

Cookbook for SIMMON'S ELEMENTARY

Created by HPS Menu Planner

Table of Contents

Eggs & Toast

Blueberry Muffin and Yogurt Cup

Chocolate Muffin & yogurt cup

Pineapple

Apple Slices

Apple Juice

Grape Juice

Orange Juice

Toast

Cocoa Puffs

Lucky Charms

Cinnamon Toast Crunch

Eggs & Toast



Servings:	80.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3324

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND 6-5 GFS	5 Pound	Thaw 2-3 days prior to service	465798
BACON TOPPING CRUMBLES 10# HRML	1 cup		460584
Cheese, Cheddar Reduced fat, Shredded	1 Cup		100012
BREAD WGRAIN HNY WHT 16-24Z GFS	80 1 Ea	Place on sheet tray in a single layer. Spray with butter spray. Bake at 325 or 350 until light brown.	204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 1 oz		651171

Preparation Instructions

COOK

Steam kettle

Add pouch to water between 180° F to 190° F. Do Not Boil.

Stir water and bags every 5 minutes to insure proper cooking, for 20 to 25 minutes.

CCP: Heat until an internal temperature of 155° F is reached for 15 seconds. SOP: To measure internal temperature, place thermometer between two pouches or fold over one pouch. DO NOT PUNCTURE!

Steamer

Alternatively, place one pouch of eggs in each half steam table pan.

Place uncovered in preheated steamer for 15 to 20 minutes. CCP: Heat until an internal temperature of 155°F is

reached for 15 seconds. SOP: To measure internal temperature, place thermometer between two pouches or fold over one pouch. DO NOT PUNCTURE!

Using thick potholders gently knead each bag of eggs to break up any clumps. Be careful as the bags are HOT, and they retain their heat. Hold in warming cart above 135° F until service. CCP: Hold above 135° F.

HOLD

Spray pan with butter spray. Place eggs in pan top with cheese and bacon.

Serve 3oz serving

SLE Components

Amount Per Serving

Meat	1.00
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: 80.00

Serving Size: 3.00

Amount Per Serving

Calories	108.85		
Fat	2.06g		
SaturatedFat	0.34g		
Trans Fat	0.00g		
Cholesterol	24.47mg		
Sodium	186.35mg		
Carbohydrates	18.39g		
Fiber	2.00g		
Sugar	3.26g		
Protein	4.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.81mg	Iron	1.21mg

Blueberry Muffin and Yogurt Cup



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5606

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 60-1.94Z GCHC	1 Each	KEEP FROZEN UNTIL READY TO USE. THAW 1 HOUR BEFORE SERVING	280021
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
-------------	------

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: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	177.50
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	225.00mg
Carbohydrates	24.50g
Fiber	1.00g
Sugar	13.50g
Protein	4.00g

Vitamin A	50.94IU	Vitamin C	0.16mg
Calcium	50.13mg	Iron	0.69mg

Chocolate Muffin & yogurt cup



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5604

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each	KEEP FROZEN UNTIL READY TO USE. THAW 1 HOUR BEFORE SERVING	280001
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	197.50
Fat	9.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	225.00mg
Carbohydrates	26.50g
Fiber	2.00g
Sugar	15.50g
Protein	4.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 57.50mg	Iron 1.08mg

Pineapple



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6519

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK IQF 4-5 GFS	1/2 Cup	THAW UNDER REFRIGERATION	760140

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	46.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.67g		
Fiber	1.33g		
Sugar	9.33g		
Protein	0.00g		
Vitamin A	66.67IU	Vitamin C	52.00mg
Calcium	13.33mg	Iron	0.24mg

Apple Slices



Servings:	1.00	Category:	Fruit
Serving Size:	3.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6436

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171

Preparation Instructions

ORDER # 482194 when 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: 1.00

Serving Size: 3.00 Each

Amount Per Serving	
Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	0.00g
Sugar	6.00g
Protein	0.00g

Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	20.00mg	Iron	0.00mg

Apple Juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5730

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each	PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS Shelf Life Frozen = 365 days from date of production Basic Preparation ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.	135440

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	12.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

Grape Juice



Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5727

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each	PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS Shelf Life FROZEN= 365 DAYS FROM THE DATE OF PRODUCTION. Basic Preparation ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.	135460

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: 1.00

Serving Size: 4.00 Serving

Amount Per Serving

Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	19.00g
Fiber	0.00g
Sugar	18.00g
Protein	0.00g

Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	0.00mg

Orange Juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5728

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg

Calcium 0.00mg **Iron** 0.00mg

Toast



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6424

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Lay parchment on sheet tray. Arrange bread in single layer on paper.

Spray with butter spray.

Bake at 325-350 for 5-8 min.

Bread should be lightly toasted.

Serve with grape jelly

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: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	90.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	18.00g
Fiber	2.00g
Sugar	3.00g

Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Cocoa Puffs



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6415

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

Preparation Instructions

READY TO EAT. ADD MILK OR SERVE DRY.

Serve with toast for a 2oz grain serving.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	25.00g

Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	4.50mg

Lucky Charms



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6416

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811

Preparation Instructions

READY TO EAT. ADD MILK OR SERVE DRY.
Serve with toast for a 2oz grain serving.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	110.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	10.00g
Protein	2.00g
Vitamin A	500.00IU
Vitamin C	6.00mg

Calcium 100.00mg **Iron** 4.50mg

Cinnamon Toast Crunch



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6417

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

Preparation Instructions

READY TO EAT. ADD MILK OR SERVE DRY.

Serve with toast for a 2oz grain serving.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	110.00
Fat	3.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	6.00g
Protein	1.00g
Vitamin A	400.00IU
Vitamin C	4.80mg

Calcium 200.00mg **Iron** 3.60mg