

# **Cookbook for Zeeland Public Schools**

**Created by HPS Menu Planner**

# **Cookbook for ADAMS ELEMENTARY ZEELAND**

**Created by HPS Menu Planner**

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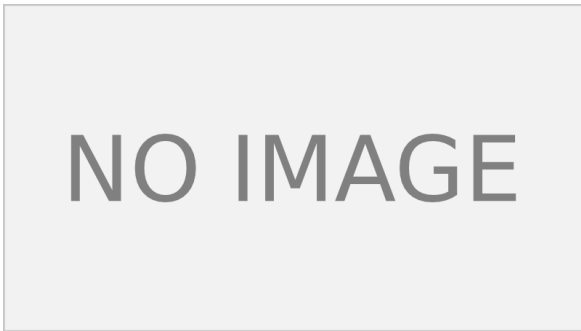
**A. Apple Cinnamon Texas Toast & Sausage Links**

**B. Turkey & Cheese on Croissant**

**C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers**

**Cereal & Banana Muffin**

# A. Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g

<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

## B. Turkey & Cheese on Croissant



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13160

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

### Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		328.33	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		5.42g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		756.67mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		20.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	118.14mg	<b>Iron</b>	2.04mg

# C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 360.00

**Fat** 12.50g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 570.00mg

**Carbohydrates** 51.00g

**Fiber** 4.00g

**Sugar** 16.00g

**Protein** 14.00g

**Vitamin A** 1100.00IU **Vitamin C** 4.80mg

**Calcium** 660.00mg **Iron** 4.60mg

# Cereal & Banana Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	300.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	26.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	6.00mg

**Calcium** 120.00mg **Iron** 5.22mg

# **Cookbook for Early Childhood Center**

**Created by HPS Menu Planner**

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[Apple Cinnamon Texas Toast & Sausage Links](#)

# Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13416

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g

<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

# **Cookbook for LINCOLN ELEMENTARY**

**Created by HPS Menu Planner**



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**A. Apple Cinnamon Texas Toast & Sausage Links**

**B. Turkey & Cheese on Croissant**

**C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers**

**Cereal & Banana Muffin**

# A. Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g

<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

## B. Turkey & Cheese on Croissant



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13160

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

### Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		328.33	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		5.42g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		756.67mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		20.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	118.14mg	<b>Iron</b>	2.04mg

# C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 360.00

**Fat** 12.50g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 570.00mg

**Carbohydrates** 51.00g

**Fiber** 4.00g

**Sugar** 16.00g

**Protein** 14.00g

**Vitamin A** 1100.00IU **Vitamin C** 4.80mg

**Calcium** 660.00mg **Iron** 4.60mg

# Cereal & Banana Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	26.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	6.00mg



**Calcium** 120.00mg **Iron** 5.22mg

# **Cookbook for NEW GRONINGEN ELEMENTARY**

**Created by HPS Menu Planner**

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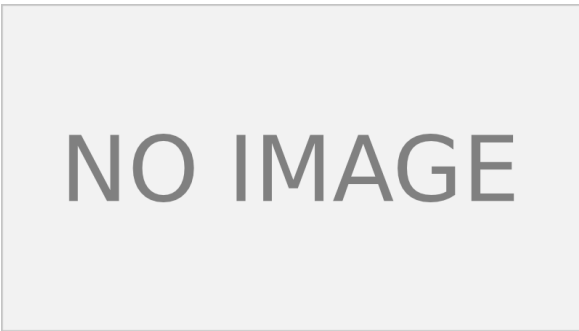
**A. Apple Cinnamon Texas Toast & Sausage Links**

**B. Turkey & Cheese on Croissant**

**C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers**

**Cereal & Banana Muffin**

# A. Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g

<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

## B. Turkey & Cheese on Croissant



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13160

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

### Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		328.33	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		5.42g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		756.67mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		20.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	118.14mg	<b>Iron</b>	2.04mg

# C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 360.00

**Fat** 12.50g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 570.00mg

**Carbohydrates** 51.00g

**Fiber** 4.00g

**Sugar** 16.00g

**Protein** 14.00g

**Vitamin A** 1100.00IU **Vitamin C** 4.80mg

**Calcium** 660.00mg **Iron** 4.60mg

# Cereal & Banana Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	26.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	6.00mg

**Calcium** 120.00mg **Iron** 5.22mg

# **Cookbook for QUINCY ELEMENTARY**

**Created by HPS Menu Planner**

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**A. Apple Cinnamon Texas Toast & Sausage Links**

