

Cookbook for NORTH BRANCH HIGH SCHOOL

Created by HPS Menu Planner

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Breakfast Bagel with Cream Cheese

Sausage, Egg, Cheese English Muffin

Fresh Fruit

Mixed Fruit

Breakfast Bagel with Cream Cheese



Servings:	75.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8589

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	75 Each		230264
CHEESE CREAM LT CUP 100-1Z GCHC	75 Each		549762

Preparation Instructions

Wash hands thoroughly.

Warm bagels in warmer and put with 1 -1oz cup of cream cheese and serve.

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: 75.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	200.00		
Fat	5.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	275.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	8.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.80mg

Sausage, Egg, Cheese English Muffin



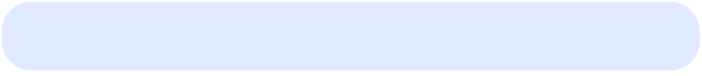
Servings:	50.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8595

Ingredients

Description	Measurement	Prep Instructions	DistPart #
English Muffin	50 Each		2206
SAUSAGE PTY CKD 250-1.2Z COMM	50 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
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

Preparation Instructions

- Wash hands thoroughly.
- Cook sausages according to directions.
- Cook egg patties according to directions.
- Warm English muffin in warmer, then layer meat, egg and cheese and wrap and keep at 135F to 165F.



SLE Components

Amount Per Serving

Meat	2.50
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		285.00	
Fat		11.00g	
SaturatedFat		3.75g	
Trans Fat		0.00g	
Cholesterol		132.50mg	
Sodium		840.00mg	
Carbohydrates		27.00g	
Fiber		1.00g	
Sugar		1.50g	
Protein		18.50g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	0.72mg

Fresh Fruit

NO IMAGE

Servings:	100.00	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	33 1/4 Each		197769
ORANGE 113 - 138 CT 1/35 LB CS	33 1/4 Cup		171871
WHOLE APPLE	16 5/8 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: 100.00

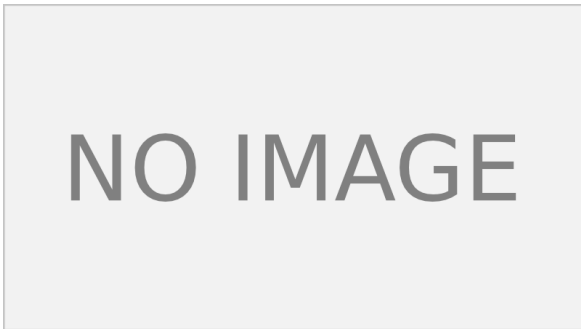
Serving Size: 1.00 1

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:	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