

Cookbook for West Carroll Middle School

Created by HPS Menu Planner

Table of Contents

Glazed WG Donut

100% Fruit Juice

Raisins

Glazed WG Donut

Servings:	200.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD 84-2.1Z RICH	200 Each		131940
GLAZE DONUT HNY DIP 24# RICH	200 Tablespoon		889442

Preparation Instructions

DONUTS: Place on lined sheet pans. Thaw 60 minutes at room temperature. Heat in 375 degree oven for 2-3 minutes.

GLAZE: Store at room temperature. Stir glaze before applying to hot donuts. Dip or pour glaze over hot donuts. Allow to dry on cooling rack 10-15 minutes. Securely tighten lid after each use.

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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	325.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	41.00g		
Fiber	1.00g		
Sugar	19.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

100% Fruit Juice

Servings:	200.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11331

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	40 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	40 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	40 Each		698251
JUICE BOX VERY BRY 40-4.23FLZ	40 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	40 Each		698744

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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	64.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	16.20g		
Fiber	0.00g		
Sugar	14.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.80mg	Iron	0.00mg

Raisins

Servings:	150.00	Category:	Fruit
Serving Size:	1.00 1.5 oz pkg	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11364

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	150 Each	READY_TO_EAT	544426

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: 150.00

Serving Size: 1.00 1.5 oz pkg

Amount Per Serving

Calories	130.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	29.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg