

# **Cookbook for Elementary/Middle School Menu**

**Created by HPS Menu Planner**

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# Hot Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13589
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX HAM BLACK FOREST SLCD 6-2 TYS	4 Slice		527380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233

## Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

GATHER ALL SUPPLIES NEEDED

LAY PARCHMENT PAPER ON TABLE, LINE WITH BOTTOM BUNS,

PUT 4 SLICES OF MEAT AND 1 SLICE OF CHEESE ON EACH BUN AND PLACE TOP ON

WRAP IN FOIL SHEETS

PLACE ON PIZZA PAN

PUT IN OVEN ON 300 DEGREES F UNTIL CHEESE IS MELTED

PLACE IN WARMER UNTIL SERVING TIME

### 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 Each

#### Amount Per Serving

<b>Calories</b>	255.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	15.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	154.00mg	<b>Iron</b>	2.36mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Double Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13592
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB DBL DECKER 4 10-12CT GCHC	1 Each		588341
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	2 Each	<b>GRILL</b> Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360

## Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once burgers are cooked assemble sandwich with 2 beef patty's and 1 slice of cheese per bun.

Place all assembled sandwiches and extra patties in warmer until meal time.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.25
<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 Each

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**Amount Per Serving**

<b>Calories</b>	455.00
<b>Fat</b>	20.50g
<b>SaturatedFat</b>	9.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	87.50mg
<b>Sodium</b>	730.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	33.50g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	136.00mg	<b>Iron</b>	4.88mg

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# Veggie Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13594
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/4 Cup		781592
CARROT STIX STRAIGHT CUT 2-5 RSS	1 Ounce		576646
BROCCOLI FLORET REG CUT 4-3 RSS	1 Ounce		732478

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.18
<b>RedVeg</b>	0.11
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	24.07
<b>Fat</b>	0.07g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	65.27mg
<b>Carbohydrates</b>	5.26g
<b>Fiber</b>	2.29g
<b>Sugar</b>	2.70g
<b>Protein</b>	1.16g
<b>Vitamin A</b> 4855.24IU	<b>Vitamin C</b> 16.01mg
<b>Calcium</b> 36.85mg	<b>Iron</b> 0.20mg

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# Hot Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13595
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each		763225
FRANKS BEEF & PORK 10/ 2-5 GFS	1 Each		219231

## Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

GATHER ALL SUPPLIES

HOT DOGS:

Fully Cooked. Can be steamed, grilled, microwaved, or oven headed. Heat to 165 degrees F internally for a minimum of 15 seconds. Hold above 140 degrees F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<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 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.78mg	<b>Iron</b>	1.47mg

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# Yogurt & Cinnamon Toast Crunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13596
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce		811500
CEREAL CINN TOAST CRNCH POU 96-1Z	1 Each		656562

## Preparation Instructions

POUR YOGURT INTO 6 OZ CUP. SERVE WITH 1 POUCH OF CINNAMON TOAST CRUNCH

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<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 Each

#### Amount Per Serving

<b>Calories</b>	1015.52
<b>Fat</b>	8.97g
<b>SaturatedFat</b>	2.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	637.61mg
<b>Carbohydrates</b>	207.07g
<b>Fiber</b>	1.00g
<b>Sugar</b>	139.34g
<b>Protein</b>	30.85g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 3.60mg
<b>Calcium</b> 1164.63mg	<b>Iron</b> 2.40mg

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# Yogurt & Granola

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13597
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce		811500
GRANOLA BAG IW 144-1Z FLDSTN	1 Package		649742

## Preparation Instructions

POUR YOGURT INTO 6 OZ CUP. SERVE WITH 1 POUCH OF GRANOLA

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<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 Each

Amount Per Serving	
<b>Calories</b>	1015.52
<b>Fat</b>	9.47g
<b>SaturatedFat</b>	2.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	552.61mg
<b>Carbohydrates</b>	205.07g
<b>Fiber</b>	2.00g
<b>Sugar</b>	137.34g
<b>Protein</b>	32.85g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1074.63mg	<b>Iron</b> 0.72mg

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# Muffins

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13599
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## Preparation Instructions

THAW OVERNIGHT UNDER REFRIGERATION

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	186.67		
<b>Fat</b>	6.33g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	123.33mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.67g		
<b>Sugar</b>	15.33g		
<b>Protein</b>	2.67g		
<b>Vitamin A</b>	38.14IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	10.92mg	<b>Iron</b>	0.92mg

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# Cereal

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13600
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
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

## Preparation Instructions

READY TO EAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<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: 6.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		111.67	
<b>Fat</b>		1.67g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		153.33mg	
<b>Carbohydrates</b>		23.00g	
<b>Fiber</b>		2.17g	
<b>Sugar</b>		6.83g	
<b>Protein</b>		2.17g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	88.33mg	<b>Iron</b>	3.92mg

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# Every Day Fresh Fruit

<b>Servings:</b>	7.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13615
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 113CT MRKN	1/2 Cup		197696
APPLE GALA 100CT MRKN	1/2 Cup		197718
BANANA TURNING SNGL 150CT 40 P/L	1/2 Cup		197769
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1/2 Cup		198013

