

Cookbook for Huntington County Community Schools

Created by HPS Menu Planner

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Huntington- Elementary breakfast burrito

NO IMAGE

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.

SLE Components

Amount Per Serving

Meat	1.75
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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	315.00		
Fat	16.00g		
SaturatedFat	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

NO IMAGE

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.

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: 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

NO IMAGE

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.

SLE Components

Amount Per Serving

Meat	1.25
Grain	2.63
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

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