**B. Turkey & Cheese on Croissant**

**C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers**

**Cereal & Banana Muffin**

# A. Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g

<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

## B. Turkey & Cheese on Croissant



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13160

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

### Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		328.33	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		5.42g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		756.67mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		20.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	118.14mg	<b>Iron</b>	2.04mg

# C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 360.00

**Fat** 12.50g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 570.00mg

**Carbohydrates** 51.00g

**Fiber** 4.00g

**Sugar** 16.00g

**Protein** 14.00g

**Vitamin A** 1100.00IU **Vitamin C** 4.80mg

**Calcium** 660.00mg **Iron** 4.60mg

# Cereal & Banana Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	26.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	6.00mg

**Calcium** 120.00mg **Iron** 5.22mg

# **Cookbook for ROOSEVELT ELEMENTARY**

**Created by HPS Menu Planner**

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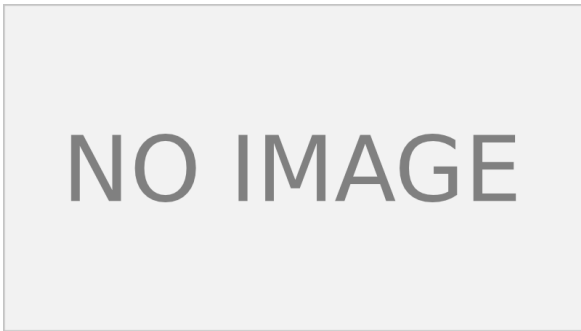
**A. Apple Cinnamon Texas Toast & Sausage Links**

**B. Turkey & Cheese on Croissant**

**C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers**

**Cereal & Banana Muffin**

# A. Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g



<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

## B. Turkey & Cheese on Croissant



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13160

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

### Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		328.33	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		5.42g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		756.67mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		20.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	118.14mg	<b>Iron</b>	2.04mg

# C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 360.00

**Fat** 12.50g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 570.00mg

**Carbohydrates** 51.00g

**Fiber** 4.00g

**Sugar** 16.00g

**Protein** 14.00g

**Vitamin A** 1100.00IU **Vitamin C** 4.80mg

**Calcium** 660.00mg **Iron** 4.60mg

# Cereal & Banana Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	26.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	6.00mg

**Calcium** 120.00mg **Iron** 5.22mg

# **Cookbook for The Bridge Youth Center**

**Created by HPS Menu Planner**



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No Recipes found

# **Cookbook for WOODBRIDGE ELEMENTARY**

**Created by HPS Menu Planner**

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**A. Apple Cinnamon Texas Toast & Sausage Links**

**B. Deep Dish Pepperoni Pizza**

**C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers**

**Cereal & Banana Muffin**

# A. Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g

<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

# B. Deep Dish Pepperoni Pizza



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13156

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD PEPP 105-4Z	3 Each	<b>CONVECTION</b> Cook for 9-12 minutes in a 350°F convection oven. If individually wrapped, cook in ovenable film. Cook before eating to an internal temperature of 165°F as measured by a food thermometer.	736652

## Preparation Instructions

Product should be stored frozen and cooked thawed. Allow to thaw prior to cooking. Cook for 9 - 12 minutes in a 325 degree F -350 degree F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165 degrees F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	870.00
<b>Fat</b>	39.00g
<b>SaturatedFat</b>	15.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	1650.00mg
<b>Carbohydrates</b>	81.00g
<b>Fiber</b>	9.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	48.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	627.00mg	<b>Iron</b>	6.00mg

# C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 360.00

**Fat** 12.50g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 570.00mg

**Carbohydrates** 51.00g

**Fiber** 4.00g

**Sugar** 16.00g

**Protein** 14.00g

**Vitamin A** 1100.00IU **Vitamin C** 4.80mg

**Calcium** 660.00mg **Iron** 4.60mg

# Cereal & Banana Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	26.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	6.00mg

**Calcium** 120.00mg **Iron** 5.22mg

# **Cookbook for Z-Quest**

**Created by HPS Menu Planner**

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# **Cookbook for Zeeland Christian**

**Created by HPS Menu Planner**

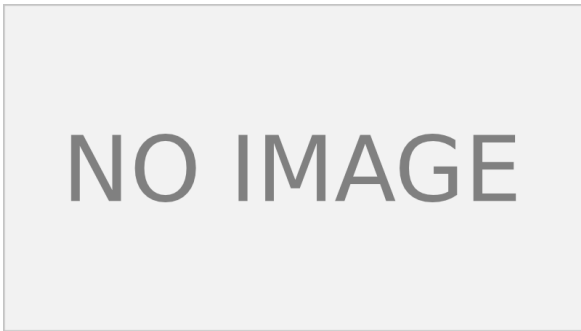
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**A. Apple Cinnamon Texas Toast & Sausage Links**