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.57
<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: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	51.84		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.90mg		
<b>Carbohydrates</b>	13.75g		
<b>Fiber</b>	2.15g		
<b>Sugar</b>	9.06g		
<b>Protein</b>	0.43g		
<b>Vitamin A</b>	72.14IU	<b>Vitamin C</b>	11.18mg
<b>Calcium</b>	9.49mg	<b>Iron</b>	0.13mg

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# Every Day Fruit

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13617
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD XL/S 6-10 GFS	1/2 Cup		224448
PINEAPPLE TROPICAL GLD 6-81Z DOLE	1/2 Cup	READY_TO_EAT Ready to Eat	500471
ORANGES MAND IN JCE 6-10 GFS	1/2 Cup	BAKE	612448
PEAR SLCD XL/S 6-10 GCHC	1/2 Cup		262706
APPLESAUCE UNSWT CUP 72-4Z GCHC	1/2 Each		122200
FRUIT SAL TROPICAL IN JCE 6-81Z DOLE	1/2 Cup		500480

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.54
<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: 6.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.42		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	17.25g		
<b>Fiber</b>	0.92g		
<b>Sugar</b>	14.58g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	66.67IU	<b>Vitamin C</b>	4.50mg

<b>Calcium</b>	7.25mg	<b>Iron</b>	0.19mg
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# Poptarts

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13619
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.17
<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	186.67		
<b>Fat</b>	2.83g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	196.67mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.33g		
<b>Protein</b>	2.33g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	1.80mg

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# Donut Burger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19472
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD 84-2.1Z RICH	1 Each		131940
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## 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 Each

#### Amount Per Serving

<b>Calories</b>	413.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	9.85g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	46.50mg		
<b>Sodium</b>	759.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	139.00mg	<b>Iron</b>	3.50mg

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# Broccoli & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19473
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	1/2 Cup	BAKE	285590
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.55
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<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: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	76.01		
<b>Fat</b>	4.40g		
<b>SaturatedFat</b>	2.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.38mg		
<b>Sodium</b>	236.37mg		
<b>Carbohydrates</b>	4.43g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.22g		
<b>Protein</b>	5.85g		
<b>Vitamin A</b>	213.19IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	134.32mg	<b>Iron</b>	0.67mg

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# Candy Corn

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20080
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/4 Cup	READY_TO_EAT	612464
ORANGES MAND BRKN L/S 6-10 GFS	1/4 Cup		152811
TOPPING WHIP I/BG 12-16Z ONTOP	1/4 Cup	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

## Preparation Instructions

Put 1/4 cup pineapple in bottom of 9 oz cup

Layer 1/4 cup mandarin oranges on top

Squeeze whipped topping on top and top with 2 candy corn candies

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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 Cup

#### Amount Per Serving

<b>Calories</b>	117.39
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.00mg
<b>Carbohydrates</b>	19.60g
<b>Fiber</b>	0.37g
<b>Sugar</b>	18.72g

<b>Protein</b>		0.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.61mg	<b>Iron</b>	0.65mg

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# Colonel's Hot Brown

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20081
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX HAM BLACK FOREST SLCD 6-2 TYS	4 Slice	UNSPECIFIED Not Applicable	527380
BREAD TX TST WHT 3/4 SLCD 12-22Z	1 Slice		793350
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
BACON TKY L/O 28-32CT FZ 2-6 KE	2 Slice		219901
SAUCE 3CHS 6-5 JTM	3 Ounce		497232

## Preparation Instructions

Toast Bread

Top with 4 oz Ham and drizzle 3 oz sauce over ham.

Add 2 slices tomato next and 3 oz more sauce.

Finish with 2 slices bacon on top and garnish with parsley.

### Meal Components (SLE)

Amount Per Serving

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

#### Amount Per Serving

<b>Calories</b>	282.10		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	76.00mg		
<b>Sodium</b>	892.25mg		
<b>Carbohydrates</b>	26.75g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	5.25g		
<b>Protein</b>	17.80g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg

**Calcium** 112.90mg **Iron** 2.04mg

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# Sausage/Egg/Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20977
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL 216-2.51Z	1		516495
SAUSAGE PTY CKD R/SOD IQF 1.5Z 12	1 Each		483152
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

Bake Biscuit, Sausage and Egg Patty.

Assemble Sandwich and wrap for serving on the line.

### 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	455.00
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	11.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	132.50mg
<b>Sodium</b>	890.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 214.00mg	<b>Iron</b> 1.80mg

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# Sausage/Egg/Cheese English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23526
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640
SAUSAGE PTY CKD R/SOD IQF 1.5Z 12	1 Each		483152
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## 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: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	375.00		
<b>Fat</b>	21.50g		
<b>SaturatedFat</b>	6.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	132.50mg		
<b>Sodium</b>	660.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	15.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	214.00mg	<b>Iron</b>	1.76mg

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