

Cookbook for Graves County High School

Created by HPS Menu Planner

Table of Contents

Lucky Charms w/ Honey Oat Goldfish

Trix Cereal

Blueberry Pop Tart

Strawberry Pop Tart

Mini Maple Pancakes

Strawberry Mini Pancakes

Mandarin Oranges

Apple Juice

Orange Juice

Toast

Mayonnaise

Cucumber w/Ranch Cup

Baked Beans

Lucky Charms w/ Honey Oat Goldfish

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8363 |

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 |
| CRACKER GLDFSH HNY OAT WGRAIN 300-2CT | 1 Package | Ready to eat | 770960 |

Preparation Instructions

Ready to eat.

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: 1.00

Serving Size: 1.00

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 230.00 | |
| Fat | | 5.00g | |
| SaturatedFat | | 1.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 295.00mg | |
| Carbohydrates | | 42.00g | |
| Fiber | | 3.00g | |
| Sugar | | 15.00g | |
| Protein | | 3.00g | |
| Vitamin A | 500.00IU | Vitamin C | 6.00mg |
| Calcium | 320.00mg | Iron | 8.90mg |

Trix Cereal

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8364 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265782 |

Preparation Instructions

READY_TO_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

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

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 110.00 | | |
| Fat | 1.50g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 140.00mg | | |
| Carbohydrates | 24.00g | | |
| Fiber | 1.00g | | |
| Sugar | 7.00g | | |
| Protein | 1.00g | | |
| Vitamin A | 400.00IU | Vitamin C | 4.80mg |
| Calcium | 80.00mg | Iron | 4.50mg |

Blueberry Pop Tart

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8365 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN BLUEB 72-2CT | 1 Package | READY TO EAT | 865101 |

Preparation Instructions

READY TO EAT

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 2.25 |
| 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 | 360.00 |
| Fat | 5.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 360.00mg |
| Carbohydrates | 76.00g |
| Fiber | 6.00g |
| Sugar | 30.00g |
| Protein | 4.00g |
| Vitamin A 1000.00IU | Vitamin C 0.00mg |
| Calcium 200.00mg | Iron 3.60mg |

Strawberry Pop Tart

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8366 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN STRAWB 72-2CT | 1 Package | Ready to serve. | 123031 |

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 2.25 |
| 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 | 360.00 | | |
| Fat | 5.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 370.00mg | | |
| Carbohydrates | 76.00g | | |
| Fiber | 6.00g | | |
| Sugar | 30.00g | | |
| Protein | 4.00g | | |
| Vitamin A | 1000.00IU | Vitamin C | 0.00mg |
| Calcium | 200.00mg | Iron | 3.60mg |

Mini Maple Pancakes

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-8367 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS | 1 Package | Bake for 8 - 10 minutes at 350 degrees, or until internal temp is 165. | 269220 |

Preparation Instructions

Bake for 8 - 10 minutes at 350 degrees, or until internal temp is 165.

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: 1.00

Serving Size: 1.00

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 210.00 | | |
| Fat | 6.00g | | |
| SaturatedFat | 0.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 270.00mg | | |
| Carbohydrates | 38.00g | | |
| Fiber | 2.00g | | |
| Sugar | 11.00g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 1.08mg |

Strawberry Mini Pancakes

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-8368 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| PANCAKE STRAWB WGRAIN IW 72-3.17Z | 1 Package | READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269230 |

Preparation Instructions

READY_TO_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

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: 1.00

Serving Size: 1.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 220.00 | | |
| Fat | 6.00g | | |
| SaturatedFat | 0.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 260.00mg | | |
| Carbohydrates | 40.00g | | |
| Fiber | 2.00g | | |
| Sugar | 14.00g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 1.08mg |

Mandarin Oranges

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 0.50 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8369 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| ORANGES MAND IN JCE 6-10 GFS | 1/2 Cup | Ready to use. | 612448 |

Preparation Instructions

Ready to use.

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: 0.50

| Amount Per Serving | | | |
|----------------------|----------|------------------|---------|
| Calories | 60.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 10.00mg | | |
| Carbohydrates | 14.00g | | |
| Fiber | 0.00g | | |
| Sugar | 11.00g | | |
| Protein | 1.00g | | |
| Vitamin A | 400.00IU | Vitamin C | 18.00mg |
| Calcium | 20.00mg | Iron | 0.36mg |

Apple Juice

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8370 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| JUICE APPL 100 FZ 72-4FLZ SNCUP | 1 Each | READY TO DRINK | 135440 |

Preparation Instructions

READY TO DRINK

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

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 |

Orange Juice

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8372 |

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

Ready to drink.

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

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: | 0.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-8373 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| BREAD WGRAIN HNY WHT 16-24Z GFS | 1 Slice | | 204822 |

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: 1.00

Serving Size: 0.00

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 100.00 | | |
| Fat | 1.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 115.00mg | | |
| Carbohydrates | 18.00g | | |
| Fiber | 2.00g | | |
| Sugar | 3.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 1.00mg |

Mayonnaise

| | | | |
|----------------------|-------|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-8552 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| MAYONNAISE LT PKT 200-12GM GFS | 1 12 gm | Ready to eat | 188741 |

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| 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 | 47.60 | | |
| Fat | 4.60g | | |
| SaturatedFat | 0.70g | | |
| Trans Fat | 0.07g | | |
| Cholesterol | 8.00mg | | |
| Sodium | 71.30mg | | |
| Carbohydrates | 2.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.10g | | |
| Vitamin A | 9.05IU | Vitamin C | 0.05mg |
| Calcium | 2.01mg | Iron | 0.03mg |

Cucumber w/Ranch Cup

| | | | |
|----------------------|-------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-8553 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Cucumbers FR 5 LB CS- Graves County Schools | 1/2 Cup | READY_TO_EAT | 16P98 |
| RANCH LT DIP CUP 100-1Z FLAVOR FRESH | 1 Each | READY TO EAT | 499521 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.50 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 78.00 | | |
| Fat | 6.04g | | |
| SaturatedFat | 1.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 5.00mg | | |
| Sodium | 125.00mg | | |
| Carbohydrates | 6.88g | | |
| Fiber | 2.00g | | |
| Sugar | 9.68g | | |
| Protein | 0.32g | | |
| Vitamin A | 56.00IU | Vitamin C | 0.00mg |
| Calcium | 28.00mg | Iron | 1.12mg |

Baked Beans

| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8660 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN | 1/2 Cup | | 822477 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.50 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 150.00 | | |
| Fat | 0.50g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 300.00mg | | |
| Carbohydrates | 30.00g | | |
| Fiber | 5.00g | | |
| Sugar | 11.00g | | |
| Protein | 7.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 50.00mg | Iron | 2.00mg |