

Cookbook for Walkerton Elem.

Created by HPS Menu Planner

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100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9659

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE ORNG/PINEAP 100 70-4FLZ SNCUP	1 Each		403021
JUICE APPL 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each		207980

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	62.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.00mg
Carbohydrates	14.60g
Fiber	0.00g
Sugar	13.80g
Protein	0.00g
Vitamin A	0.00IU
Vitamin C	0.24mg

Calcium 6.00mg **Iron** 0.07mg

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

Assorted Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9662

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package		268711
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each		365790
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package		265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each		270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package		265782
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package		265803
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each		509396
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each		266052

Preparation Instructions

No Preparation Instructions available.

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: 12.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	109.17		
Fat	1.17g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	145.83mg		
Carbohydrates	23.75g		
Fiber	2.00g		
Sugar	7.33g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.17mg	Iron	3.93mg

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Variety of Crackers

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22918

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package		728760
CRACKER GRHM ELF CHOC 150-1Z KEEB	1 Package		123171
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640

Preparation Instructions

All packages equal 1 grain and are whole grain.

Note: When used at breakfast it does not matter about dessert grains.

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	114.44
Fat	3.67g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.56mg
Carbohydrates	19.00g
Fiber	1.00g

Sugar	5.33g
Protein	1.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.89mg	Iron 0.94mg

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Variety of Muffin

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.01mg

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Assorted Yogurt

Servings:	7.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27535

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	READY_TO_EAT Ready to eat single serving	551751
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT VAR PK N/F STRAWB/PCH 24-4Z	1 Each		280401
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	75.71
Fat	0.29g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.57mg
Sodium	60.00mg
Carbohydrates	14.71g
Fiber	0.00g
Sugar	9.71g

Protein	3.71g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	0.00mg

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Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28114
School:	Walkerton Elem.		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF ANGUS 8/ 2-5 GFS	1 Each		183311
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
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	117.00		
Fat	17.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	595.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.36mg	Iron	1.73mg

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Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29489

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each		281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

BAKE (Appliances vary, adjust accordingly.)

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Place cooked chicken patty on bun and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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	380.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	620.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.90mg

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Chicken Salad on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29538

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10- 12 GCHC	1 Each		517810
Chicken Salad	1 Serving	1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Spread 5 lb 7 oz (approximately 3 qt 12 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service. 3. Portion with No. 8 scoop (12 cup). Note: 12 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate. If using GFS#570533 1/2 cup only counts as 1.75 M/MA or If use a #6 scoop (2/3 cup) count as 2.25 M/MA.	R-29458

Preparation Instructions

Prepare Chicken Salad according to recipe R-29458.

Serve 1/2 cup (#8 Scoop) of Chicken Salad on a hamburger bun.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
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	281.48		
Fat	8.87g		
SaturatedFat	0.84g		
Trans Fat	0.08g		
Cholesterol	51.16mg		
Sodium	462.86mg		
Carbohydrates	29.79g		
Fiber	3.36g		
Sugar	6.73g		
Protein	18.52g		
Vitamin A	76.51IU	Vitamin C	0.97mg
Calcium	40.27mg	Iron	1.09mg

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