**B. Turkey & Cheese on Croissant**

**C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers**

# A. Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g



<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

## B. Turkey & Cheese on Croissant



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13160

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

### Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		328.33	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		5.42g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		756.67mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		20.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	118.14mg	<b>Iron</b>	2.04mg

# C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 360.00

**Fat** 12.50g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 570.00mg

**Carbohydrates** 51.00g

**Fiber** 4.00g

**Sugar** 16.00g

**Protein** 14.00g

**Vitamin A** 1100.00IU **Vitamin C** 4.80mg

**Calcium** 660.00mg **Iron** 4.60mg

# **Cookbook for Zeeland Cityside & Creekside Middle Schools**

**Created by HPS Menu Planner**

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[Cereal & Banana Muffin](#)

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[Chicken Fries & Wheat Roll](#)

[Roasted Carrot Fries](#)

[Turkey & Cheese on Croissant](#)

# Cereal & Banana Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	26.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	6.00mg



**Calcium** 120.00mg **Iron** 5.22mg

# Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13416

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g

<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

# Baked Mozzarella Cheese Sticks & Marinara



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13425

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	READY_TO_EAT None	592714
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	338.57
<b>Fat</b>	12.43g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	788.57mg
<b>Carbohydrates</b>	37.29g

<b>Fiber</b>	4.43g		
<b>Sugar</b>	4.86g		
<b>Protein</b>	20.43g		
<b>Vitamin A</b>	855.14IU	<b>Vitamin C</b>	5.22mg
<b>Calcium</b>	527.43mg	<b>Iron</b>	1.77mg

# Chicken Fries & Wheat Roll



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13440

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	8 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	283562
Honey Wheat Tea Roll BB	1 Each	READY_TO_EAT	4365

## Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.29
<b>Grain</b>	2.14
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	332.86
<b>Fat</b>	15.86g
<b>SaturatedFat</b>	2.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.86mg
<b>Sodium</b>	478.57mg
<b>Carbohydrates</b>	30.00g

<b>Fiber</b>	4.29g		
<b>Sugar</b>	3.14g		
<b>Protein</b>	17.86g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.57mg	<b>Iron</b>	8.29mg

# Roasted Carrot Fries

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14606

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C 4-3 RSS	156 Ounce		781606
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881
SPICE PEPR BLK 30 MESH REG GRIND 5	1/2 Teaspoon		225045
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900

## Preparation Instructions

- 1) Toss the carrot sticks together with the oil and seasonings until carrots are lightly coated
- 2) Spread the carrots on a sheet pans in a single layer
- 3) Roast @ 375 F for approximately 30 minutes until carrots are softened and caramelized.
4. CCP(Critical Control Point): Hold @ 140 F until service

Serving = 1/2 cup (4oz spoodle) Yield 50 servings

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	55.11		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	62.64mg		
<b>Carbohydrates</b>	8.80g		
<b>Fiber</b>	2.82g		
<b>Sugar</b>	4.16g		
<b>Protein</b>	0.74g		
<b>Vitamin A</b>	14837.33IU	<b>Vitamin C</b>	5.41mg
<b>Calcium</b>	29.42mg	<b>Iron</b>	0.27mg

# Turkey & Cheese on Croissant



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14848

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		328.33	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		5.42g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		756.67mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		20.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	118.14mg	<b>Iron</b>	2.04mg

# **Cookbook for ZEELAND CITYSIDE MIDDLE SCHOOL**

**Created by HPS Menu Planner**

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# **Cookbook for ZEELAND CREEKSIDE MIDDLE SCHOOL**

**Created by HPS Menu Planner**

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# **Cookbook for ZEELAND EAST HIGH SCHOOL**

**Created by HPS Menu Planner**



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# **Cookbook for Zeeland Elementary Schools**

