

Cookbook for NORTH BRANCH HIGH SCHOOL

Created by HPS Menu Planner

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Servings:	0.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8719

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	0 Each		209761
CHEESE STRING MOZZ IW 168-1Z LOL	0 Each		786580

Preparation Instructions

Combine 1 of each items.

SLE Components

Amount Per Serving

Meat	1.00
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: 0.00

Serving Size: 1.00 1

Amount Per Serving

Calories	240.00		
Fat	10.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	8.00g		
Vitamin A	950.20IU	Vitamin C	0.00mg
Calcium	399.98mg	Iron	1.80mg

Chicken on a Biscuit

NO IMAGE

Servings:	75.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16085

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	75 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	75 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE SLCD YEL 6- 5 COMM	75 Slice		334450

Preparation Instructions

Wash hands thoroughly.

Bake biscuits according to directions.

Bake Chicken patties according to directions.

Split biscuit and put chicken patty and cheese on.

Wrap with wax paper wrap and put in warmer and keep warm till service.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.63
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	320.00		
Fat	17.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	730.00mg		
Carbohydrates	29.00g		
Fiber	4.50g		
Sugar	2.50g		
Protein	13.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.00mg	Iron	2.08mg

Bacon Egg English Muffin

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12985

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	50 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
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	50 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	50 Slice		722360
BACON TKY CKD 12- 50CT JENNO	50 Serving		834770

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	1.68
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	225.00		
Fat	8.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	112.50mg		
Sodium	710.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	14.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	206.00mg	Iron	1.96mg

Mixed Fruit



Servings:	75.00	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	1 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 #1 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #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: 75.00

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

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