

Cookbook for Pegram Elementary School

Created by HPS Menu Planner

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Cereal

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434

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

Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Country-style Gravy - Peppered

Servings:	64.00	Category:	Condiments or Other
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC PEPRD 6-24Z PION	1 Package		792683

Preparation Instructions

PREPARATION INSTRUCTIONS WATER 4 QUARTS GRAVY MIX 24 OUNCES

1. BRING 3 QUARTS WATER TO A FULL ROLLING BOIL.
2. COMBINE 1 QUART COOL TAP WATER AND 1 PACKAGE OF GRAVY MIX IN A SEPARATE CONTAINER. MIX WITH A WIRE WHISK UNTIL LUMP FREE.
3. POUR WATER AND GRAVY MIX BLEND INTO BOILING WATER.
4. STIR UNTIL GRAVY RETURNS TO A BOIL. SIMMER FOR ONE MINUTE WHILE STIRRING CONSTANTLY.
5. REMOVE FROM HEAT. POUR GRAVY INTO SERVING CONTAINER AND MAINTAIN INTERNAL GRAVY TEMPERATURE AT 165°F DURING SERVICE.

NOTE: FOR MULTIPLE BATCHES, FOLLOW THE SAME INSTRUCTIONS AND BE SURE TO RETURN PREPARED GRAVY TO A BOIL.

SMALLER QUANTITY PREPARATION: SUBSTITUTE THESE QUANTITIES AND FOLLOW THE SAME INSTRUCTIONS. RAPIDLY BOILING WATER 3 CUPS COOL TAP WATER 1 CUP GRAVY MIX 1 CUPS APPROVED

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	0.00

Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

1-Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1 Tablespoon		
TOMATO CHERRY 11 MRKN	3 Each		569551

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

2-Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	5.30 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT QUESO 4-5 BIB JTM	3 Cup		701201
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

Preparation Instructions

RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Heat cheese from frozen or thawed state in steamer or boiling water to 160 degrees and pour on top of beans. (Serve the rest of the bag of cheese as an additional option for that day).

SLE Components

Amount Per Serving

Meat	1.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.51
Starch	0.00

3-Corn, Commodity

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	30 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	1/2 Package		209810

Preparation Instructions

Spray pan with food release spray.

Mix butter buds according to package.

Pour butter buds over the pans of corn.

Cook until corn reaches a temperature of 140 or higher. (It shouldn't take more than 8-10 minutes).

Place one pan on the serving line. Cover any additional pans and place in the warmer.

CCP: Hold at 140 degrees or higher.

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

Juice Variety

Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	4 Ounce		
100% Orange Juice	4 Ounce		

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

2-Baked Beans

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
BEAN KETTLE BRN SUGAR 6-10 HRTHTN	1 #10 CAN		822477

Preparation Instructions

Do not drain the liquid off the beans! It is necessary for the crediting!

Pour 1 can of vegetarian bans and 1 can of baked beans into a 4 inch half size pan and stir.

Place a lid on the pan and steam for about 20 min.

Serve with sauce in a 1/2 c (#8) scoop.

CCP: Heat to 140 degrees or higher for at least 15 seconds.

CCP: HOId at 140 degrees or higher for service

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.96
Starch	0.00

5-carrot stick cups

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Ounce		768146

Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.44
OtherVeg	0.00
Legumes	0.00
Starch	0.00

4-Celery Stick cups

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592

Preparation Instructions

If sticks are too big, cut them in two.

Place 1/2 cup of celery sticks in cups for service (approximately 7 sticks)

CCP: Hold for cold service at 40 degrees or lower.

SLE Components

Amount Per Serving

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

4-Green Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	2 #10 CAN	HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
BUTTER SUB 24-4Z BTRBUDS	1/4 Cup		209810
SPICE BLND ORIG 3-21Z MDASH	1/2 Tablespoon		265103
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Wash tops of cans before opening. Clean can opener when done.

Pour cans into 4 inch pan (2 cans per pan). Measure out 1/2 TBSP Mrs. Dash, 1/2 cup onions, and add 1/4 cup of butter buds per pan.

After all is added to beans, cover and place in oven on steam and cook for about 20 min or until temperature reaches 140 degrees.

Place pans into hot holding until service.

Serve with 1/2 cup ladle.

CCP: Hold at 140 degrees or higher.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.51

Legumes	0.00
Starch	0.00

3-Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package		146581
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
Black Pepper	1/2 Teaspoon		24108

Preparation Instructions

Spray a 4' deep pan with food release spray.

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 4" deep pan. 2: Add all potatoes and seasonings, then stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

CCP: Hold at 140 degrees or higher for service

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

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	4 Each		497360

Preparation Instructions

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES.

THAWED, 10 MINUTES.

**FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING.

CCP: HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

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

Stuffed Crust Pizza

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

F- Fruit Variety

Servings:	13.22	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup		100224
Wild Blueberries fzn	1 Cup		100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each		544426
Apples, Gala	1 Each		14J93
Grapes	1		14P36
Pear, fresh	1		14P12
Oranges, whole	1 Each		16W62

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

Bacon, Egg, and Cheese Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Processed, Sliced Yellow	1 Ounce		100018
BACON CKD MED SLCD 3-100CT GFS	1 Slice		314196
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
Egg Patty Round Commodity	1 PATTY		

Preparation Instructions

Place one ounce of cheese, one egg patty, and 1 slice of bacon on each biscuit.

CCP: Heat to 135 degrees or higher.

CCP: Hold at 135 degrees or higher for service.

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

Chicken & Waffles

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Breast Fillet	4 1/4 Ounce	Bake at 350 degrees uncovered for 20 minutes. CCP: Heat to 165 degrees for 15 sec.	
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Each	Warm in oven at 375 degrees for 4 minutes	243572

Preparation Instructions

Prepare the chicken and waffles according to instructions above. Serve the chicken fillet on top of the waffle.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Toast

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG White Bread	1 Slice		71673-01212
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Spray bread with buttermist and toast in the oven.

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

5-Baked Carrots

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GFS	2 #10 CAN		118915
Tap Water for Recipes	3 1/8 Cup		000001WTR
BUTTER SUB 24-4Z BTRBUDS	2 Cup		209810
SUGAR CANE GRANUL 50 GFS	3/4 Cup		425311
SPICE NUTMEG GRND 16Z TRDE	2 Tablespoon		224944
SALT SEA 36Z TRDE	2 Tablespoon		748590

Preparation Instructions

Spray hotel pan with non-stick spray, mix the sugar, nutmeg, and salt with water.

Add the carrots and dab with the butter buds.

CCP: Bake at 350 degrees for 10 minutes stirring after 5 minutes or until internal temperature reaches 140 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Serve in 1/2 cup portions of drained carrots.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.52
OtherVeg	0.00
Legumes	0.00
Starch	0.00