**Created by HPS Menu Planner**

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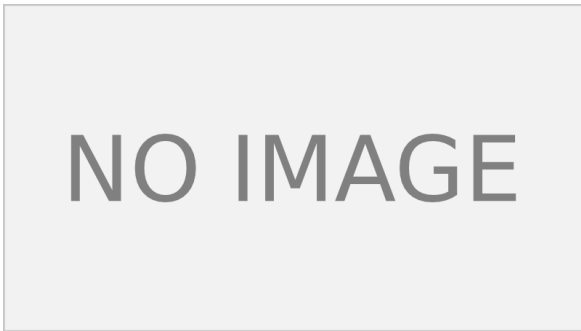
**A. Apple Cinnamon Texas Toast & Sausage Links**

**B. Turkey & Cheese on Croissant**

**C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers**

**Cereal & Banana Muffin**

# A. Apple Cinnamon Texas Toast & Sausage Links



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	45.00g

<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	3.80mg

## B. Turkey & Cheese on Croissant



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13160

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

### Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		328.33	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		5.42g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		756.67mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		20.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	118.14mg	<b>Iron</b>	2.04mg

# C. Yogurt, Cheese Stick, Cereal, & Goldfish Crackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 360.00

**Fat** 12.50g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 570.00mg

**Carbohydrates** 51.00g

**Fiber** 4.00g

**Sugar** 16.00g

**Protein** 14.00g

**Vitamin A** 1100.00IU **Vitamin C** 4.80mg

**Calcium** 660.00mg **Iron** 4.60mg

# Cereal & Banana Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	26.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	6.00mg

**Calcium** 120.00mg **Iron** 5.22mg

# **Cookbook for Zeeland High Schools**

**Created by HPS Menu Planner**

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# **Cookbook for ZEELAND WEST HIGH SCHOOL**

**Created by HPS Menu Planner**

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**Chili Cheese Bar: Waffle Fries, Beef & Bean Chili, Cinn. Roll. Also Avail: Baked Potato, Jalapenos, Onions, Cheese Sauc**

**Roasted Carrot Fries**

# Cereal & Banana Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	26.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	6.00mg



**Calcium** 120.00mg **Iron** 5.22mg

# Cheese Pizza



<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13422

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	<p><b>BAKE</b>            STORE FROZEN AT 0°F TO -10°F (-18°C TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.</p>	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

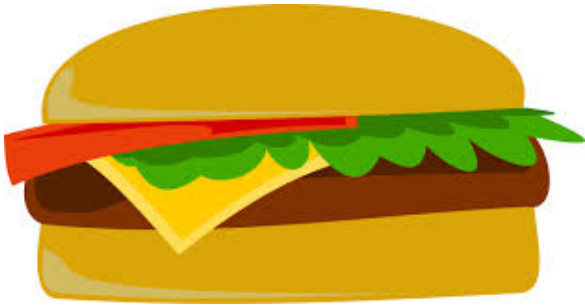
### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving			
<b>Calories</b>	385.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	8.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	880.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	430.00mg	<b>Iron</b>	1.98mg

# Cheeseburger on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13433

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360
BEEF PTY CHARB 200-2.5Z ADV	1 Each	<b>BAKE</b> Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
Hamburger Bun ZPS	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	305.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	23.50g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	11.80mg

# Sloppy Joe on Bun

NO IMAGE

<b>Servings:</b>	832.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.50 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13434

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	130 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
SALT IODIZED 25 CARG	1/4 Cup		108286
SPICE PEPR BLK REST GRIND 5 TRDE	1/4 Cup		242179
ONION DEHY CHPD 15 P/L	2 1/4 Cup		263036
CELERY STIX 4-3 RSS	2 1/4 Ounce		781592
KETCHUP FCY JUG W/PUMP 6-114Z REDG	228 Ounce	READY_TO_EAT None	695530
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Cup		860221
VINEGAR WHT DISTILLED 4 4-1GAL	1 Cup		517582
SOUP CRM OF CELERY 12-5 HNZ	3 #5 CAN		101613
SOUP CRM OF CHIX 12-5 HNZ	3 #5 CAN		101656
SAUCE BBQ 4-1GAL GCHC	1 1/2 Gallon		734136
4" WG HAMBURGER BUN, AUNT MILLIES	832 bun	UNSPECIFIED	3159

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN MED 25 GFS	2 Quart	UNSPECIFIED	108626

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 832.00

Serving Size: 2.50 Ounce

#### Amount Per Serving

<b>Calories</b>	313.48		
<b>Fat</b>	9.40g		
<b>SaturatedFat</b>	3.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.26mg		
<b>Sodium</b>	872.01mg		
<b>Carbohydrates</b>	37.39g		
<b>Fiber</b>	2.14g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	19.19g		
<b>Vitamin A</b>	130.34IU	<b>Vitamin C</b>	0.33mg
<b>Calcium</b>	26.87mg	<b>Iron</b>	11.83mg

