

Cookbook for Macatawa Bay Middle School

Created by HPS Menu Planner

Table of Contents

[Sausage, Egg & Cheese English Muffin Breakfast Sandwich](#)

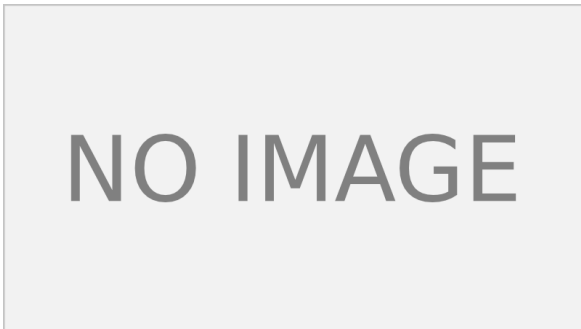
[Egg & Cheese English Muffin Breakfast Sandwich](#)

[Breakfast Pizza](#)

[Cereal with Toast](#)

[Whole Grain Toast](#)

Sausage, Egg & Cheese English Muffin Breakfast Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3644

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z	100 Each		635671
SAUSAGE PTY CKD CN 1.5Z 10 JDF	100 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice		150260
English Muffin	100 Each		2206

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 575.00

Fat 40.67g

SaturatedFat 12.00g

Trans Fat 0.00g

Cholesterol 322.50mg

Sodium 1000.00mg

Carbohydrates 29.33g

Fiber 1.00g

Sugar 1.50g

Protein 25.67g

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

Calcium 125.83mg **Iron** 2.69mg

Egg & Cheese English Muffin Breakfast Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3645

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z	100 Each		635671
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice		150260
English Muffin	100 Each		2206

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	395.00
Fat	23.67g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	292.50mg
Sodium	720.00mg
Carbohydrates	28.33g
Fiber	1.00g
Sugar	1.50g

Protein	19.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	125.83mg	Iron	2.33mg

Breakfast Pizza



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3643

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	100 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	350.00mg
Carbohydrates	27.00g

Fiber		3.00g	
Sugar		5.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	146.00mg	Iron	1.90mg

Cereal with Toast



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3642

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	50 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
BREAD, 100% WW SLICED, AM	50 Slice	READY_TO_EAT	0336
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	50 Gram		827021

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

Nutrition Facts

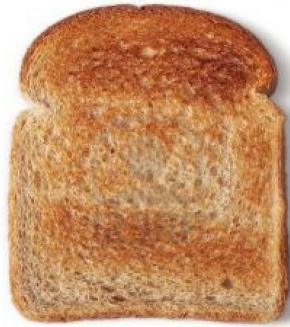
Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	209.20
Fat	3.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	334.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	12.00g

Protein	5.00g		
Vitamin A	500.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	4.50mg

Whole Grain Toast



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3597

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% whole wheat bread	100	BAKE	336
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	1000 Gram		827021

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	92.00
Fat	9.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	190.00mg
Carbohydrates	16.00g
Fiber	2.00g
Sugar	2.00g
Protein	0.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 2.00mg **Iron** 6.00mg