron** 1.18mg

Hunt-French Toast & Sausage

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| FRENCH TST STIX WGRAIN 6-2 RICH | 3 Each | | 652370 |
| SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS | 1 Each | | 720038 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 395.00 |
| Fat | 19.00g |
| SaturatedFat | 4.50g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 660.00mg |
| Carbohydrates | 46.00g |
| Fiber | 3.00g |
| Sugar | 10.00g |
| Protein | 11.50g |
| Vitamin A 6.55IU | Vitamin C 0.00mg |
| Calcium 29.46mg | Iron 2.54mg |