

Cookbook for NORTH BRANCH HIGH SCHOOL

Created by HPS Menu Planner

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Ham and Egg English Muffin



Servings:	75.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12984

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	75 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
TURKEY HAM SLCD 12-1 JENNO	75 Slice		556121
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	75 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD R/F 6-5 LOL	75 Slice		722360

Preparation Instructions

Wash hands thoroughly.

Warm Turkey Ham according to the directions.

Bake egg patties according to the directions

Warm English Muffin in warmer.

When meat and egg is done, layer in English Muffin and top with a slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

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: 75.00

Serving Size: 1.00 1

Amount Per Serving

Calories	222.50		
Fat	7.75g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	117.50mg		
Sodium	690.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	15.00g		
Vitamin A	100.00IU	Vitamin C	0.30mg
Calcium	206.00mg	Iron	2.14mg

Egg Omelet Wrap

NO IMAGE

Servings:	75.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16082

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	75 Piece		959048
EGG OMELET CHS COLBY 144-2.1Z	75 Each		240080

Preparation Instructions

Wash hands thoroughly.

Bake Omelets according to directions. Use steam setting on Combi oven to bake omelets and be careful not to over bake, DO NOT let brown.

Warm Flatbread in warmer while egg omelet bakes.

When omelets are done, put omelet on flatbread and fold, then wrap in wax paper wraps.

Keep in warmer till service.

SLE Components

Amount Per Serving

Meat	2.00
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: 75.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	195.00
Fat	11.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	445.00mg
Carbohydrates	13.50g
Fiber	0.00g
Sugar	1.00g

Protein		9.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

Mixed Fruit

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8827

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 1/4 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 1/4 #10 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 1/4 #10 CAN		189979

Preparation Instructions

Wash hands thoroughly.

Put Fruit in refrigerator the day before use.

Mix all 3 kinds of canned fruit together, do not drain juice.

Put 1/2 cup servings in souffle cups with lids.

Keep under refrigeration 38F to 42F.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 1

Amount Per Serving	
Calories	75.88
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.17mg
Carbohydrates	17.93g
Fiber	0.69g

Sugar	16.21g		
Protein	0.34g		
Vitamin A	137.95IU	Vitamin C	9.31mg
Calcium	6.90mg	Iron	0.25mg

Fresh Fruit

NO IMAGE

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18499

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
ORANGE 113 - 138 CT 1/35 LB CS	25 Cup		171871
WHOLE APPLE	12 1/2 Cup		733160

Preparation Instructions

Wash hands thoroughly.

Wash fruit thoroughly under running water.

Put into a fruit bowl for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.67
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 1

Amount Per Serving

Calories	75.07
Fat	0.30g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.73mg
Carbohydrates	18.67g
Fiber	2.87g
Sugar	6.67g
Protein	1.07g

Vitamin A	163.17IU	Vitamin C	32.52mg
Calcium	25.97mg	Iron	0.16mg