

Cookbook for EARLY LEARNING CENTER

Created by HPS Menu Planner

Table of Contents

Whole Grain French Toast Sticks & Sausage Patty

Whole Grain Toast

Brickie Burger

Ham Roll-Ups, Cheese Stick, & Pretzels

Assorted Fresh Fruit

Variety of Chilled Fruit

Apple & Eve Juice Box

Mashed Potatoes

Fresh Baby Carrots with Dip

Scrambled Eggs & Whole Grain Toast

Juice 4U Juice

Cheese Omelet & Whole Grain Toast (ELC)

Yogurt & Whole Grain Muffin (ELC)

Whole Grain French Toast Sticks & Sausage Patty

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3711
School:	JOAN MARTIN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	150 Each		646222
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	50 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880

Preparation Instructions

Prepare French Toast Sticks as stated on the box.

Prepare Sausage Patty as stated on the box.

Once items are prepared, place 3 french toast sticks and 1 sausage patty into an 8 ounce paper tray.

Keep in warmer until ready to serve.

CCP: Hold for hot service at 135 degrees F. or higher.

Meal Components (SLE)

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: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	281.00		
Fat	13.50g		
SaturatedFat	4.70g		
Trans Fat	0.00g		
Cholesterol	131.00mg		
Sodium	442.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	14.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg

Calcium 72.00mg **Iron** 1.00mg

Whole Grain Toast

Servings:	24.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz White Wheat Bread, Split Top 5/8" Slice	24 Slice		11162
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	24 tsp.		299405

Preparation Instructions

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 24.00			
Serving Size: 1.00 Slice			
Amount Per Serving			
Calories	103.33		
Fat	5.17g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	130.00mg		
Carbohydrates	13.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Brickie Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-4132
School:	RIDGEVIEW ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
Bun White Wheat 4"	1 Each	READY_TO_EAT	51022

Preparation Instructions

Place a piece of parchment paper on a sheet tray, and put 24 Meatloaf Patties on each tray. Prepare as directed.

On a clean sheet tray, line with a piece of parchment.

Open 2 packages of White/Wheat 3.5" hamburger buns, and place the bottom halves on the tray.

Place the 24 top halves from your hamburger bun in a plastic bus tub. Cover with foil and set aside.

Once your Meatloaf Patties are cooked and above 165 degrees F, place a patty on top of each bun bottom.

Now grab your hamburger tops and top your burgers.

Either cover the completed tray with another clean tray or wrap each tray with a tray cover.

Place in warmer until service.

CCP: Hold for service at 140 degrees F or higher

Meal Components (SLE)

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: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 320.00

Fat 12.00g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 640.00mg

Carbohydrates 34.00g

Fiber 4.00g

Sugar 8.00g

Protein 18.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 60.00mg **Iron** 1.44mg

Ham Roll-Ups, Cheese Stick, & Pretzels

Servings:	100.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4520

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	200 Slice		100187
CHEESE STRING MOZZ LT IW 168-1Z LOL	100 Each		786801
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	100 Package	READY_TO_EAT Ready to Eat	893711

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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: 100.00

Serving Size: 1.00 set

Amount Per Serving			
Calories	214.00		
Fat	8.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	46.00mg		
Sodium	864.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	228.00mg	Iron	0.80mg

Assorted Fresh Fruit

Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	1/2 Cup		212768
KIWI 33-39CT P/L	2 Each		287008
PEAR 95-110CT MRKN	1 Each		198056
MELON MUSK CANTALOUPE 12CT P/L	1/2 Cup		200565

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.33
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.49		
Fat	0.27g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.48mg		
Carbohydrates	37.07g		
Fiber	6.94g		
Sugar	21.77g		
Protein	1.65g		
Vitamin A	82.54IU	Vitamin C	63.47mg

Calcium 36.51mg **Iron** 0.53mg

Variety of Chilled Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7956
School:	JOAN MARTIN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE 6-10 GFS	1/16 Cup		610372
PEAR DCD IN JCE 6-10 GCHC	1/16 Cup		610364
APPLESAUCE UNSWT 6-10 GCHC	1/16 Cup		271497
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/16 Cup		612464
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/16 Cup		258362
ORANGES MAND WHL L/S 6-10 GFS	1/16 Cup		117897
Peaches, diced, cups, Frozen	1/16 Cup		100241
STRAWBERRIES, DICED, CUPS, FROZEN	1/16 Each	THAW	100256