# Spicy Chicken Patty on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13456

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
4" Whole Grain Hamburger Bun	1	READY_TO_EAT	3159

## Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>	
<b>Calories</b>	430.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g



<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	12.00mg

# Veggie Pizza



<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13935

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each		626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO GRND 12Z TRDE	1 Teaspoon		513725
RED ONION	1/4 Cup		15N63
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup		491012
PEPPERS BAN RING MILD 4-1GAL GFS	1/4 Cup		466220

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.20
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00  
Serving Size: 1.00 Slice

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**Amount Per Serving**

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<b>Calories</b>	387.85
<b>Fat</b>	18.51g
<b>SaturatedFat</b>	8.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	973.36mg
<b>Carbohydrates</b>	34.65g
<b>Fiber</b>	2.38g
<b>Sugar</b>	5.69g
<b>Protein</b>	20.54g

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<b>Vitamin A</b>	124.99IU	<b>Vitamin C</b>	7.27mg
<b>Calcium</b>	437.04mg	<b>Iron</b>	2.00mg

# Pizza Sub

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13982

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA 6-10 REDPK	2 Tablespoon	READY_TO_EAT None	502141
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
PORK CRMBL CKD 120/Z W/TVP 10 PG	1/4 Cup		499595
PEPPERONI SLCD 14-16/Z 2-5 GFS	5 Piece		729981
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

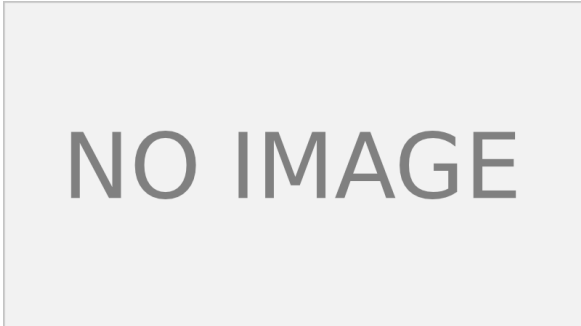
Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	416.25
<b>Fat</b>	20.31g
<b>SaturatedFat</b>	7.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.88mg
<b>Sodium</b>	883.75mg
<b>Carbohydrates</b>	35.00g

<b>Fiber</b>	2.50g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	23.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	218.50mg	<b>Iron</b>	4.97mg

# Chili Cheese Bar: Waffle Fries, Beef & Bean Chili, Cinn. Roll. Also Avail: Baked Potato, Jalapenos, Onions, Cheese Sauc



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14007

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CRISSCUT SEAS 6-4.5 LAMB	2 9/50 Ounce		457566
CHILI BEEF W/BEAN 6-5 COMM	6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120- 2.25Z RICH	1 Each	<p>BAKE</p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127
ICING WHT GLOSSY 43# BRILL	1 Tablespoon		850631

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	2.06
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.39
OtherVeg	0.00
Legumes	0.00
Starch	0.23

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

Calories	381.48		
Fat	10.40g		
SaturatedFat	2.94g		
Trans Fat	0.00g		
Cholesterol	36.90mg		
Sodium	550.56mg		
Carbohydrates	52.86g		
Fiber	5.58g		
Sugar	12.15g		
Protein	18.84g		
Vitamin A	1288.51IU	Vitamin C	19.55mg
Calcium	58.45mg	Iron	4.99mg

# Roasted Carrot Fries

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14606

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C 4-3 RSS	156 Ounce		781606
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881
SPICE PEPR BLK 30 MESH REG GRIND 5	1/2 Teaspoon		225045
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900

## Preparation Instructions

- 1) Toss the carrot sticks together with the oil and seasonings until carrots are lightly coated
- 2) Spread the carrots on a sheet pans in a single layer
- 3) Roast @ 375 F for approximately 30 minutes until carrots are softened and caramelized.
4. CCP(Critical Control Point): Hold @ 140 F until service

Serving = 1/2 cup (4oz spoodle) Yield 50 servings

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	55.11		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	62.64mg		
<b>Carbohydrates</b>	8.80g		
<b>Fiber</b>	2.82g		
<b>Sugar</b>	4.16g		
<b>Protein</b>	0.74g		
<b>Vitamin A</b>	14837.33IU	<b>Vitamin C</b>	5.41mg
<b>Calcium</b>	29.42mg	<b>Iron</b>	0.27mg