

Cookbook for Great Lakes Elementary

Created by HPS Menu Planner

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WG Pancakes and Sausage Links

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2715

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	300 Each	CONVENTIONAL OVEN: PRE-HEAT OVEN TO 400°F AND PLACE PANCAKES IN A SINGLE LAYER ON SHEET PAN. BAKE FOR 4-5 MINUTES OR UNTIL HOT. CONVECTION OVEN: PRE-HEAT OVEN TO 350°F AND PLACE PANCAKES IN A SINGLE LAYER ON SHEET PAN. BAKE FOR 3-4 MINUTES OR UNTIL HOT. GRIDDLE: FOR BEST RESULTS DO NOT GRIDDLE TO HEAT. SLOT TOASTER: TOAST ON MIDDLE/MEDIUM SETTING UNTIL GOLDEN BROWN AND HOT. FROZEN PANCAKES MAY REQUIRE MORE THAN ONE TOASTING CYCLE. MICROWAVE ON HIGH UNTIL WARM. MICROWAVE 2 STACKED PANCAKES FOR 35 SECONDS. MICROWAVE 3 STACKED PANCAKES FOR 50 SECONDS.	617650
SAUSAGE LNK PORK 1.2Z 250CT COMM	200 Each	BAKE Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 370.00

Fat 16.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 850.00mg

Carbohydrates 41.00g

Fiber 3.00g

Sugar 5.00g

Protein 19.00g

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

Calcium 21.00mg **Iron** 2.60mg

Better Butter & Jelly Sandwich Combo Meal

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2720

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	50 Each	Thaw and Serve	630302
CHEESE STRING MOZZ IW 168-1Z LOL	50 Each	Serve	786580
Whole Grain Dinner Roll	50	BAKE	4372

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 460.00

Fat 22.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 545.00mg

Carbohydrates 47.00g

Fiber 6.00g

Sugar 14.00g

Protein 19.00g

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

Calcium 278.00mg **Iron** 2.70mg

Yogurt Combo Meal

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2722

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	50 Package	Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	50 Each	Ready to eat	869921
CHEESE STRING MOZZ IW 168-1Z LOL	50 Each	Ready to eat	786580
Whole Grain Dinner Roll	50	BAKE	4372

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 360.00

Fat 7.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 525.00mg

Carbohydrates 58.00g

Fiber 4.00g

Sugar 22.00g

Protein 16.00g

Vitamin A 500.00IU **Vitamin C** 6.00mg

Calcium 448.00mg **Iron** 4.50mg

Beef Fiestada

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	100 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 360.00

Fat 14.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 710.00mg

Carbohydrates 43.00g

Fiber 4.00g

Sugar 8.00g

Protein 17.00g

Vitamin A 91.00IU **Vitamin C** 0.00mg

Calcium 241.00mg **Iron** 3.10mg

Crispy Chicken Tenders

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR BRD WGRAIN 1.41Z 4-7.7	300 Each		533830

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Each

Amount Per Serving

Calories 240.00

Fat 12.00g

Saturated Fat 2.25g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 405.00mg

Carbohydrates 12.00g

Fiber 1.50g

Sugar 3.00g

Protein 19.50g

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

Calcium 0.00mg **Iron** 1.62mg

Personal Deep Dish Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3108

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5 WGRAIN 60-4.98Z TONY	100 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 15 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 16 to 18 minutes. CONVENTIONAL OVEN: Cook at 400°F for 27 to 29 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.	605911

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 310.00

Fat 13.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 510.00mg

Carbohydrates 31.00g

Fiber 3.00g

Sugar 8.00g

Protein 17.00g

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

Calcium 240.00mg **Iron** 2.20mg

Turkey Hot Dog on White Bun

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3109

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TURKEY CN 8/ 4-5 KE	50 Each		143545
White Hot Dog Bun	50 Each		3162

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	10.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	870.00mg		
Carbohydrates	25.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	11.07IU	Vitamin C	0.04mg
Calcium	75.83mg	Iron	0.88mg

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3129

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	50 Cup		570710

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 130.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 550.00mg

Carbohydrates 29.00g

Fiber 5.00g

Sugar 10.00g

Protein 7.00g

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

Calcium 40.00mg **Iron** 1.80mg

Mashed Potatoes with Gravy

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
GRAVY MIX CHIX 8- 22.6Z TRIO	50 Ounce		290025
Tap Water for Recipes	12 1/2 Cup	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 102.67

Fat 1.47g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 592.03mg

Carbohydrates 20.53g

Fiber 0.80g

Sugar 0.00g

Protein 1.60g

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

Calcium 8.00mg **Iron** 0.24mg

Waffle Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BTRMLK RND 192-1Z KRUST	200 Each		645318
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	100 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice		150260

Preparation Instructions

- 1 burger = 2 M/MA
- 2 waffles = 1.5z WG
- 1 slc cheese = .5 M/MA

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 335.00

Fat 20.50g

SaturatedFat 7.00g

Trans Fat 0.50g

Cholesterol 52.50mg

Sodium 725.00mg

Carbohydrates 21.00g

Fiber 0.00g

Sugar 2.50g

Protein 16.00g

Vitamin A 0.00IU

Vitamin C 0.00mg

Calcium 81.50mg **Iron** 2.28mg

Cereal to Go

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11437

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH POU 96-1Z	100 Each	READY_TO_EAT Ready to eat cereal bars	656562

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

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	2.00g
Sugar	8.00g
Protein	1.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.60mg