

Cookbook for Bradley Bourbonnais Community High School

Created by HPS Menu Planner

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Breakfast PB & Jelly

Assorted Fresh Fruit

100% Orange Juice

Breakfast PB & Jelly

NO IMAGE

Servings:	200.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28722
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	200 Each		527462

Preparation Instructions

No Preparation Instructions available.

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: 200.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	16.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	15.00g
Protein	9.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	43.00mg	Iron	1.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Assorted Fresh Fruit

NO IMAGE

Servings:	200.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26193
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	200 cup	READY_TO_EAT	

Preparation Instructions

Follow safe practices when handling fresh fruits and vegetables.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients, including the following:

Unpeeled fresh fruit and vegetables that are served whole or cut into pieces, and

Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the FDA Food Code or your state or local health department. It is not recommended to rewash packaged fruits and vegetables labeled as being previously washed and ready-to-eat.

Remove any damaged or bruised areas of the fruits and vegetables.

Label, date, and refrigerate fresh-cut items.

Serve cut melons within 7 days if held at 41 °F or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		80.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydrates		18.00g	
Fiber		3.00g	
Sugar		15.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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100% Orange Juice



Servings:	200.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26480
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	200 Each		118930

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: 200.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	12.00g
Protein	0.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	0.00mg	Iron	0.00mg
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