

Cookbook for Jefferson Elementary

Created by HPS Menu Planner

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Yogurt with Grahams & String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4517
School:	Jefferson Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each		307742
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands before starting

Gather all supplies including small bag.

Place 3 items in bag

Put all items back in cooler until meal time

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	390.00		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	395.00mg		
Carbohydrates	53.00g		
Fiber	3.00g		
Sugar	30.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	618.00mg	Iron	0.36mg

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

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4528
School:	Jefferson Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	1 Each		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 1 beef patty 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

Meat	2.25
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 Each

Amount Per Serving	
Calories	305.00
Fat	11.50g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	525.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	4.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium	171.00mg	Iron	3.44mg
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Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4531
School:	Jefferson Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	1 Each		226851
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233

Preparation Instructions

Wash hands and put on gloves before starting.

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 patty's are cooked assemble sandwiches and place in warmer until meal time.

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 Each

Amount Per Serving			
Calories	270.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	315.00mg		
Carbohydrates	29.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	3.44mg

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Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8196
School:	Jefferson Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD R/SOD IQF 1.5Z 12	1 Each		483152
DOUGH BISC STHRN STYL 216-2.51Z	1		516495

Preparation Instructions

Wash hands and put on gloves.

Gather all supplies.

Biscuit:

Follow directions on box.

Sausage:

Lay sausage patties on sprayed pan and cook at 300 degrees until internal temperature reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
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: 3.00 Ounce

Amount Per Serving			
Calories	360.00		
Fat	23.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	570.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

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