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.85
Fat	0.01g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.52mg
Carbohydrates	12.89g
Fiber	0.79g
Sugar	9.52g
Protein	0.36g

Vitamin A	118.39IU	Vitamin C	3.83mg
Calcium	4.85mg	Iron	0.13mg

Apple & Eve Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7957
School:	JOAN MARTIN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1/4 Each		733220
JUICE BX WHT GRP 100 40CT 125ML	1/4 Each		733260
JUICE BOX PNCH 100 125ML 40CT	1/4 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1/4 Each		733240

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.75mg		
Carbohydrates	15.25g		
Fiber	0.00g		
Sugar	14.25g		
Protein	0.00g		
Vitamin A	375.00IU	Vitamin C	45.00mg
Calcium	15.00mg	Iron	0.00mg

Mashed Potatoes

Servings:	92.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	1 Package	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
Cold Water	12 Quart		0000

Preparation Instructions

Boil water, boil more than you actually need.

Add 1 package of butter buds to your container of mashed potatoes.

Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes.

Using whip attachment, set mixer on low speed.

Slowly add your potato mixture into your mixing bowl over the boiled water.

Add remaining boiling water.

Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes).

Transfer potatoes to 4" steamtable pans.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 92.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	94.55
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.14mg
Carbohydrates	20.38g
Fiber	2.02g

Sugar	0.00g		
Protein	2.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.45mg	Iron	0.42mg

Fresh Baby Carrots with Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9588

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
DRESSING RNCH LT 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	861850

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.28
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	74.58		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	120.06mg		
Carbohydrates	10.83g		
Fiber	2.28g		
Sugar	4.91g		
Protein	0.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.26mg	Iron	0.00mg

Scrambled Eggs & Whole Grain Toast

Servings:	10.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10796

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	3 1/3 Cup		584584
24 oz White Wheat Bread, Split Top 5/8" Slice	10 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	24 Teaspoon		299405

Preparation Instructions

Scrambled Eggs - Prepare as stated on package.

CCP: Heat eggs to 165 degrees F or higher for 15 seconds.

—
Take 6oz paper boat and scoop 1/3 cup of eggs.

Serve toast on the side or with scrambled eggs.

CCP: Hold eggs and toast for hot service at 135 degrees F or higher.

—
There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

—
If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

Meal Components (SLE)

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: 10.00

Serving Size: 1.00 set

Amount Per Serving

Calories	220.64		
Fat	14.34g		
SaturatedFat	6.61g		
Trans Fat	0.00g		
Cholesterol	150.14mg		
Sodium	352.00mg		
Carbohydrates	14.01g		
Fiber	1.00g		
Sugar	3.01g		
Protein	8.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.35mg	Iron	1.01mg

Juice 4U Juice

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Carton	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11094
School:	JOAN MARTIN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1/2 Each	READY_TO_EAT Thaw when ready to use keeping used portion in refrigeration upto 14 days	510562
JUICE DRAGON PUNCH ECO 70-4FLZ	1/2 Each	READY_TO_EAT Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days	510571

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Carton

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	32.50mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	15.00mg
Calcium	0.00mg	Iron	0.00mg

Cheese Omelet & Whole Grain Toast (ELC)

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21658
School:	EARLY LEARNING CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	50 Each		240080
24 oz White Wheat Bread, Split Top 5/8" Slice	50 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	50 Tablespoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	290.00		
Fat	22.50g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	195.00mg		
Sodium	430.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

Yogurt & Whole Grain Muffin (ELC)

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22550
School:	HOBART MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	30 Each		765020
4 Ounce Paper Food Tray, Aspire Pattern	30		122861
MUFFIN APPL CINN WGRAIN IW 72-2Z	10 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	10 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	10 Each		557970

Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

You can serve any of the following muffins with your yogurts

557970 - blueberry

557981 - banana

558011 - apple cinnamon

Meal Components (SLE)

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: 30.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	240.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	185.00mg
Carbohydrates	40.00g
Fiber	2.00g
Sugar	22.33g

Protein	7.00g		
Vitamin A	466.67IU	Vitamin C	0.00mg
Calcium	123.67mg	Iron	0.93mg