

# **Cookbook for Andrews**

**Created by HPS Menu Planner**

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# Huntington- Elementary breakfast burrito



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9566

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM 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). STAGINGStore 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	
<b>Meat</b>	1.75
<b>Grain</b>	2.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	315.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	615.00mg
<b>Carbohydrates</b>	30.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	12.50g

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<b>Vitamin A</b>	141.24IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	202.56mg	<b>Iron</b>	1.84mg

# Huntington-Egg,Ham,& Cheese Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9867

## 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

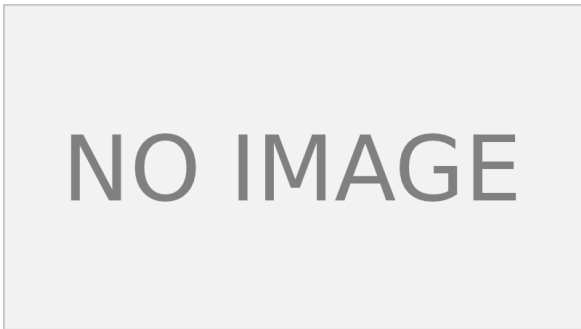
Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	275.00		
<b>Fat</b>	12.25g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	175.00mg		
<b>Sodium</b>	750.00mg		
<b>Carbohydrates</b>	24.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	83.00mg	<b>Iron</b>	1.18mg

# Hunt-French Toast & Sausage



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9869

## 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

<b>Meat</b>	1.25
<b>Grain</b>	2.63
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	592.70		
<b>Fat</b>	25.60g		
<b>SaturatedFat</b>	6.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	922.60mg		
<b>Carbohydrates</b>	74.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	16.40g		
<b>Vitamin A</b>	0.74IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.63mg	<b>Iron</b>	31.37mg