

Cookbook for NORTH BRANCH HIGH SCHOOL

Created by HPS Menu Planner

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Cinnamon Pancakes w/Sausage Patty



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-16083 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| PANCAKE CINN IW WGRAIN 80-2CT THE MAX | 50 Package | | 642230 |
| SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS | 50 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. PAN_FRY Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes. | 138941 |

Preparation Instructions

- Wash hands thoroughly.
- Bake sausage according to directions.
- Warm Cinnamon Pancakes in oven according to package directions.
- Serve one of each in a 1# paper tray or in a plastic container.
- Keep warm in warmer till service.

| SLE Components | |
|-----------------------|------|
| Amount Per Serving | |
| Meat | 1.00 |
| 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 1

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 320.00 |
| Fat | 13.00g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 50.00mg |
| Sodium | 510.00mg |
| Carbohydrates | 36.00g |
| Fiber | 2.00g |
| Sugar | 11.00g |
| Protein | 15.00g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 110.00mg | Iron | 2.44mg |

Seasoned Steak Bagel



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 75.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-12982 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|---------------|-------------------|------------|
| BAGEL WHT WGRAIN 2Z 12-6CT LENDERS | 75 Each | | 230264 |
| BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM | 107 1/4 Ounce | | 720861 |
| PEPPERS & ONION FLME RSTD 6-2.5 | 75 Ounce | | 847208 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 75 Slice | | 722360 |

Preparation Instructions

- Wash hands thoroughly.
- Heat meat in the steamer till 165* for at least 15 seconds.
- Heat peppers and onions in oven till 165* for at least 15 seconds.
- Mix the meat and onions and peppers together.
- Warm bagel in warmer till warm.
- Put a slice of cheese on one half of the bagel, then layer meat mixture on the top, then cover with the other half of bagel.
- Wrap and keep warm in warmer till service.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.03 |
| OtherVeg | 0.05 |

| | |
|----------------|------|
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|----------------------------|----------|------------------|--------|
| Nutrition Facts | | | |
| Servings Per Recipe: 75.00 | | | |
| Serving Size: 1.00 1 | | | |
| Amount Per Serving | | | |
| Calories | 262.45 | | |
| Fat | 7.50g | | |
| SaturatedFat | 2.95g | | |
| Trans Fat | 0.26g | | |
| Cholesterol | 27.50mg | | |
| Sodium | 627.99mg | | |
| Carbohydrates | 34.28g | | |
| Fiber | 4.60g | | |
| Sugar | 7.89g | | |
| Protein | 16.35g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 146.96mg | Iron | 2.66mg |

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 |

Mixed Fruit



| | | | |
|----------------------|--------|-----------------------|---------|
| Servings: | 50.00 | Category: | Fruit |
| Serving Size: | 0.50 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-8716 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| PEACH DCD 6-10 COMM | 5/8 #10 CAN | | 110700 |
| ORANGES MAND BRKN L/S 6-10 GFS | 5/8 #1 CAN | | 152811 |
| PINEAPPLE TIDBITS IN JCE 6-10 GFS | 5/8 #10 CAN | | 189979 |

Preparation Instructions

Wash hands thoroughly.

Mix all 3 cans together with juice.

Use 1/2 cup souffle cups with lids.

Keep cold for service.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.36 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving

| | |
|----------------------|--------|
| Calories | 48.07 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 2.08mg |
| Carbohydrates | 11.76g |
| Fiber | 0.69g |
| Sugar | 10.34g |

| | | | |
|------------------|---------|------------------|--------|
| Protein | | 0.04g | |
| Vitamin A | 14.39IU | Vitamin C | 3.75mg |
| Calcium | 0.72mg | Iron | 0.14mg |